

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Dietary do's and don'ts; At-home exercises for caregivers

Connecting Caregivers to Answers and Support

News And Articles »

[At-Home Exercise: Turn Housework Into a Workout](#)

Turn your spring cleaning into a step towards a healthier lifestyle. See how you can get fit (and organized) without setting foot in the gym. [Read More](#) □

[Kinds of Adult Day Care That Are Available](#)

Give yourself a spring break! Adult day care is a little-known way of providing socialization and activities for elders and respite for caregivers. [Read More](#) □

[Dietary Do's and Don'ts to Keep an Overactive Bladder Happy](#)

Don't let embarrassing and messy situations keep your loved one from enjoying the outdoors this spring. Make these minor alterations to their diet to help prevent accidents. [Read More](#) □

[Growing Connections: Gardening with Seniors](#)

Create more meaningful connections with an elderly loved one by putting on some gloves and heading outside together. [Read More](#) □

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[View the latest caregiver products and education from Sage.](#)

Community Questions And Answers »

Q: My mother seems more lucid since going into memory care?

When she was in the hospital she was hallucinating but since she's been in the memory care facility she has perked up again.

Q: Torn between Mom, Hospice and husband. What to do?

My mother was recently put on Hospice. I'm pretty burned out. I'm the only family she has left.

Q: How to help an elderly parent stay out of a nursing home?

My three siblings want to put my mother in a nursing home. She does not want this and neither do I.

Q: Is overeating a symptom of dementia?

My friend hasn't been diagnosed, but he eats constantly. I'm writing a list a list of his symptoms and wondering if these two things could be related.

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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 >](#)

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