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**To:** Kester, Tonykester@aging.sc.gov  
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**Subject:** Planning a Senior-Friendly Trip

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Planning a Senior-Friendly Trip • January 10, 2017 • Issue #981

## Caregiver Friendly Award Previous Winners

### Thick-It® AquaCare H2O®

*Beverages*

Kent Precision Foods Group

Thick-It

Due to a proprietary process, AquaCare H2O Beverages are the most stable pre-thickened beverages on the market with the longest shelf-life in the category. Their clear, clean flavor and texture makes them palatable and appealing to dysphagia patients. One long-term care facility has incorporated the pre-thickened water as the basis for a vast menu of drink and broth flavors. They've received positive feedback from patients and have seen significant increases in consumption and hydration levels.

[2017 Call for Entries](#) | [Visit the Winners Gallery](#)

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#### IN THIS ISSUE

Caregiver Friendly Award  
Winner: Thick-It® AquaCare  
H2O®

**Emotional Fatigue**

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Trip to the Museum**

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## FEATURED ARTICLE

### Emotional Fatigue

To deal with it, you need to recognize it

By Eileen Beal, MA

Former First Lady Rosalynn Carter, founder of the Rosalynn Carter Institute for Caregiving, says there are four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. [...more](#)

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## GUEST ARTICLE

### Planning a Senior-Friendly Trip to the Museum

By Janice Masters

A day trip to your local art or historical museum can be a great outing for older adults. Not only is it mentally and physically stimulating, the seniors you are with may have ties to the people, places, or events on exhibit—talk about high interest for them and for you! But as fun and memorable an experience like this can be, it can turn unpleasant quickly if you haven't done your homework. The two most basic things to keep in mind are:

- Know your people and
  - Know what to expect at your intended destination [...more](#)
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## CARETIPS

### Glaucoma on the Rise

It's the first month of the new year—a time when more than 40 percent of American adults make one or more resolutions. What are your resolutions for the new year? Losing weight? Quitting smoking? How about learning more about glaucoma and how you can protect your sight? [...more](#)

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### CARENOTES

#### From TY:

My mother seems to be developing dementia. On several occasions she has called the police during the night to report that the neighbor is damaging her home or making noise. She is not agreeable to going to the doctor. I need a suggestion on what to do. [...more](#)

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