



Elder Pages Online

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Editorial Calendar for the 2010 E-Newsletter

January 2010

- **Can Mom live safely on her own?** You've just visited a parent for the holidays and noticed there have been lots of changes. Perhaps your mom or dad needs more help. An interactive survey can help you assess your loved one's safety.
- **Reducing salt in Dad's diet.** Many conditions require a low-salt diet. But how can you eliminate salt without losing flavor and the joy of eating?
- **Bathing and dementia.** Bath time often becomes a battle for families caring for a person with dementia. Learn tips to make this necessary task of hygiene a more pleasant experience for both of you.

February 2010

- **How to beat "cabin fever."** Many caregiving spouses report feeling guilty if they go out and engage with life when their partner can't. How can you support your loved one's partner to keep his or her spirits up?
- **Staying calm: Proven relaxation techniques.** Sometimes we can't change the situation around us, but we can help ourselves be less distressed by it. The American Heart Association and the Mayo Clinic recommend several simple techniques that not only make life more pleasant, but also benefit your heart.
- **Making treatment decisions.** The University of Ottawa offers insights and a decision-making guide to help patients and families feel confident about the treatment decisions they need to make.

March 2010

- **Your changing role: Becoming a partner-in-care.** The tools of motivational interviewing can help you as a family member work collaboratively with your loved one to make needed lifestyle changes.
- **Housecleaning help for women with cancer.** Yes, there is a fairy godmother! If you are caring for a woman with cancer, Cleaning for a Reason can take a load off your To Do list. This nationwide nonprofit can help you find a local housecleaning service willing to donate a few sessions.
- **Tax tips for family caregivers.** The federal government offers tax breaks for families caring for an aging parent. Your loved one does not have to live with you for you to take these deductions.

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April 2010

- **What is an advance directive?** April 16 is National Health Care Decisions Day. Learn about the two components and what you need to do to complete this simple, but very important, legal document.
- **Avoiding crises with congestive heart failure.** No one likes the fear and disruption of an ER visit because your loved one has had a flare-up of symptoms. With daily monitoring, you can catch problems before they turn into a crisis.
- **Finding the positives of aging.** Too often we think of the natural process of aging in terms of loss. Approaching one's elder years looking at the glass as half full can do wonders to promote a healthier, happier experience.

May 2010

- **Traveling with oxygen.** As we approach the season of summer travel, learn how you can safely vacation with your loved one, even if he or she must bring portable oxygen on your outings.
- **Is Dad lonley or a loner?** Is it normal to live an isolated life? Learn tips for distinguishing healthy introversions from solitude that may worthy of concern.
- **Review of the Carefinder Assessment Tool.** Take the Alzheimer's Association online interactive survey to receive guidance about your loved one's probable needs in order to stay safe.

June 2010

- **Making your home safer.** June is Home Safety Month. Learn what you can do to avoid the most common injuries that occur in the home.
- **Accessible national parks.** Want to travel with a disabled loved one, but not sure where to go? Consider a visit to a national park. Persons with permanent disabilities can get a free access pass. Plus many national parks are set up with accessible trails, vista points, camping, etc.
- **Avoiding crises with COPD.** Learn about the American Lung Association's COPD Management Tool to help you keep a flare up from becoming an emergency.