

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Why stress is deadlier for women; Should mom be living alone?

Connecting Caregivers to Answers and Support

News And Articles »

Should Mom Be Living Alone?

Do not ignore this concern for so long that your family reaches a crisis point and has to rush into a decision. Use these techniques to convince your loved one that it is time to plan for the future and their safety. [Read More »](#)

Dementia Patients (and Caregivers) Suffer from a Lack of Insight

Although dementia caregivers are aware that their loved ones are no longer able to function the way they used to, it can be difficult to truly adapt. One of our blogger's shares how she came to realize that being kind was more important than being right [Read More »](#)

Exercise Caution when Considering a Life Estate Deed

A life estate deed is a quick and easy way to transfer property to your children and still retain some ownership rights. However, there are some scenarios to consider before opting for this estate planning method. [Read More »](#)

Why Stress is Deadlier for Women

The daily pressures of caring for a loved one can quickly wear on any caregiver. See how women are more susceptible to the negative health effects of stress. [Read More »](#)

Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual. [Request your FREE Personal Planning Guide today](#)

Community Questions And Answers »

Q: How do I deal with my mother refusing outside help at home?

She is still weak and tired from a heart attack but does not want anyone to help her.

Q: Caregiver support when nursing home is NOT an option. What can I do?

Other family members offer no support and refuses to help or place her in nursing home. They see her maybe one hour a week tops.

Q: Mom is spending way too much money?

My mother is spending a lot even after speaking with her about toning it down.

Q: Anyone else have a loved one experiencing extreme headaches?

I'm debating on taking her to the doctor's but he always seems to follow what I think and I'm out of ideas.

[What is hospice-and what are the common myths?](#)

This guide is intended to help your family learn about hospice care so you can make well-informed decisions.

[Download the Hospice Care Guide](#)

Products And Services From Our Partners

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

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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 >](#)

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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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[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 >](#)

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[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 >](#)

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Use the same tool that nurses and elder care professionals use to care for their parents.

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