

THE WEATHER TODAY, C2

8 a.m. 65°

Noon 77°

4 p.m. 81°

8 p.m. 72°

Dragon Boats Growing in Popularity

Newest boat latest example of the sport's steady rise in The Villages. Sports, B1

DAYLIGHT SAVING TIME

FALL BACK DID YOU CHANGE THE CLOCKS?

Daylight saving time ended at 2 a.m., when clocks were to be set back an hour in all but two U.S. states: Arizona and Hawaii. Daylight saving time is the period of the year when clocks are adjusted in an effort to create more sunlit hours in the evening during months when the weather is warm. The time change marks a good time to put new batteries in warning devices such as smoke detectors and hazard-warning radios — and again, when daylight saving time returns March 11.

— Staff report



SNOW, RAIN IN CALIFORNIA, BUT FIRE AREAS REMAIN DRY

Snow fell Saturday in the Sierra Nevada and rain hit the far north as a storm swept through California. But the fire-ravaged wine country is dry despite fears of mudslides.

National News, A6

LEBANESE PREMIER RESIGNS FROM HIS POST

Lebanese prime minister Saad Hariri resigned from his post in a televised address from the Saudi capital Saturday, plunging the nation into uncertainty amid regional tensions.

World News, A10

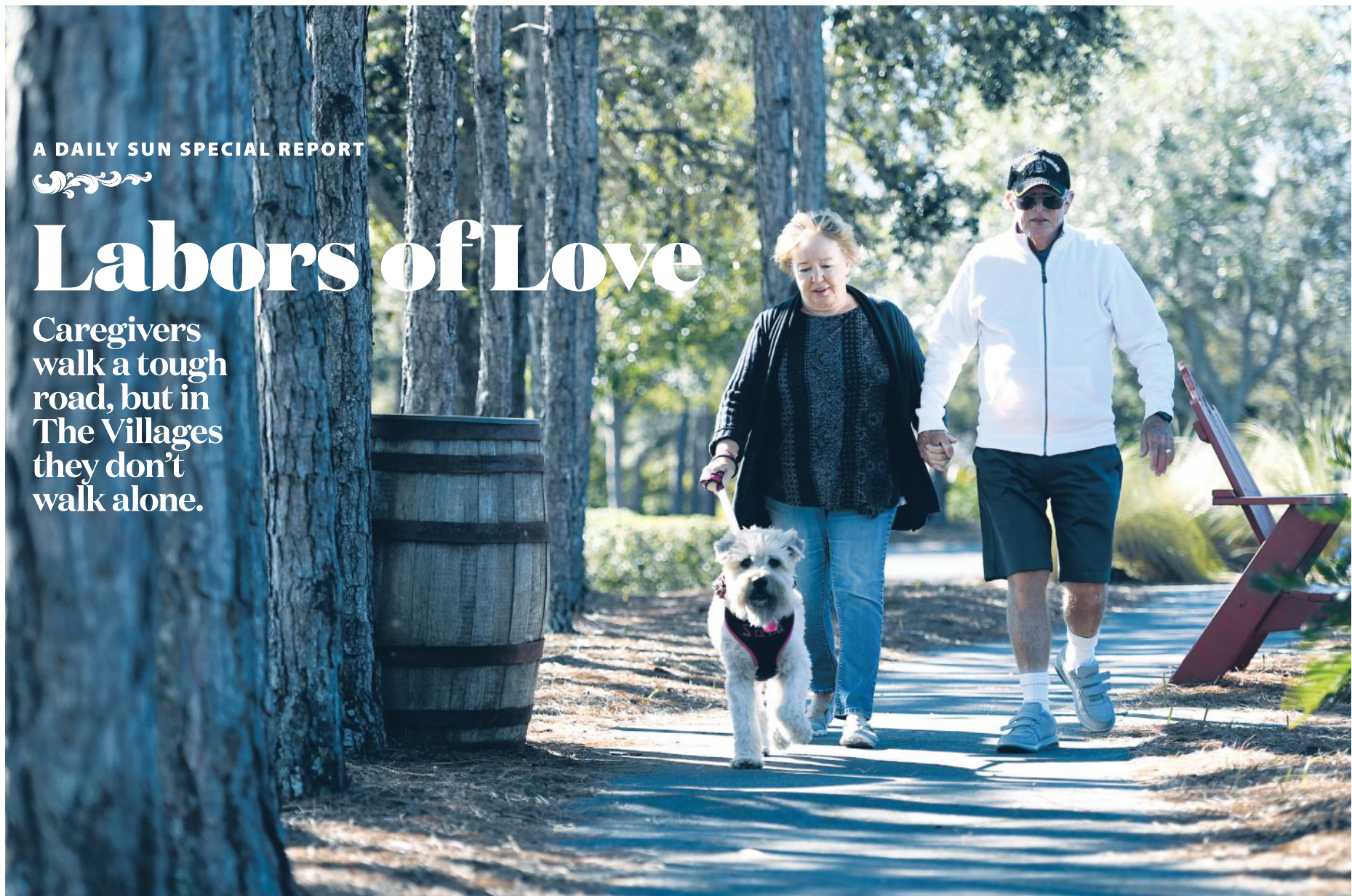
ALSO INSIDE

See what's new in the auto world with the Auto Showcase Tab.



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Television	D10
Travel	E1

We support our men and women in uniform.



Sharol and Jack Lewin, of the Village of Bonita, walk with their dog, Sami, along the walking path Oct. 26 at Lake Sumter Landing. Photos by Max Gersh | Daily Sun



Lewin laughs while talking with her husband, Jack.



Lewin checks to see if Jack gave himself an even shave.



Lewin helps Jack put on his jacket at their home.

By CIARA VARONE | Daily Sun Staff Writer

Sharol Lewin makes the same breakfast every morning for her husband, Jack — an English muffin topped with peanut butter, one hard-boiled egg, and bananas or blueberries. That's after helping him shower, shave and dress. The couple then strolls around Lake Sumter Landing, accompanied by their soft-coated Wheaten terrier, Sami.

With few exceptions, it's the only time they go out anymore.

As Jack's dementia progresses, Sharol adjusts her schedule to spend every day with her husband. She is one of 41.3 million people in the U.S. who provide unpaid elder care, according to the Bureau of Labor Statistics.

"It's this very under-acknowledged kind of work," said Dr. Miles Taylor, associate professor of sociology and faculty associate at the Pepper Institute on Aging and Public Policy at Florida State University.

November is National Family Caregivers Month, an occasion to highlight those who devote their time to the ones they love.

"It's about honoring those people for making their communities a better place to live," said Tom Rinkoski, a caregiver coach for Elder Options and a former caregiver.

But Sharol insists she doesn't do much of anything for Jack, certainly not enough to ask for help.

Having someone come stay with him while she gets her hair done? Unthinkable.

"I feel guilty," she said. "I think I should be able to handle this."

So she doesn't go.

Sharol's daughter, Marci Windgett, moved to The Villages hoping to help her mom care for her stepdad.

Thus far Sharol has let her — once. Windgett sat with Jack while Sharol went to speak with a lawyer.

"That's the only time in two years," said Windgett, of the Village of Virginia Trace.

Sharol acknowledges

that she might not be able to keep it up much longer. She caved a little this year when she started taking Jack to a respite care group.

Sharol said she knows the community's helpers stand ready to lend a hand.

"It's been like a maze trying to discover things," Sharol said. "The Villages has helped."

Accepting that help may be critical to preserving her health.

Studies show caregiving takes a toll on mental and physical health.

It has been linked to higher rates of depression and chronic disease, and an increased risk of early death.

University of Pittsburgh psychiatry professor Dr. Richard Schulz started looking at family caregivers 30 years ago to study the effects of chronic stress on a person.

In that time, caregiving has become an even harder job, he said.

"The complexity of things

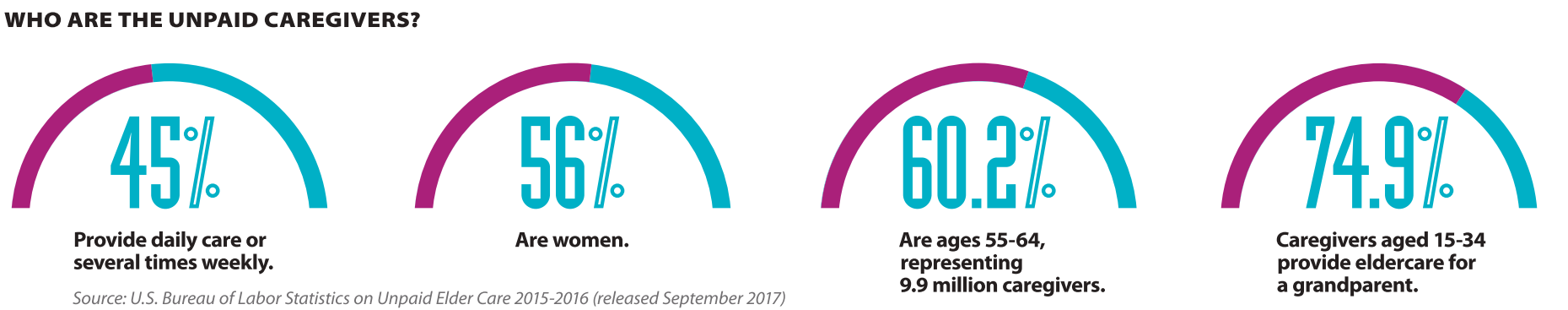
“

It's been like a maze trying to discover things; The Villages has helped.”

SHAROL LEWIN

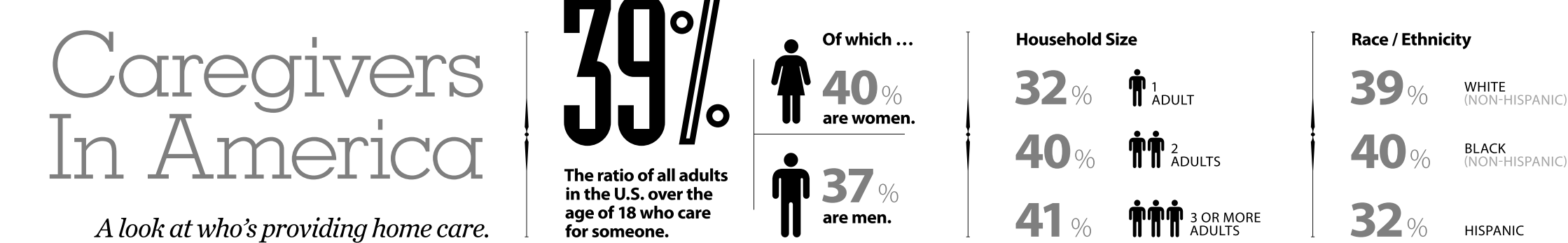
on the challenges of caring for her husband

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from the front page

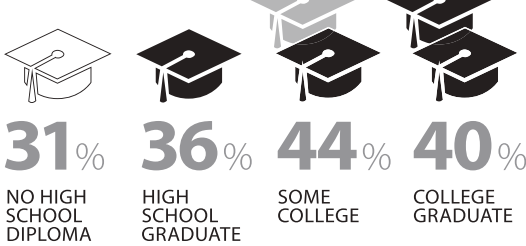
A DAILY SUN SPECIAL REPORT



from the front page

A DAILY SUN SPECIAL REPORT

Educational Attainment of Caregivers

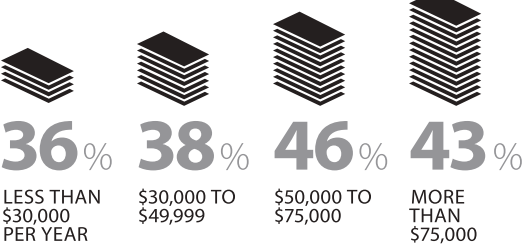


46%

The ratio of all caregivers who are the parent of a minor.



Average Caregiver Household Income



Age of Caregivers in the U.S.



Source: Pew Internet Health Tracking Survey, Aug. 7-Sept. 6, 2012. Margin of error is ± 2 percentage points.

Continued from Previous Page

Quesnel-Vallée both had backgrounds in gerontology. Yet they struggled trying to figure out services that were available and what was covered by insurance in each setting.

“I can’t even imagine how challenging or how stressful it would be to try to navigate this process without the background and the training that we had received,” she said. “I’m a gerontologist, and yet nothing was clear. Everything had to be figured out. And it didn’t seem like there were any consistent rules.”

In addition to raising her small children, Taylor had to balance caring for her grandmother with working at her job.

The majority of caregivers are employed, in addition to their unpaid duties.

Taylor said she was more fortunate than many because she had a flexible work schedule and could afford to pay for help when needed.

While some caregivers have no choice but to miss a paycheck when needed at home, that may be changing.

In June, Microsoft began offering four weeks of paid family caregiver leave.

Lawmakers have proposed legislation to provide financial assistance to family caregivers.

More than two-thirds of family caregivers spend money out of pocket for

caregiving tasks, according to a 2016 AARP report.

On average, that amounts to \$7,000 a year. The proposed Credit for Caring Act would give unpaid caregivers a tax credit of up to \$3,000.

This would help pay for services like respite care, the No. 1 service caregivers cite as needing to be able to continue in their role. It is only covered by Medicare for those using the hospice benefit.

There are some need-based programs funded by Medicaid. But those have waiting lists, making immediate assistance unlikely, Rinkoski said.

“The shortest I’ve heard, depending on some counties, would be three months, and the longest would go to a year waiting,” he said.

With many thrust into the role, there also is the



Top: Sharol Lewin, of the Village of Bonita, helps her husband, Jack, take his morning medicine Oct. 26 at their home.



Left: Lewin checks Jack's, blood sugar.

Photos by Max Gersh, Daily Sun

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