

From: Caregiver Newsletter <newsletters=caregiver.com@mail190.atl121.mcsv.net>

To: Kester, Tonykester@aging.sc.gov

Date: 3/1/2016 9:06:52 AM

Subject: How to Get the Support You Deserve!

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

**How to Get the Support You Deserve!** • March 01, 2016 • Issue #895

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### An Interview with Jill Kagan

*Jill Kagan, is the Chair of the National Respite Coalition and the Program Director for ARCH National Respite Network and Resource Center.*

**Gary Barg:** Jill, tell me what an ARCH National Respite Network and Resource Center is and why respite is so important to family caregivers.

**Jill Kagan:** First of all, we believe respite is so important to family caregivers because of the tremendous work they are constantly doing, as ongoing caregivers. Many of them, as you know, work 24/7 and often do not even have the opportunity to go to church, to take care of themselves by going to their own physician, doing things that they enjoy doing so that they can continue to provide that care to their loved ones. [...more](#)

---

## IN THIS ISSUE

**An Interview with Jill Kagan**

**Relax**

**More Than a Hug: How Caregiver Peers Can Support Each Other**

**Sensory Stimulation**

**CareNotes**

---

## FEATURED ARTICLE

### Relax

*by the Editors at Today's Caregiver Magazine*

People -- sometimes friends, relatives, helpful technicians at the doctor's office, concerned co-workers-- are always telling us, "reduce your stress, sweetie, and you'll feel better." Sort of like "Have a nice day!" After a while, the urge to strangle the next person who says it becomes more than a passing fancy. ...  
[more](#)

---

---

## GUEST ARTICLE

### More Than a Hug: How Caregiver Peers Can Support Each Other

*By Kari Berit*

Friends arrive with extra meals or share a coffee, meeting them for a stolen hour, somewhere close to home in case of another emergency. You part with a hug and the friend offers words of encouragement. "Hang in there." You hope you can. ...[more](#)

---

---

## CARETIPS

### Sensory Stimulation

#### What are Sensory Stimulation Groups?

*By Cheryl Ellis, Staff Writer*

#### Why are they so necessary in Alzheimer specific day centers?

I work in an Alzheimer specific day center. Each day that I'm there, I spend two hours running what I believe to be a very important group...a sensory stimulation group. The majority of the members range from age 91-104. I've found that the group gives these elders a place to express their frustrations, a place to interact with others and have fun! I'm always amazed at the outcome ... usually members are more verbal by the time the group ends. ...[more](#)

---

# Today's Caregiver Supports Your Conference

## Non-profit Organizations **Sign-up** Today!

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

---

### CARENOTES

#### From D.:

Hello. I recently read that I can get paid to be my mother's full-time caregiver, which I am, of course. But I do not know the details. Would this be Medicaid? And does that mean that they would take her assets (her co-op, life insurance) upon her death as if it were any other paid help they are paying for? Or is there some other program that I am not aware of that would pay me?

She was very sick in 2014, although is she better now. She has some dementia and is totally dependent on me. She is almost 82, retired, has Medicare primary insurance and a major insurance company as secondary. I live down the block from her on Long Island in New York State and do absolutely everything on earth for her.....cleaning, laundry, shopping, bill-paying, cooking, MD visits, etc. Please help. [...more](#)

[Reply to this week's CareNote](#)

---

*Copyright © 2016 Today's Caregiver, All rights reserved.*

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

**Our mailing address is:**

Today's Caregiver 3350 Griffin Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)

[unsubscribe from this list](#)