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Resolving Unresolved Caregiving Issues • January 8, 2015 • Issue #779

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Very Best of Traits

My dad was diagnosed with bone marrow cancer over the Fourth of July weekend in 1990. In a relatively short period of time, the combined debilitating effects of the disease, chemotherapy and dialysis treatments took hold and he lost a surprisingly scary amount of his energy, weight and muscle tone. Worse of all for him, he didn't have the energy to play as much as he had before his illness, with his grandchildren, who at the time were one and five years old.

They were the lights in his eyes and he would spend hours playing, talking and listening to them as they discovered the world. He would be brought to tears thinking that they would only remember the frail man in the wheelchair and not the vibrant 60-year-old Grandpa that he was to them only months earlier.

I would work hard to try and convince him that his fears would not come to pass, but he took little solace in my words ...[more](#)

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FEATURED ARTICLE

Unresolved Issues in Family Caregiving

By Kristine Dwyer, LSW and Douglas Heck, PhD

The phone call came on a misty Sunday morning. Mary's mother had fallen at home and was hospitalized with severe injuries. Mary and her sister were contacted by their elderly father and a social worker and encouraged to return home to help their aged parents make medical decisions, straighten out financial and legal matters, and find home care services [...more](#)

GUEST ARTICLE

Let's Not Talk About That Now...

By Jennifer Kay

Too often families do not like to talk about issues surrounding death, dying and funerals. Why should they ask? Soon enough we all will have to deal with these issues. So what's wrong with waiting till the need arises? [...more](#)

CARETIPS

Vision Loss Affects Our Ability to Communicate

By Danielle Myers-Rickard

Did you know that by age 70, fewer than 30 percent of elderly people have 20/20 vision?

Normal age-related visual impairments such as macular degeneration, cataracts and glaucoma can impact day-to-day functioning. They can affect our ability to drive, read prescription bottles, safely maneuver an uneven sidewalk, or recognize a friend at church [...more](#)

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SHARING WISDOM

From Rebecca:

No matter what kind of caregiver you are or why you are a caregiver, it is always important to remember that in order to meet the needs of the person you are caring for, you have to take care of yourself first.

Find a person or program that you can rely on to give yourself a break, help clean house, provide transportation, shop or whatever you need most.

Eat right, sleep enough and get plenty of exercise so that you can be the best you, and provide the best care for your loved one.

Schedule your alone time and then GO. Don't feel guilty. It's the best thing you can do for yourself and the person you care for.

Go to church, get your nails done, sit on a bench.

It doesn't matter. Just take a chunk of time to regroup. When you return home, you will both be better off! Believe me, it makes all the difference in the world.

*The best ideas and solutions for taking care of your loved one often come from other caregivers.
Please **post your ideas and insights** and we will share them with your fellow caregivers.*

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