

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 11/25/2015 9:02:41 AM  
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 \u0026u-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 \u0026u-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 \u0026u-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 \u0026u-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 \u0026u-8382 ?](#)

#### Senior Safety Walk-in Bathtubs by American Tubs

Customizable senior safety walk-in bathtubs with Air/Hydro massage, Chromatherapy, Aromatherapy, Micro Bubbles System, and quick drain system. [Learn more about American Tubs.](#)

### 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.

**VITAS hospice care is about you, not your disease.**

Bringing physical, emotional and spiritual support to wherever you call home. 100% covered by Medicare, Medicaid and most insurance.

Visit [VITAS online](#) or call **1.877.658.2908** day or night.

## Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

### An Unforgettable Funeral Requires a Plan

A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide](#) ›

### Need Help Paying for Care?

A Life Insurance Policy can be converted into a Long Term Care Benefit Account to pay for the cost of Senior Care directly each month. [See if you qualify](#) ›

### The "Get Help if you Fall" Medical Alert System

Don't wait until an emergency happens to think about protecting your loved one. Make the decision that provides confidence, security and safety. [Request a free brochure](#) ›

### Get Pricing on Senior Living Options

A senior living advisor can answer your questions and help you determine the right senior living options for your loved one based on your unique situation.

[Get pricing today](#) ›

### What You Should Know About Hospice

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance. [Visit Vitas to learn more](#) ›

### Get a Veterans Benefit Resource Guide

Learn how to find, use and manage veteran benefits for a veterans, their family caregivers, dependents and their survivors. [Get Your FREE Veterans Guide](#) ›

### How to Search for Home Care

Get connected and speak with home care agencies. They will work with you in creating a care plan and finding the right caregiver for your loved one. [Begin your search](#) ›

### Get Complimentary Caregiving Guides

These eBooks provide caregivers with instructive and inspirational information. Become empowered and educated about caregiving. [Download your eBook now](#) ›

© 2015 AgingCare.com . Find Us On Facebook . Follow Us On Twitter

To ensure delivery, add [newsletter@agingcare.com](mailto:newsletter@agingcare.com) to your address book or safe list.

[Change your email address](#) | [Update your communications](#) | [Privacy Policy](#)

AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109