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To: Kester, Tonykester@aging.sc.gov
Date: 3/31/2016 9:06:57 AM
Subject: 7 Essential Do's and Don'ts

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7 Essential Do's and Don'ts • March 31, 2016 • Issue #904

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Catch a Few Z's

In last week's newsletter, I spoke of the upcoming Summer of Respite campaign we have conducted for the past decade and a half. The contention is that with proper planning and even some possible support, you can take some much needed time for yourself, as you care for your loved one. [...more](#)

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7 Essential Do's and Don'ts for People Caring for Caregivers

By Lisa Lopez

One year ago, my father was diagnosed with Wernicke–Korsakoff syndrome, a form of dementia resulting from chronic alcohol abuse. My dad, who worked hard his entire life, raised a family and built a strong reputation in his community, spent the last 10 years of his life succumbing to this terrible disease that befalls so many. After the official dementia diagnosis, I was appointed his guardian and my family and I made the excruciating decision to place him in an assisted living facility. This past year, I've experienced everything from anger to guilt, from optimism to despair. [...more](#)

GUEST ARTICLE

Caregiving on the Go

By Melissa Jirovec

Once my husband was discharged from hospital, I was incredibly determined for us to live normal lives as much as possible. My husband is a traumatic brain injury survivor and has mobility issues, balance and coordination issues, swallowing and speech impairments, cognitive impairments, and fatigue is often a challenge for him. Once he was strong enough to handle significant travel, we decided we would take our honeymoon in Australia, where we'd always dreamed of visiting. It meant a lot of flight time, which went better than expected as we headed out. The staff at the airports were helpful, thank goodness, as I had him in his wheelchair, both our bags, and his walker to maneuver around. [..more](#)

CARETIPS

What Should I Do If I Fall?

A sudden fall can be startling and frightening. If you fall, stay as calm as possible.

Right After a Fall

Take several deep breaths to try to relax.

Remain still on the floor or ground for a few moments. This will help you get over the shock of falling. [...more](#)

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CAREVERSES

While Words Fail

By Elaine Frankonis

You were gone before you went,
slipping into final forgetting
with each hollow breath.

I was your angel, you said,
while you sat at the sunny table
picking at pancakes and coffee
while you still could
smile and think meaning.

Music kept your eyes alive
a while, your feet remembering,
thoughtless, but certain of rhythms
too deliberate to disappear.
You followed my familiar lead,
reaching for melody lost

with the fading of voice.

You didn't believe in demons
but I saw them slip inside your skin
forcing pain from your pores,
folding your face into caverns
of anguish and alarm,
as steadily, words fled, leaving
a frightened keening in their wake.

You went before you were gone.
And when you went, the world
filled again with words.

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