

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
Date: 3/12/2016 6:02:31 AM
Subject: What's this taboo topic for men; Daylight saving time can negatively affect health

Connecting Caregivers to Answers and Support

News And Articles »

[Andropause: A Taboo Topic for Many Men](#)

Did you know that men experience hormonal changes as they age? Find out what signs to look for in your male loved ones. [Read More »](#)

[Who's Who in Skilled Nursing: Staff Caregivers Should Get To Know](#)

Knowing who is responsible for each aspect of your loved one's care is important, but it will be even more useful when you have questions that need answering. [Read More »](#)

[Deciding on an End of Life Plan](#)

Feeling like a burden on your loved one is a disheartening experience, whether you have dementia or not. One of our bloggers shares his inner debate regarding end of life planning and a desire to shield his family from future care burdens. [Read More »](#)

[Daylight Saving Time Can Negatively Affect Senior Health](#)

As the country prepares to "spring forward" an hour for daylight saving time this Sunday, it's important to keep in mind how even a tiny time change can affect your health. [Read More »](#)

[Whom would you elect?](#)

Healthcare is a hot topic and each presidential candidate has their own plan for this issue. Which one do you think is the best? [Cast Your Vote Now! »](#)

[You Don't Have to be a Nurse to be a Great Caregiver](#)

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

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

Community Questions And Answers »

[Q: Do I move Mom to assisted living now before we don't have a choice?](#)

She needs more help than I can provide.

[Q: My sister wrote my mom's will, and stated in it I'd get 25% and she'd get 75%?](#)

She told my mom that since she felt I would spend all my half that she would be in charge of doling out a little at a time if she felt I needed it.

[Q: My Dad won't accept that he's losing his memory. What can I do?](#)

I understand that this process isn't something he can control, but he's starting to act nasty toward everyone.

Q: As an ex-patriot, must I pay United States taxes on Social Security Benefits?
I have no income from the Philippines, no business, no job, and nothing from the gov't here.

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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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