

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: 10 things that make you feel old; What your zodiac sign says about your caregiving style

Answers And Emotional Support While Caring For An Elder

News And Articles »

10 Things That Make You Feel Old—and What To Do About Them

Age is merely a measure of time, but how can you avoid the physical impacts of this number? Recognize these factors that contribute to making you feel older and how to reduce their impact. [More »](#)

Does Your Zodiac Sign Affect Your Caregiving Style?

See if your zodiac sign accurately describes you and find out how the heavens might be affecting the ways in which you provide care for your loved one. [More »](#)

Questions to Ask When Choosing a Memory Care Facility

The majority of assisted living communities accommodate residents with mild memory impairment, but what if you notice signs that your loved one needs a higher level of care? Ask these questions to find out what would be the best fit. [More »](#)

Top Tips For Family Caregivers: Winter Survival Guide

We have collected the best tips from fellow caregivers for keeping a loved one cozy, content and clean this winter season. [More »](#)

You Don't Have to be a Nurse to be a Great Caregiver

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

[View the latest caregiver products and education from Sage.](#)

Community Questions And Answers »

Q: Am I developing anxiety, what should I do?

I am not sleeping well, I have a very nervous stomach, no appetite, I am starting to tremble and I'm occasionally dropping things.

Q: Is there anyway to get ride of the old folk smell in my house?

I don't know why, but the smell of the house is stronger right now than it has been. Unfortunately, it's too cold to open the windows to try to air it out.

Q: Dad doesn't remember Mom passing. Any advice?

We tried not telling dad but he is too sad and wants to know "what's wrong?"

Q: How to deal with spouse that refuses to do anything for self?

He is 72 years old and likes to be waited on. He doesn't understand that I'm tired and 10-12 hour days.

[Need Help Paying for Care?](#)

A Life Insurance Policy can be converted into a Long Term Care Benefit Account to pay for the cost of Senior Care directly each month. No fees or obligations to apply. [Click here to see if you qualify.](#)

Products And Services From Our Partners

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[An Unforgettable Funeral Requires a Plan](#)

A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide >](#)

[Need Help Paying for Care?](#)

A Life Insurance Policy can be converted into a Long Term Care Benefit Account to pay for the cost of Senior Care directly each month. [See if you qualify >](#)

[The "Get Help if you Fall" Medical Alert System](#)

Don't wait until an emergency happens to think about protecting your loved one. Make the decision that provides confidence, security and safety. [Request a free brochure >](#)

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A senior living advisor can answer your questions and help you determine the right senior living options for your loved one based on your unique situation.

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