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Prevent the Loss of Friends • September 01, 2015 • Issue #843

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Jaime Estremera-Fitzgerald

*Chief Executive Officer - Your Aging Resource Center
Palm Beach/Treasure Coast, Florida*

Gary Barg: Tell me about the work of the Area Agencies on Aging around the country and Your Aging Resource Center in particular.

Jaime Estremera-Fitzgerald: Area Agencies on Aging were set up to oversee the whole older Americans Act system, which is really to keep having support and services available in every county in America for seniors and their caregivers as they age in place. [...more](#)

IN THIS ISSUE

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CareNotes

FEATURED ARTICLE

Friends: A Caregiver's Necessity

By Kristine Dwyer, LSW, Staff Writer

Through many years of working with caregivers, I have been continually reminded of the great importance of friends, especially during the challenges of caregiving years. I have also felt the sadness and loneliness that caregivers' feel when friends drift away at a time when they are needed most. [...more](#)

GUEST ARTICLE

Comparing Simple Living Trusts And Wills

by Michael Palermo

The possibility of leaving assets outright to minor children may be the greatest disadvantage of the simple Will. If the parents die while the children are minors, a guardian must be appointed over the children's inherited assets (and over the kids themselves), and this is a cumbersome form of property ownership. E.g., the law might require division of an asset, such as real estate, among the children, rather than holding it intact. [...more](#)

CARETIPS

The Four R's Of Coping

By Helen Hunter, ACSW, LSW, GCM

REORGANIZE

Reorganize your life. What do you need to focus on at this time? By reorganizing your life, you can better structure your needs and the needs of others. [...more](#)

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CARENOTES

From Kim:

I am so burnt out. I quit my job after 15 years as a certified nursing assistant to take care of my mom. She had a stroke and I have no help. Can anyone understand what I'm going through? [...more](#)

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