

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
Date: 10/14/2015 9:02:16 AM
Subject: Senior diet myths; Is it legal to lock the fridge from my Mom?

Answers And Emotional Support While Caring For An Elder

News And Articles »

Technology, Caregiving and My Patient

Caregiving is often thought of as physically providing assistance to a loved one. Few realize that managing financial affairs is also on their list of responsibilities, and gaining access to online accounts can make this especially challenging. [More »](#)

Family FAQ: Skilled Nursing and Rehabilitation Facilities

How can you be certain you are choosing the right care center? Find out what factors go into making that decision for your loved one. [More »](#)

Taking a Bite Out of Senior Diet Myths

It's difficult for a caregiver to understand all the nuances of an elderly loved one's diet. Put these common myths to rest and learn how to help your loved one embrace balanced, nutritious food choices. [More »](#)

Extra Tips For Helping a Loved One Enroll in Medicare

Don't forget tomorrow is the first day for Medicare Open Enrollment. Here are a few additional tips to help the enrollment process go smoothly. [More »](#)

Senior Safety Walk-in Bathtubs by American Tubs

Customizable senior safety walk-in bathtubs with Air/Hydro massage, Chromatherapy, Aromatherapy, Micro Bubbles System, and quick drain system. [Learn more about American Tubs.](#)

Community Questions And Answers »

Q: How do you all communicate with doctors in front of your parent?

I need to start discussing meds for Mom's dementia. How to provide enough info. Mom has been diagnosed with Mixed Dementia-Alzheimers.

Q: I need to prevent my Mom's access to the refrigerator for her own health. Is it legal to lock the fridge?

My mother will raid the refrigerator at all hours, drinking a couple of glasses of milk at a time, eating a quart of yogurt in one sitting, etc. which sends her blood sugar soaring...

Q: Is it right for me to ask my boyfriend to send his mother to a home?

The lady is unbearable to live with, I tried and I simply cannot. My bf and I were talking about starting a family but it feels like we are taking a step backwards...

Q: Mother is not thriving in memory care nursing home and wants out. Any advice?

I live in Texas and am thinking about bringing my mom into our home thinking she will

thrive better in a family setting.

[Download our FREE Caregiving Ebook](#)

Our ebook has instructional and helpful tips for managing your role as a caregiver for a stroke survivor. [Download "Home from the Hospital: Caregiving For a Stroke Survivor" Now!](#)

Products And Services From Our Partners

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

[An Unforgettable Funeral Requires a Plan](#)

A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide >](#)

[Determine if Your Loved One is at Risk](#)

Don't wait for an emergency! Identify your loved one's risk of experiencing a fall or medical emergency. Make the decision that provides confidence and safety. [Take the risk assessment now >](#)

[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 >](#)

[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 >](#)

[How to Choose the Right Senior Living Option](#)

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. [Get pricing today >](#)

[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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These eBooks provide caregivers with instructive and inspirational information. Become empowered and educated about caregiving. [Download your eBook now >](#)

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