

From: AgingCare Newsletter <newsletter@agingcare.com>
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Date: 9/7/2016 9:02:26 AM
Subject: Expert answers on Alzheimer's and sleep; How to sneak calories into a diet

THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

[How to Sneak Calories and Nutrients into a Loved One's Diet](#)

It's not easy to care for someone who no longer has an appetite or does not want to eat. Utilize these tips and tricks to help your loved one get the nutrition they need. [Read More »](#)

[Finding Assisted Living for People With Alzheimer's](#)

Are assisted living facilities equipped to handle the special needs of Alzheimer's patients? Find out what you should look for to help provide your loved one with the appropriate environment. [Read More »](#)

[Letting Go](#)

One of our bloggers shares her personal experience of watching her mother decline due to Alzheimer's and provides an insightful solution for helping her mom keep track of the past, present and future. [Read More »](#)

[Alzheimer's and Sleep: Expert Answers to 6 Common Questions](#)

Sleep issues present a number of problems for caregivers. For example, if their loved one isn't sleeping, neither are they. Get expert advice on how to tackle this exhausting situation. [Read More »](#)

Remarkable Remembrances

An unforgettable memorial service requires a plan. Make your service one to remember.

[Get your free guide →](#)

Questions and Discussions From Caregivers

Q: [My Mother is changing and I don't know what to do about it?](#)

My mom is now rude to people in public or on the phone. She has even threatened doctors!

Q: [Is assisted living is the best option for senior citizens?](#)

I'm just not sure about the benefits.

Q: [My Grandmother refuses to use bedpan or depends. Now what?](#)

She is the living breathing epitome of passive-aggressive behavior that is morphing into pure bitterness.

Q: How can I protect myself from hurtful untrue statements and accusations?

She has called family members and I'm not sure who else to say I am spending all her money.

Considering Hospice Care?

Learn about the care hospice provides, discussing end-of-life with family and how to pay for hospice care.

[Get your Guide →](#)

Products And Services From Our Partners

Below are supporters of AgingCare.com that may be of value to you and your family.

[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.

[Get Your FREE Veterans Benefits Guide](#)

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

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

Get connected and speak with home care agencies. They will work with you to create a care plan and find the right caregiver for your loved one.

[Get Your Complimentary Caregiving Guides Now](#)

Become an empowered and educated caregiver.

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