

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
Date: 12/19/2015 6:02:09 AM  
Subject: When seniors don't accept outside help; How winter weather affects your heart

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

### News And Articles »

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#### [There Are No Excuses for Avoiding Nursing Home Visits](#)

Why go visit when they won't remember? Many family members have said or thought these words, but is this truly a valid excuse? Take the time to examine another perspective on this common issue. [More](#)

#### [When Elders Don't Accept Outside Caregivers in the Home](#)

So you've recognized that your loved one needs assistance, but they refuse to accept any help. Now what? Use these techniques to help assuage their fears. [More](#)

#### [How Winter Woes Can Wreak Havoc on Your Heart](#)

Whatever their cause, heart symptoms should never be taken lightly-especially during the winter months. Find out what strategies you can use to prevent lasting damage. [More](#)

#### [Can You Bring a Person with Alzheimer's to Holiday Gatherings?](#)

Holiday get-togethers can become more of a chore when caring for a loved one who has Alzheimer's. See how to determine the right comfort level for both of you and learn how to plan accordingly. [More](#)

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### Community Questions And Answers »

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**Q:** [Is it fair I have to miss Christmas with my grandchildren because my sisters won't take care of Mum for the day?](#)

I cared for my dad up until he died this year and now I'm caring for mum which my two sisters don't help.

**Q:** [Has anyone taken their parent to a psychiatrist?](#)

There's a lot of issues at play, including mental health and possibly drug reactions, so it seems like a psychiatrist might be the go-to person for this.

**Q:** [Unsafe home. Any advice?](#)

She can't bathe anymore and needs a walk in tub/shower also but has no money to have these things done.

**Q:** [Can my siblings send my Mom to nursing home when she says no?](#)

Some of my siblings want to send my mom to nursing home or hospice home against her will.

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