

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Dementia and the thermostat; A surprising cause of depression in older adults

10 Stories and Questions that Addressed Caregivers' Top Concerns in 2015:

Congratulations! You survived another calendar year of caregiving! To celebrate YOU we have gathered the top articles and questions you have found to be the most helpful this year. We wish you a happy and healthy 2016!

☆ News And Articles ☆

Dementia and the Thermostat

One of our bloggers shares her personal battle that too many caregivers can relate to. Chuckle through this common caregiver experience and take time to reflect on the humorous moments that happen in your own home. [More](#) ☆

Applying for Veterans Benefits: Tips for Caregivers and Spouses

Avoid taking the long, arduous route and discover a few little short cuts to help you find the right benefits needed for your loved one. [More](#) ☆

10 Myths About Home Care

Find out what's fact or fiction with these myth busters about home care. You may be surprised at what you will find out. [More](#) ☆

Key Differences between a Burial and a Cremation Service

Beginning the funeral planning process is never easy. One of the first decisions to make is what type of memorial to use. See what your options are and which one might be the best fit for you and your loved one. [More](#) ☆

A Surprising Cause of Depression in Older Adults

There are many different factors that can trigger depression. This certain factor goes unrecognized by many caregivers. Find out if this may affect your loved one. [More](#) ☆

10 Things That Make You Feel Old-and What To Do About Them

Age is merely a measure of time, but how can you avoid the physical impacts of this number? Recognize these factors that contribute to making you feel older and how to reduce their impact. [More](#) ☆

You Don't Have to be a Nurse to be a Great Caregiver

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

[View the latest caregiver products and education from Sage.](#)

☆ Community Questions And Answers ☆

Q: Is it true that a fall can start "the beginning of the end?"

We thought she might be able to be rehabbed and return to AL. But she fell again there, and hit her head requiring stitches this time.

Q: How do you know when its time to step back from being a caregiver?

My spouse has been so understanding but when do we start our life? My mother may live for five or six or ten more years.

Q: My brother told me taking care of Mom is my job because I'm the daughter?

I have for 33 years, and I am exhausted. Mom seems to excuse him.

Q: We are asking my wife's Mom to pay us \$2000/month to live in our home and be taking care of. Any opinion?

My wife and I are both retired and live on fixed income, and it helps out tremendously.

Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual. [Request your FREE Personal Planning Guide today](#)

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 >](#)

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 >](#)

The "Get Help if you Fall" Medical Alert System

Don't wait until an emergency happens to think about protecting your loved one. Make the decision that provides confidence, security and safety. [Request a free brochure >](#)

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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 >](#)

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Learn how to find, use and manage veteran benefits for a veterans, their family caregivers, dependents and their survivors. [Get Your FREE Veterans Guide >](#)

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 >](#)

Get Complimentary Caregiving Guides

These eBooks provide caregivers with instructive and inspirational information. Become

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