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**Time is Running Out** • May 12, 2015 • Issue #811

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# 2015 Today's Caregiver™ Friendly Award Nominations

*Celebrating Thirteen Years of Honoring Inventors, Designers, Tinkerers, Writers and Creators Working Tirelessly on Behalf of Family Caregivers.*

## Nominations closing this week

What do caregiving organizers, bathroom fall prevention products, incontinence supplies, home safety products, long-term care facilities, caregiver books and media, caregiving resource centers, and medication management systems all have in common? [...more](#)

## IN THIS ISSUE

**2015 Today's Caregiver™ Friendly Award**

**Community Transportation Programs - Helping with Dignity and Caring**

**Joint Efforts-Exercise and Arthritis: What Caregivers Need to Know**

**Tips to Prevent Senior Scams**

FEATURED ARTICLE

## Community Transportation Programs - Helping with Dignity and Caring

*By Sandra Ray, Staff Writer*

There are a multitude of programs available to help the elderly and disabled reach appointments, go shopping, and perform other tasks associated with daily living. Not all of these are easily accessible or easy to find. The requirements often range from proof of age or disability, to income, as well as stating that no other transportation means are available. [...more](#)

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GUEST ARTICLE

## Joint Efforts-Exercise and Arthritis: What Caregivers Need to Know

*By Sean M. Kenny*

Exercise is beneficial to most of us, but exercise is especially vital to patients who have arthritis. Over 40 million Americans (1 in 7) have arthritis. Chances are good that you or your loved one may develop arthritis in the future. Let's explore the role of exercise with regards to caring for the arthritic population. [...more](#)

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## CARETIPS

# Tips to Prevent Senior Scams

By Allen Riggs

There is a ring at the front door and you answer. A kind-hearted gentleman informs you that he has just fixed your neighbor's roof and he has a lot of material left over. He tells you that your roof is in bad shape and there is a bad storm brewing. [...more](#)

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## CARENOTES

### From Karen:

My husband has a myriad of health issues. We've rented out half our house to a disabled couple, also with a myriad of health issues. I'm the only "healthy" one—the only one who can work. I feel like I'm nothing more than a paycheck and a mode of transportation to doctor visits. I have my own health issues, but they need to be ignored out of necessity. I don't know what to do. [...more](#)

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