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Subject: Winter survival guide; Home is all about heart

THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

Home is All About Heart, Especially for the Elderly

For dementia patients, "home" is more than just a place where they had once lived. It's a sense of love and safety that stems from their surroundings. [Read More »](#)

Hard Stuff

For the last ten years, Mum and I have been navigating a different kind of relationship. Things turn into a kind of dance with dementia, and sometimes it's awfully hard. [Read More »](#)

Winter Survival Guide: Tips from Family Caregivers

Temperatures continue to drop as the winter season approaches. Find ways for you and your loved one to brave the cold with these caregiver tips! [Read More »](#)

How to Protect Your Credit with a Security Freeze

When guarding yourself from identity theft you have two choices: monitor your credit regularly or implement a security freeze. Which option is best for you? [Read More »](#)

Remarkable Remembrances

An unforgettable memorial service requires a plan. Make your service one to remember.

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Questions and Discussions From Caregivers

Q: I want to go away after my mother-in-law's service to be alone and grieve, any suggestions?

My dad passed away 13 days before she did. I feel selfishly sad that my dad's passing wasn't celebrated as my MIL's will be.

Q: Should I have made a big deal of our anniversary?

Today was our anniversary, but my husband with dementia had no clue. I had a card ready and made a fancy dinner, but I didn't mention it.

Q: Is it helpful or harmful to send Mom a Christmas card from her deceased parents?

She has dementia and thinks that they live in our former family home. She often says, "Let's go back to the house, my parents are there."

Q: Can a POA put a security freeze on the credit of the person they are representing?

I am caring for my dad who has dementia.

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