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To: Kester, Tonykester@aging.sc.gov
Date: 12/27/2016 9:07:00 AM
Subject: Caregivers New Year's Resolutions

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Caregivers New Year's Resolutions • December 27, 2016 • Issue #977

Fearless Caregiver Profile

Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.

MICHELE BELL

How did you become the caregiver for your loved one?

I became Nicky's caregiver, but first, I became his mom. My 13 year old son was diagnosed with Ewing's Sarcoma in 2002. Most recently, I am now caring for my mother who has Alzheimer's.

What advice would you give to other caregivers?

Do not feel guilty for taking time out for your own soul to regroup, refresh and empower to tend the next adventures to come. [...more](#)

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Featured Fearless Caregiver:
MICHELE BELL

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FEATURED ARTICLE

Caregivers New Year's Resolution

By Kristine Dwyer, Staff Writer

Learn to take one hour out of each day just for myself to read, enjoy a hot bath, journal my thoughts or call a friend.

Attend at least one caregiver support group to realize that I am not alone and that I can learn from others.

See my doctor for a physical exam and give my own health needs more priority. [...more](#)

GUEST ARTICLE

Dad's House

By Sharon R. McMurray

Our first reaction was “He can’t live alone.” How could he manage without her?

She was his companion in the house they bought the year after they married nearly sixty years ago. A typical homemaker from the 50s era, she cooked for him, washed the laundry, managed the finances, later drove him where he needed to go, and did a hundred other things. [...more](#)

CARETIPS

Top Ten Things For Caregivers To Start Doing for The New Year

1. Keep records of all medications and reactions: make notes about what works, what doesn't and when you informed the physician of any problems.
 2. Keep records of all doctor appointments: the reason for the visit, the doctor's responses to our concerns, any procedures performed, etc.
 3. Start or continue to maintain copies of medical records for your loved one, and for yourself, as well. These will be beneficial should a grievance arise or if there are questions about medical histories. [...more](#)
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CARENOTES

From Ginger in Charlotte, North Carolina:

My friend is dying from liver cancer. She keeps filling up with fluid because a main vein has a tumor blocking the fluid drainage. [...more](#)

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