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**Alzheimer's Gift Ideas** • December 10, 2015 • Issue #872

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# The Holiday Caregiver Insurance Plan

A gentleman asked a question at a recent Fearless Caregiver Conference. He had been trying to have a conversation with his mother about her long-term care wishes, but she had been putting him off and he was seeking advice.

I told him about my concept of creating a caregiver insurance plan. We have auto insurance even though we hope not to have a crash, fire insurance, life insurance and, well, you get it. These policies are secured due to the likelihood of our families facing such events. Of course, we all realize that it is better to have the appropriate policies in hand. [...more](#)

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## IN THIS ISSUE

**The Holiday Caregiver Insurance Plan**

**Holiday Gift Ideas for People with Alzheimer's and their Caregivers**

**I See You**

**Fighting Caregiver Fatigue**

**CareVerses**

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## FEATURED ARTICLE

# Holiday Gift Ideas for People with Alzheimer's and their Caregivers

There are currently more than 5 million people in the United States living with Alzheimer's and almost 10 million caring for someone with the disease. Therefore chances are pretty high that this holiday season, you'll be buying a present for parents, grandparents, relatives or friends who have been touched by the disease. [...more](#)

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## GUEST ARTICLE

# I See You

*By Daphne Simpkins*

A lifetime snoop I have always looked inside other shoppers' buggies to see if they are buying better groceries than I am. As a consequence, I was inadvertently trailing the woman who was now in front of me. We stopped in the dairy section where I heard her moan, "They don't have my yogurt!" When her feverish eyes caught mine, I smiled sympathetically. [...more](#)

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## CARETIPS

# Fighting Caregiver Fatigue

*By Kristine Dwyer, Staff Writer*

Calvin's day begins before 5 A.M. He knows another exhausting day lies ahead. He allows himself only enough time to have a cup of coffee and read the paper before lying back down by his wife's side until 6 A.M. when the daily routine begins again; toileting, showering, dressing, wheelchair transfers, laundry, meal preparation, housekeeping, correspondence, paperwork, yard work, personal care. Soon its time for a doctor appointment; more wheelchair transfers, a trip to the pharmacy, grocery shopping, and then, finally, a return home to continue the care routine. No time to rest during the day. [...more](#)

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### CAREVERSES

## A Caregiver's Crown

*By Patricia Mizell Pack*

*There must be a Heavenly crown for each giving soul,  
who cares for the sick and disabled, whether young or old.  
A brilliant symbol that shines forth as a vision of gold.  
A fitting reward for each unspoken tale never told.*

*A bejeweled crown of sparkling rhinestones and pearls,  
to be worn by deserving caregivers in all cultural worlds.  
It's high time we needly take a heartfelt stand.  
Show gratitude for each unselfish deed, and extended hand.*

*A crown of blood-colored rubies for those we hold dear,  
formed by sleepless nights, and prayers we never hear.  
A fitting reward for caregivers who minister and provide  
untold comfort and service that help keep us alive.*

*Their enduring presence is a testament of their selfless will.  
Their loving care can't be equaled by any prescription pill.  
A golden crown of diamonds, rhinestones, rubies and pearls  
to be worn by unpaid caregivers in all cultural worlds.*

I wrote this poem while convalescing from vasculitis, an inflammation of the major blood vessels. My husband was my caregiver during those long months of illness. Thankfully, I am now fully recovered. I thank God for my wonderful husband of forty years. I wrote this poem for him. I now also dedicate it to all deserving caregivers.

[Enjoy more caregiver poems](#)  
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