

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
Date: 7/6/2016 9:03:30 AM
Subject: Diet strategies for better sleep; What is fair when paying for senior housing?

THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

[Paying for Senior Housing: When Siblings Split Cost What Is Fair?](#)

When aging loved ones require long-term care, their family members often have to decide how hands-on and financial responsibilities are distributed. There is no one solution for every family, but here are some important points to take note. [Read More »](#)

[What You Need to Know About Advance Funeral Planning and Medicaid](#)

Medicaid planning can be challenging, but using the proper techniques can ensure that your loved one can receive the long-term care they need and cover end-of-life expenses. [Read More »](#)

[Eat, Drink and Be Sleepy: Diet Strategies For a Sounder Snooze](#)

What you eat and drink can have a significant effect on the quality of your sleep. See what things to avoid and learn a few tips for getting a healthy rest. [Read More »](#)

[Why Not Try This?](#)

Friends and family are often eager to help a loved one who has received a serious diagnosis, but how effective can the latest treatment trend be? One of our bloggers shares his thoughts on how to handle this advice. [Read More »](#)

Considering Hospice Care?

Learn about the care hospice provides, discussing end-of-life with family and how to pay for hospice care.

[Get your Guide →](#)

Questions and Discussions From Caregivers

[Q: Worse after rehab?](#)

She came home dehydrated and nearly catatonic, the leg contractures were worse with new ones starting.

[Q: Husband has shingles on his backside. Any suggestions?](#)

He's on an antiviral and pain meds and I'm slathering him with antibacterial cream, prevent secondary infection and to ease the pain.

Q: Has your parent or spouse lost weight, a noticeable amount, as their memory loss has worsened?

As his memory loss has increased, he is getting thinner and thinner, despite eating a half container of ice cream every evening.

Q: Mother snuck out of the nursing home last week. Any insight?

She signed herself out and left with somebody I do not know.

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.

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Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

[Get Pricing on Senior Housing Options](#)

Learn about the different types of senior housing with current market information on services and costs.

[Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

[Find Out if You Qualify for 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.

[Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

[What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

[Get Your FREE Veterans Benefits Guide](#)

Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

[Find, Hire and Manage Home Care](#)

Get connected and speak with home care agencies. They will work with you to create a care plan and find the right caregiver for your loved one.

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