

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: How you can get relief from migraines; Who was your loved one before dementia?

Connecting Caregivers to Answers and Support

News And Articles »

Helping a Loved One Transition into Assisted Living

Moving into a senior living facility is a major change for both you and your loved one. Learn what measures you can take to make this transition go as smoothly as possible. [Read More »](#)

Migraines: What Causes Them and How Can You Get Relief?

Understanding what a migraine is and isn't is important for headache sufferers. You may be surprised by what triggers these attacks. [Read More »](#)

Tax Rules for Social Security Benefits

Find out how the money you receive from the government each month can affect your taxes. It depends on these key factors. [Read More »](#)

Who Was Your Loved One Before Dementia?

One of our fellow bloggers shares his views on getting to know someone with dementia, even if they can no longer remember who they are. [Read More »](#)

Need Help Paying for Care?

A Life Insurance Policy can be converted into a Long Term Care Benefit Account to pay for the cost of Senior Care directly each month. No fees or obligations to apply. [Click here to see if you qualify.](#)

Community Questions And Answers »

Q: Mother is not sharing how she feels. Suggestions?

Everything has been fine so far, however, we are having the feeling lately that she is not exactly honest with us.

Q: Recommendations on overnight diapers for Pop?

The problem is that he feels the wetness next to his skin and it wakes him up at night.

Q: I'm caring for a sister with dementia who is filthy.

She refuses to shower or wash her hair and won't let anyone help her.

Q: What is the best way to control Dad's disruptive wife?

Yesterday she arrived to move a few more bags of stuff and then told him she was leaving for Florida for three weeks. He became upset.

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This free Hospice Discussion Guide can help you get the conversation started about your loved one's wishes.

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