

From: South Carolina Respite Coalition <respite@screspitcoalition.org>

To: Kester, Tonykester@aging.sc.gov

Date: 5/4/2015 4:50:11 PM

Subject: Family Caregivers need your support Tuesday, 5/5/2015

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Dear Family Caregiver Supporter;

Give a donation of \$20 or more ***between midnight and 11:59 this Tuesday, May 5*** for family caregiver respite for ALL age groups statewide!

Help us win an extra \$1,000 prize for having the

And try to **boost**

your gift by giving online right after midnight.

If you plan to give \$100 do it between 5 & 5:05 p.m. every \$100 donation will be matched up to \$10,000.

[See more on the prizes & follow our progress all day](#)

IN THE VOICES OF FAMILY CAREGIVERS

~ Brenda S. is taking care of her adult son Eric with Rubenstein-Taybi Syndrome

I have provided care for my son Eric 24 hours a day, 7 days a week since his birth 37 years ago. I don't get Christmas, Thanks-giving or any of the holidays that working people outside of the home get. I love my son and I want what's best for him and I'm not trying to be a martyr. It's a matter of doing God's work but even God had to take a break and rest from it all.

Respite has given me a chance to take a break, take a breath and catch a second wind so that I can keep caring for my son at home.

~ Henry G. caregiver of his wife, Brenda, with Alzheimer's Disease

My wife is in the latter stages of Alzheimer's and I have been keeping her at home. Her social worker suggested that I apply for a \$500 voucher from the S.C. Respite Coalition. I was approved. I decided to go fishing with some family and old friends. The day before I was leaving, I felt like I was deserting my wife and thought I wouldn't go. However **deep down inside, I knew that I was just digging myself deeper into a hole every day.** So I went anyway. My kin and friends felt like I needed to stay busy.

I was tired, but it was a different kind of tired. Respite allowed me to be with people who care and understand what caregivers are going through. **My fishing trip reminded me that I could still have a life when all this is over...**

*Aida smiles as she is happy she and her mom
reap the benefits of taking a break!*

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