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To: Kester, Tonykester@aging.sc.gov
Date: 12/3/2015 9:42:17 AM
Subject: When They Should Stop Driving

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When They Should Stop Driving • December 3, 2015 • Issue #870

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Ho, Ho, Home for the Holidays

Believe it or not we have just entered the holiday zone and these joyous season preparations can be somewhat (or much) more complicated once we become caregivers. So for the next few weeks, we will be presenting you with some helpful hints to ensure a joyous Christmas, Hanukah or Kwanzaa for you and your loved ones. [...more](#)

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FEATURED ARTICLE

Driving Dilemmas: Risk vs. Independence

By Kristine Dwyer, Staff Writer

Driving a car is a symbol of independence and competence and is closely tied to an individual's identity. It also represents freedom and control and allows older adults to gain easy access to social connections, health care, shopping, activities and even employment. At some point, however, it is predictable that driving skills will deteriorate and individuals will lose the ability to safely operate a vehicle. Even though age alone does not determine when a person needs to stop driving, the decision must be balanced with personal and public safety. Driving beyond one's ability brings an increased safety risk or even life-threatening situations to all members of society. [...more](#)

GUEST ARTICLE

Holiday Help: Relieving Caregivers' Stress

By Cheryl Smith

Who doesn't feel overwhelmed sometimes by the bustle of the holiday season? Add to that the responsibility of caring for a frail elderly loved one, and burnout is simply a concept waiting to become reality. But wait. If you're one of the 22 million households providing care for a family member or friend, there is hope. Stress doesn't have to take the starring role in your family festivities this year. [...more](#)

CARETIPS

Avoiding the Hazards of Winter for Older Adults

Winter is a special time for celebration. It should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults.

"Something as simple as a fall can be devastating for older men and women," says Dr. Evelyn Granieri, Chief of Geriatric Medicine and Aging at NewYork-Presbyterian/The Allen Hospital and Assistant Professor of Medicine at Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare." [...more](#)

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CAREVERSES

DIGNITY

By Willie Fields, Jr.

They raised us and taught the way.
Now so many fade into a hazy day.
Memories of days gone pass.
Fighting the pain which forever last.
Many ignore their fading, sunset days.
To many their life, they gave.
Full of history one could say.
Even though they're older and grey.
The road they paved enduring endless tasks.
No one could have given so much, just ask!
The question to you and I.
Will we hold these in high esteem?
High above the midnight glow.
High towards heaven gleam.

They have dignity, don't you know!

Enjoy more caregiver poems
or share one of your own

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