

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 1/21/2015 9:01:53 AM  
Subject: Lose the caregiver guilt; 5 things to know about your thyroid

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## *Answers And Emotional Support While Caring For An Elder*

### NEWS AND ARTICLES »

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[Are You Ignoring These Cancer Signs?](#)

[ from Cancer » ]

[5 Things to Know about Your Thyroid](#)

[ from Physical Wellbeing » ]

[I Don't Remember Mom Complaining](#)

[ from Life as a Caregiver » ]

[Feel at Peace: Lose the Caregiver Guilt](#)

[ from Emotional Wellbeing » ]

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**Q:** [What can I do to assess competency of Mom who has mental illness?](#)

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**Q:** [Mom is verbally abusive, while claiming I'm the abuser. Any advice?](#)

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**Q:** [My Mom has allergies and a cat, and I want the cat gone. My brother and I disagree. Any advice?](#)

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