

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 12/5/2015 6:02:07 AM  
Subject: How to keep your sanity during the holidays; Does dementia change who you are?

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## *Answers And Emotional Support While Caring For An Elder*

### News And Articles »

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#### Does Dementia Change Who You Are?

A dementia diagnosis is unsettling, but realizing your loved one will no longer be who you once knew is even more frightening. Our blogger shares his insight into this theory. [More »](#)

#### Top Tips for Family Caregivers: Gift Ideas for Loved Ones

As the holidays approach, caregivers and family members are often at a loss when it comes to gift ideas for their aging loved ones. Check out these options. [More »](#)

#### Adult Day Care: 3 Options for Respite

Some presents don't need to be wrapped. Recognize the gift of respite care through adult day care centers. Find out if it's a good fit for you and your family. [More »](#)

#### How to Keep Your Sanity During the Holidays

Holidays are indeed work. When you add elder care to the mix, they can seem overwhelming. Utilize these techniques to get you through the weeks ahead. [More »](#)

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### Community Questions And Answers »

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#### **Q: Could my Mom's dog acting up be connected to her downward spiral?**

My mom's dog kept me up 'til 4 a.m. with her whining and slamming her body...

#### **Q: If I put my Dad in a home, can I take him back out if I want to?**

I want to find a bigger home, so I can move my parent's in with me.

#### **Q: Can Mom's doctor legally do this?**

Again, no call from the doctor to me, mom or my brother. I have called him which he still hasn't returned.

#### **Q: What to do about my grandmother before it destroys us all?**

For past 3 years she has become uncontrollably hateful, cruel hearted and rude. It gets worse every day.

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