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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.

ROBIN SCOTT

How did you become the caregiver for your loved one?

I am the live-in caregiver for my Pastor's mother going into my 9th year, She is truly my baby. She is 99 years old and I'm praying that she lives to Feb 2027 to see 100.

What is the hardest thing about being a caregiver and the most rewarding thing?

The hardest thing is seeing her suffer like she is now with the ulcers The most rewarding is that I love her so much and am trying to make her as comfortable as possible, even putting stuffed animals around her so she doesn't feel alone in her hospital bed. [...more](#)

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FEATURED ARTICLE

Baby, It's Cold Outside

By Jennifer Bradley, Staff Writer

In many areas of the country, cold weather is an old-forgotten nemesis that reappears this time of year. When caring for those with disabilities and seniors, caregivers must take some simple precautions to ensure a loved one's safety this winter season.

Temperature control

The U.S. Centers for Disease Control and Prevention says that 600 Americans die each year from hypothermia, half of whom are older than age 65. Hypothermia occurs when a person's body temperature drops from the normal 98.6 degrees to 95 degrees or below. [...more](#)

GUEST ARTICLE

Laundry Night

By Marcie Beyatte

"I had a dream last night about water," my mother says as we dice cantaloupe and brew our morning coffee. "I woke up with wet sheets."

She wears Depends, but last night her protection failed. To any passerby, she appears to be a vigorous eighty-year-old; but they don't see her falling, an almost weekly occurrence. When we walk together, I try to anticipate the cracks and dips in the pavement and warn her so she doesn't trip. I keep night-lights on all day in my dark hall when she visits. No matter what I do, she still tumbles. She lands with the grace of a bird, as if her bones are filled with air. I hold my breath while I watch the scene unfold like a slow motion sports re-play. [...more](#)

CARETIPS

Holiday Gift Ideas for People with Alzheimer's and their Caregivers

There are currently more than 5 million people in the United States living with Alzheimer's and almost 10 million caring for someone with the disease.

Therefore chances are pretty high that this holiday season, you'll be buying a present for parents, grandparents, relatives or friends who have been touched by the disease. [...more](#)

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CARENOTES

From Joanne in Massachusetts:

My husband has had Parkinson's Disease for 16 years, and one of the things that has made it easier for him to shower, is to use those little shower gloves. He puts them on in the shower, soaps them up, and no longer has to worry about dropping the soap or face cloth. Does anyone have any other ideas like this? [...more](#)

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