

From: Today's Caregiver eNewsletter <newsletters=caregiver.com@mail22.atl51.rsgsv.net>
To: Kester, Tonykester@aging.sc.gov
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Subject: Those Inexplicable Instructions!

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Those Inexplicable Instructions! • April 11, 2017 • Issue #1007

Today's Caregiver Friendly Award Previous Winners

Caron Renaissance

Boca Raton, Florida

- With release of RAND study, wanted military caregivers to be able to take immediate action
- Collaborative approach with six partner organizations
- Fully accessible platform, live captioning, audio/written transcripts
- Recorded segments available 24/7
- Begin each webinar with military caregiver sharing their own story
- Laser focus on practical tools, valuable resources, actionable next steps.
- VA Caregiver Support Program representative available to address questions
- Spanish-language webinars to meet the needs of this underserved community. [...more](#)

[2017 Call for Entries](#) | [Visit the Winners Gallery](#)

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CareNotes

FEATURED ARTICLE

Those Inexplicable Instructions!

By Dr. Barry Tepperman

It happens to every caregiver. You're at the doctor's with your loved one. You and your loved one are both feeling well, and your loved one is looking forward to a vacation away-with some strenuous physical activity. Just to check, you tell the doctor your plans: you're off, together, to the Great Smoky Mountains for some hiking. A concerned frown comes over the doctor's face, and your doctor says, "I really don't think you should do that..." The voice trails off, and if there's an explanation offered, you don't quite understand it, or it's lost in the immediate impact of the doctor's statement. [...more](#)

GUEST ARTICLE

Let's Not Talk About That Now...

By Jennifer Kay

Too often families do not like to talk about issues surrounding death, dying and funerals. Why should they ask? Soon enough we all will have to deal with these issues. So what's wrong with waiting till the need arises? [...more](#)

CARETIPS

How to Safely Dispose of Your Loved One's Unused Prescription Drugs

By Douglas Throckmorton, M.D.

Caregivers often help their loved ones manage their medicines, ensuring that any and all prescriptions are filled, and that the medications are taken correctly and on schedule. It can be a lot of work to juggle multiple prescriptions and remember their various schedules. Some of these medications may go unused or expire before being consumed, and the bottles may be pushed to the back of the medicine cabinet and forgotten until you need that space for something else. So what should be done with them? [...more](#)

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CARENOTES

From Heidi:

I was wondering if there are any support groups in my area for partners of those with PTSD. I am definitely experiencing compassion fatigue and wish to avoid completely burnout. Neither my partner or myself are veterans and we live in the Decatur/Atlanta area. [...more](#)

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