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To: Kester, Tonykester@aging.sc.gov
Date: 6/25/2015 11:16:29 AM
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Traveling with Alzheimers • June 25, 2015 • Issue #824

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Fiblets with Gravy, Please

We have been spending much of the spring with my favorite folks in the world. In recent months, we have held Fearless Caregiver Conferences across the south in Georgia, Virginia, Florida, Tennessee, Delaware, and North Carolina. (Hmm, probably should have saved those for the winter months. Oh well). ...
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Support Group Savvy

By Kristine Dwyer, Staff Writer

“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.” Flora Edwards

According to Webster’s dictionary, the word “support” means to give courage or faith to; help, comfort; to carry the weight of; to give approval to, be in favor of or uphold. All of these words describe the framework around which support groups are built. [...more](#)

GUEST ARTICLE

Will Your Future Depend on Long Term Care?

By Dorothy McMahon

Today, almost 80 percent of Americans are living beyond age 65. Forty percent of Americans age 65 or older will require Long Term Care before death.

Long Term Care is defined as: care required over an extended period of time for a chronic illness or disability. It is not limited to Nursing Home Care for the elderly. Some reasons younger people might need Long Term Care would be due to serious accidents, gun shot wounds, nervous system diseases such as Multiple Sclerosis, stroke, birth defects, brain tumors and AIDS. [...more](#)

CARETIPS

Traveling With a Person Who Has Alzheimer’s

By Joyce Simard

Being a caregiver doesn’t mean you have to give up life’s pleasures. You can still enjoy traveling with someone who is in the early stages of Alzheimer’s disease; it simply requires planning well in advance. Safety should be the number one consideration in traveling with a person with Alzheimer’s. Wandering and becoming anxious may be more likely because you’re leaving the familiar routine and environment. [...more](#)

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CAREVERSES

In Case I Forget

by Lisa J. Schlitt

In case I forget to kiss you goodnight,
Or hold your hand gently in mine,
Just wrap me tightly inside your arms,
And remember the happier times.

In case I forget when glancing at you,
The one, who makes me complete,
Alzheimer's may have won with my mind,
But my heart it will never defeat.

In case I forget the children we've raised,
Or the hundreds of stories I've told,
Shed not a tear, "for blessed are we,
Who forget one day we are old."

In case I forget to tell you how much,
You're cherished and treasured each day.
My best friend beside me to brighten the path,
And carry me all of the way.

I may greet you someday, with questioning eyes
As a stranger with whom I've just met,
Still, I love you my darling with all of my heart,
Remember.....In case I forget.

**Enjoy more caregiver poems
or share one of your own**

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