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To: Kester, Tonykester@aging.sc.gov
Date: 9/3/2015 10:25:09 AM
Subject: Overcoming Arthritis Pain

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Overcoming Arthritis Pain • September 3, 2015 • Issue #844

EDITOR'S PEN

Gary Barg, Editor-in-Chief

On the Road with Pandora

I always save the driving questions for the last 25 minutes of the Q&A session at our Fearless Caregiver Conferences because once that Pandora's Box is opened, no other topic gets any airtime.

I know that none of you have any challenges getting a loved one to stop driving when they are becoming a danger to themselves and others, but please indulge me the following. [...more](#)

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FEATURED ARTICLE

Healing the Hurt: Overcoming the Pain of Arthritis

By Frances McQuire Paist, Staff Writer

Arthritis. The word literally means joint inflammation and includes more than 100 different diseases, all of which center around bodily aches and pains and the aggravations that accompany those wretched symptoms. For the patient, what was once daily routine threatens to become the daily grind unless stringent emotional and physical expectations are put into place. And for the person charged as caregiver, love and understanding heavily flavored with a no-nonsense approach to moving ahead are the best ways to help the person trying admirably to see him- or herself in a new light. Call it tough love, but know it's the right way.. [...more](#)

GUEST ARTICLE

Understanding Urinary Incontinence for Today's Caregiver

By Jacek L. Mostwin, MD, DPhil & Rene Genadry, MD

Thanks to a growing awareness of the physical problems and social repercussions of urinary incontinence, more and more people—including doctors—are taking incontinence seriously. This is good news for women dealing with this condition: there are health professionals available who understand what incontinence is, what causes it, and how to successfully treat and manage it. [...more](#)

CARETIPS

Empty Refrigerators Could Equal Poor Health for Seniors

By Jennifer B. Buckley

If you are caring for an elderly loved-one, consider keeping their refrigerator well stocked to keep them healthy. Sounds strange? Well a recently published

research letter in an issue of *The Lancet* suggests this claim fairly accurate. ...
[more](#)

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CAREVERSES

The Love Affair of Two Writers Writhed by MS

By Anita Stienstra

His rises moan
where once there
rose gentle verbiage
like Morning, Lover!

I flinch in his displeasure
to face another day where
all his nouns rely on how
his verbs are responding.

Where even having
every day off
is work, and sleeping in
means stiffness and spasms.

He turns, tumbles into me,
and I am glad for the touch.

There are no words
that help his struggle

[...more](#)

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