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Do We Need Financial Power of Attorney? • January 5, 2016 • Issue #879

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Charles Fuschillo, Jr.

President & CEO of the Alzheimer's Foundation of America

Gary Barg: Can you tell me about the Alzheimer's Foundation of America?

Charles Fuschillo: We are a national foundation that is dedicated to providing quality care and excellent service to individuals living with Alzheimer's disease and, equally important, their caregivers and families. We unite nearly 2,000 organizations coast-to-coast that meet the same mission needs that we do—educational, social, emotional and practical—and with the focus on the here and now. [...more](#)

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FEATURED ARTICLE

Financial Power of Attorney: Who Needs One?

By Sandra Ray, Staff Writer

Many people feel nervous at the thought of a power of attorney. It can be intimidating to consider giving another person or agent the authority to make financial decisions on your behalf.

There are valid reasons to consider a power of attorney if the need arises. In layman's terms, a power of attorney is a legal document that allows someone (an individual or an entity) to conduct business on your behalf. There is more than one type of power of attorney. These include both financial and medical. [...more](#)

GUEST ARTICLE

Cost, Uncertainty and Stress Plague Long-Distance Caregivers

By Maureen Hewitt

\$8,728 a year. No vacations. No retirement savings. 23 hours a week and up.

This is the not-so-secret code of the long-distance caregiver:

- \$8,728 is the average annual out-of-pocket cost;
 - 47% stopped taking vacations to make up for caregiving costs and a lack of extra time;
 - 35% stopped saving for retirement; and
 - 23 hours up to 41 hours a week are spent on providing care, depending on income. [...more](#)
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CARETIPS

Make a New Year's Resolution to Schedule an Eye Exam

by Kristine Dwyer, LSW

Early Diagnosis and Treatment Can Lessen Effects of Glaucoma, the "Sneak Thief of Sight"

Many people are making New Year's resolutions to improve their health. However, many may not be aware that an eye exam cannot only help to protect vision, it can uncover evidence of other diseases including diabetes or hypertension. [...more](#)

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CARENOTES

From Cathy:

I resolved to create more high energy blocks of time for myself. That means that when I have planned and arranged for a few hours of free time, I want to arrive at those free time hours rested enough to do something interesting and soulful for myself. I don't want to use those precious hours to just go rest because I am too tired to do otherwise.

What caregiving resolutions have you made this year? [...more](#)

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