

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 12/26/2015 6:01:59 AM  
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

Below are supporters of AgingCare.com that may be of value to you and your family.

### 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 >](#)

### Get Pricing on Senior Living Options

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.

[Get pricing today >](#)

### What You Should Know About Hospice

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance. [Visit Vitas to learn more >](#)

### Get a Veterans Benefit Resource Guide

Learn how to find, use and manage veteran benefits for a veterans, their family caregivers, dependents and their survivors. [Get Your FREE Veterans Guide >](#)

### How to Search for Home Care

Get connected and speak with home care agencies. They will work with you in creating a care plan and finding the right caregiver for your loved one. [Begin your search >](#)

### Get Complimentary Caregiving Guides

These eBooks provide caregivers with instructive and inspirational information. Become empowered and educated about caregiving. [Download your eBook now >](#)

© 2015 AgingCare.com . [Find Us On Facebook](#) . [Follow Us On Twitter](#)

To ensure delivery, add [newsletter@agingcare.com](mailto:newsletter@agingcare.com) to your address book or safe list.

[Change your email address](#) | [Unsubscribe](#) | [Privacy Policy](#)

AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109