

Our partner for incontinence care: 

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Osteoporosis – A Treatable, Beatable Disease

May is National Osteoporosis Awareness and Prevention Month. Over 10 million people in our country have osteoporosis and 34 million more are at risk. This disease can strike at any age. Do you know if you or your loved one is at risk?

The National Osteoporosis Foundation recommends the following to optimize bone health and help prevent osteoporosis:

- ♦ Get the daily recommended amounts of calcium and vitamin D.
- ♦ Engage in regular weight-bearing and muscle-strengthening exercise.
- ♦ Avoid smoking and excessive alcohol.
- ♦ Talk to a healthcare provider about bone health.
- ♦ Have a bone density test and take medication when appropriate.

Bone fractures, change in posture, sudden back pain or loss of height are all possible warning signs of osteoporosis, yet often no symptoms are present until later in the progression of the disease. Why wait for

warning signs when osteoporosis can be caught early with a bone density screening? Why not add extra calcium and vitamin D into your diet today?

One way to get the amounts of calcium and vitamin D needed is by taking Os-Cal®, a supplement that keeps bones strong. Os-Cal is actually proven to help reduce the risk of hip fracture by 29%!



With rebates through Caregivers Marketplace, you can receive \$1.00 back on select purchases of Os-Cal every time you buy it. You can also visit www.oscal.com to download a \$1.00 coupon. You'll also find information on a \$20 rebate for a bone health screening from Life Line Screening®.

Don't delay – talk to a doctor about your osteoporosis concerns and get a jump on this treatable, beatable disease.

Family Caregiver Bill of Rights

I have the right...

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

To seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would

if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

Depend® for Men & Women

This spring Depend® released a new product line to meet the unique needs of men and women. These absorbent products are custom designed to give the fit and feel of regular underwear.

The *For Men* line has greater protection in the front, where men need it most. The *For Women* line offers oval cut leg openings for optimal comfort.

These new items are available for cash back through Caregivers Marketplace, but your cash back form may not list them. You can download the updated version of the cash back form by visiting www.caregiversmarketplace.com.



The Caregivers Marketplace a free program from

Hamacher Resource Group
8801 West Heather Avenue
Milwaukee, WI 53224-2416
(800) 888-0889

www.caregiversmarketplace.com

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Voice of the Caregiver[®]

News and Advocacy for Caregivers

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To receive consideration, affection, forgiveness, and acceptance for what I do from my loved one for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

To _____ (Fill in your own)

This selection was adapted from *Caregiving: Helping an Aging Loved One*, by Jo Horne.

Save-A-Seat Offers Protection for Your Car

Whether you provide care for an incontinent person or experience urinary incontinence yourself, you know how frustrating leaks can be. Some individuals who have this problem aren't even comfortable leaving their homes for fear of having an accident in the car.

Fortunately, there is a great new product available called Save-A-Seat. This waterproof, removable seat cover protects automobile upholstery so you and your

loved one no longer have to worry about damage from leaks.

Save-A-Seat's replacable fabric is concealed within a slim dispenser. When you need to protect your upholstery, simply anchor the fabric around the top of the seat or headrest and extend it over the seat's surface.

The Save-A-Seat solution gives caregivers peace of mind that their automobile upholstery is safe, and their loved ones can feel confident that an accidental leak is an easy clean up.

If you are interested in ordering this innovative removable seat cover system, please visit the Save-A-Seat Web site at www.save-a-seat.com/healthcare.



Tip of the Month

Use our archives. All issues of *Voice of the Caregiver* are archived on our Web site under the Resources & Links tab.

Here are just some of the article topics in former issues:

- ◆ Respite care
- ◆ Long distance caregiving
- ◆ Alzheimer's disease
- ◆ Financial issues
- ◆ Support Groups
- ◆ Live-in caregiving
- ◆ Nutrition
- ◆ Caregiver burnout
- ◆ Bathing tips
- ◆ Caregiving and the holidays
- ◆ Spousal caregiving
- ◆ Caregiving at the hospital



Eligible Brands Directory

You can get cash back every time you buy the following brands. Simply complete and return a cash back form (available at www.caregiversmarketplace.com) and send in your receipts to receive your cash back check. It's really *that* easy!

Aspercreme

COMFORT[®]
PERSONAL CARE FINANCING

Benzodent

Balmex

CITRUCEL

Cortzone-10

Cottonelle

Depend[®]
Products

Always Safer Control
EcoTrin

Ensure[®]
NUTRITIONAL BEVERAGE

Glucerna[®]

GOLD BOND

GoodNites[®]
Underpant

HUGGIES[®]

ICYHOT

Kaopectate[®]

Nature Made[®]

WITH VITAMIN D,
OS-CAL[®]
Calcium Supplement

POISE[®]

POLIDENT

Wet Ones[®]
Pull-Ups[®]
Wet Wipes

SUPER
POLIGRIP

The Caregivers Marketplace does not sell products but makes cash back available on purchases made at your favorite retailer. New products are added often. Visit www.caregiversmarketplace.com for up-to-date product listings.