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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 10/22/2015 9:34:02 AM  
**Subject:** Dementia & Incontinence - What to Do

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**Dementia & Incontinence - What to Do** • October 22, 2015 • Issue #858

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## The Only Silly Question

Last week we were joined by hundreds of family caregivers at our Fort Lauderdale Fearless Caregiver Conference. This was an especially important day for a few reasons. First, of course, is that I got to spend the day once again with my favorite folks- caregivers and those who work hard in support of them. This was also an important day due to a few other special guests. [...more](#)

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## FEATURED ARTICLE

# Dementia and Incontinence Treatment

*By Sandra Ray, Staff Writer*

Dementia is a devastating disease that affects approximately 24 million people worldwide; its most common form, Alzheimer's disease, affects more than 4.5 million people in the U.S. according to the Alzheimer's Association. The disease slowly robs individuals of their memory, cognitive functioning, and eventually renders the person almost completely dependent upon others for their daily care. Though the causes are not completely understood, caregivers feel the strain of the disease daily as they help those affected with dementia to navigate the simplest of tasks such as getting dressed or eating meals. [...more](#)

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## GUEST ARTICLE

# Creating Fun for Caregivers and Frail Seniors

*By Lynn Howe*

Your confined-to-home (or assisted living or nursing home) parent, just wants to have fun! You are focused on their safety, finances, medical treatment, medications, privacy, nutrition and therapy. You busy yourself with monitoring their progress (or decline) and doing everything in your power to keep them comfortable. You worry about their reduced energy level, increasing fatigue, physical weakness and variable mental status. But do you know how important it is for them to just have fun? To laugh deeply, live in the moment, to briefly not be just old and frail, to forget pain? [...more](#)

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## CARETIPS

### Respite For Two

Adult day care centers provide a break (respite) to the caregiver while providing health services, therapeutic services and social activities for people with Alzheimer's disease and related dementia, chronic illnesses, traumatic brain injuries, developmental disabilities and other problems that increase their care needs. Some adult day care centers are dementia specific, providing services exclusively to that population. Other centers serve the broader population. ...  
[more](#)

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## CAREVERSES

### Alone

*By Ardyth H. Sigmund*

I never thought I'd be alone  
Sitting by a silent phone  
Not a thing I can do  
Life's not fair, this is true  
Our minds are strong, bodies weak  
Being busy is what I seek  
I'd love to throw away all pills  
Say goodbye to body ills  
I'm happy when there are things to do  
Sitting still means life is through

Age 90 years old  
Submitted by her daughter, Donyta Wright

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