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Date: 7/30/2016 6:02:43 AM
Subject: Diet strategies for better sleep; How to pay for independent living

THE CAREGIVERS' NEWSLETTER

*The Caregivers' Choice:
Top 10 Articles and questions for July 2016*

News And Articles

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

Fear and privacy are common explanations as to why seniors resist, but there may be a lot more going on than you realize. [Read More »](#)

[Eat, Drink and Be Sleepy: Diet Strategies For a Sounder Snooze](#)

What you eat and drink can have a significant effect on the quality of your sleep. See what things to avoid and learn a few tips for getting a healthy rest. [Read More »](#)

[Medicaid and Assisted Living: What's Covered and What's Not](#)

See what details you need to know to ensure that you are financially covered for this type of senior living and care. [Read More »](#)

[10 Refreshing Ideas for Summer Outings with Seniors](#)

Family members and friends often wish to take a senior out for some fun, but they may be stuck when it comes to choosing a place or an activity. Even seasoned caregivers can run out of ideas or get stuck, so here are a few to get you started. [Read More »](#)

[How to Pay for Independent Living](#)

Most independent living communities are private pay only, but there are several other ways to cover the cost that you may not have considered. [Read More »](#)

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.

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Questions and Discussions From Caregivers

Q: Does the house we live in and bank accounts become part of the estate?

I'm not in hubby's will and his son is very money hungry. I want to know what might happen to our assets.

Q: Can I take a lump sum from my parent's account as POA, or will I get in trouble?

I am considering taking enough money to cover 3 months of mortgage and utilities from his account, which adds up to what he said was fair to him in the beginning.

Q: At what stage of Alzheimer's does a patient stop wanting to shower?

Lately, she will not cooperate when we want to put her in the shower. She has a shower bench but no luck now.

Q: Has anyone had success selling your parents' stuff on Ebay or Etsy?

Lots of antique china, crystal, silver, knick knacks and collectibles. Is it worth the effort?

Q: Has your parent or spouse lost weight, a noticeable amount, as their memory loss has worsened?

As his memory loss has increased, he is getting thinner and thinner, despite eating a half container of ice cream every evening.

Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual.

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[Get Pricing on Senior Housing Options](#)

Learn about the different types of senior housing with current market information on services and costs.

[Get your FREE Funeral Planning Guide](#)

A final tribute should be as unique as the individual. Make your service one to remember.

[Find Out if You Qualify for 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.

[Get a Medical Alert System](#)

Don't wait for an emergency! Medical Guardian is the Trusted Medical Alert System. Make the decision that provides confidence, security and safety.

[What You Should Know About Hospice](#)

VITAS hospice helps manage care transitions from hospital to home. 100% covered by Medicare, Medicaid and most insurance.

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Learn how to find, use and manage VA benefits for veterans and their family caregivers, dependents and survivors.

[Find, Hire and Manage Home Care](#)

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