

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: 5 tips to keep your brain healthy; A caregiver's ultimate challenge

Answers And Emotional Support While Caring For An Elder

NEWS AND ARTICLES »

[5 Tips for Keeping Your Brain Healthy While Caregiving](#)

[from Physical Wellbeing »]

[Estate Tax Q and A for Family Caregivers](#)

[from Tax Tips for Caregivers »]

[How To Love Yourself: A Caregiver's Ultimate Challenge](#)

[from Emotional Wellbeing »]

[What to Do When the Bank Refuses a POA](#)

[from POA & Guardianship »]

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COMMUNITY QUESTIONS AND ANSWERS »

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Q: [How do you manage the spend down if your income is only your SS check and all goes to maintaining your home?](#)

[[Read caregiver answers](#) »]

Q: [Caring for my Mom with no help. What more does she want from me?](#)

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Q: [At what point do you stop dancing around the word Alzheimer's?](#)

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