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**Have Turkey, Will Travel** • November 22, 2016 • Issue #967

## Fearless Caregiver Profile

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### JANICE TINDLE

#### How did you become the caregiver for your loved one?

My mother moved in with me last year, but I've been a caregiver since I was 12.

#### What is the hardest thing about being a caregiver and the most rewarding thing?

Being exhausted and on call 24-7. Never missing a moment. [...more](#)

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#### IN THIS ISSUE

Featured Fearless Caregiver:  
**JANICE TINDLE**

**Travel Preparations for  
Caregiving "Snowbirds"**

**Thanksgiving with  
Dysphagia**

**Caregiver Tips for Traveling**

**CareNotes**

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#### FEATURED ARTICLE

## Travel Preparations for Caregiving "Snowbirds"

*By Kristine Dwyer, Staff Writer*

This time of year, many senior "snowbirds" are packing their bags, closing up northern residences and migrating toward senior communities to escape the winter's fury. This yearly tradition is eagerly anticipated, yet amidst the glamour of senior living in the southern states and the usual pastimes of golfing, fishing, card playing, and senior recreation, the "reality" factor of caregiving still remains. [...more](#)

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#### GUEST ARTICLE

## Thanksgiving with Dysphagia

*By Bobbi Carducci*

Thanksgiving is the holiday most focused on gathering around the table with family and friends to share a sumptuous feast. My father-in-law, Rodger, was never one to miss a meal. He ate breakfast, lunch, and supper at precisely the same time every day. He grew up on a farm in Italy. Like most Italians he had a very healthy appetite. [...more](#)

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#### CARETIPS

## Caregiver Tips for Traveling

*By Jennifer B. Buckley*

Traveling long distances with a person in the early stage of dementia may still be quite enjoyable. As dementia advances, however, traveling becomes unpredictable as the person becomes more confusing. Plan ahead for a trip by gathering important documents: insurance cards, passports, your physician's phone number, refills on medications and a copy of medical records in case the person with dementia needs to see a physician while away. [...more](#)

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CARENOTES

## From Mary in Pennsylvania:

My sister-in-law is caring for her husband who has ALS. She is having a hard time herself. All she eats is TV dinners. Her husband has a feeding tube, so does not eat. Does anyone know of a place where they could deliver meals to her? He is a Vietnam veteran. [...more](#)

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