

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Handling criticism during the holidays; Stuffing your feelings to cope

Answers And Emotional Support While Caring For An Elder

News And Articles »

Top Tips For Family Caregivers: November 2015

Members of our community have shared lots of valuable tips with one another this month on things like how to keep an elder hydrated and how to thoroughly document a care contract. See what other insider tips they have to offer. [More \u-10180 ?\u-8382 ?](#)

Research Assisted Living Before Talking to Resistant Elders

The holiday season brings plenty of fun family gatherings, but this can also bring "advice" from siblings and other relatives. See how you can cope with these scenarios and still enjoy family time. [More \u-10180 ?\u-8382 ?](#)

Stuffing Your Feelings: An Unhealthy Caregiver Coping Mechanism

Sadness, anger, resentment, frustration, and even depression are all part of life and especially with caregiving. Learn creative ways to let go of negative emotions. [More \u-10180 ?\u-8382 ?](#)

Handling Sibling Criticism During the Holidays

The holiday season brings plenty of fun family gatherings, but this can also bring "advice" from siblings and other relatives. See how you can cope with these scenarios and still enjoy family time. [More \u-10180 ?\u-8382 ?](#)

Give Thanks for the Good Days

One of our bloggers shares her own experiences with caregiver burnout. Find out how she stays focused on the good days in order to get through the tough times. [More \u-10180 ?\u-8382 ?](#)

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Community Questions And Answers »

Q: Do we need to have a caregiver at Thanksgiving table?

We are wanting just the 4 of us at the table, not caregiver as it is family time.

D: What's for dinner?

Join the discussion! What favorite dishes will be at your Thanksgiving dinner?

Q: I want to put Mom in assisted living, but do not have the funds. Any advice?

Taking care of Mom at home. She has been living with us for 15 years and we are tired plus she's getting mean.

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