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**To:** Kester, Tonykester@aging.sc.gov  
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**Subject:** How to pay for independent living; Summer heat can affect medication use

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## THE CAREGIVERS' NEWSLETTER

*Connecting Caregivers to Answers and Support*

### News And Articles

#### Summer Heat Can Affect Medication Use

Summer is in full blast and it's only getting hotter. While you may want to relax outside, it is important to know how your medications and the sun can interact in dangerous ways. [Find Out Why \u9788\u2013](#)

#### How to Pay for Independent Living

Most independent living communities are private pay only, but there are several other ways to cover the cost that you may not have considered. [Read More \u9788\u2013](#)

#### Beneath the Surface: Aquatic Exercise for Seniors

Working out in the water is an excellent way to improve a senior's overall wellbeing. Get your loved one outdoors so they can splash away their arthritis pain and circulatory problems. [Read More \u9788\u2013](#)

#### Dementia and Customer Service

Just because a loved one has dementia doesn't mean they are incapable of doing everyday activities. One blogger shares her mother's experience during a simple shopping excursion. [Read More \u9788\u2013](#)

### Remarkable Remembrances

An unforgettable memorial service requires a plan. Make your service one to remember.

Get your free guide →

### Questions and Discussions From Caregivers

#### Q: Are there ways for a family to reconcile?

One sibling was suggested to Mom to reconsider getting some cognitive testing, she became ballistic.

#### Q: Mom will only eat restaurant food. What can I do?

I've been doing anything for this woman to keep her strength up and I've been buying her whatever she asks for, which is usually takeout.

#### Q: Anyone on here used palliative care and if it helped cut down the number of doctor visits?

I am so fed up with waiting on all of these doctor offices to call me back.

**Q: Does a person with dementia ever remember that they have had an episode?**

My sister has episodes of not recognizing her husband.

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Learn about the different types of senior housing with current market information on services and costs.

### [Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

### [Find Out if You Qualify for 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.

### [Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

### [What You Should Know About Hospice](#)

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Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

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