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Long Distance Caregiving: Assessing Needs • December 1, 2016 • Issue #970

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Ho, Ho, Home for the Holidays

Believe it or not we have just entered the holiday zone and these joyous season preparations can be somewhat (or much) more complicated once we become caregivers. So for the next few weeks, we will be presenting you with some helpful hints to ensure a joyous Christmas, Hanukah or Kwanzaa for you and your loved ones.

Here are a few things to remember as you plan for your holidays ...[more](#)

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FEATURED ARTICLE

Long Distance Caregiving: Assessing Needs

By: Jennifer Bradley, Staff Writer

It is easy for most people to notice when a loved one is slipping, such as in their declining care in appearance, personal hygiene, home organization, etc. For the long-distance caregiver, these little hints suggesting a need for assistance are harder to detect.

Many times a visit can be emotionally charged and consist only of spending the limited, quality time together. It is essential, however, for a long-distance caregiver to be practical and take care of the caregiving “business” while visiting, to establish support for after they’re gone. In this article, learn how to make the most of visits, see the warning signs, and rely on “substitute” eyes and ears while away from an aging loved one. [...more](#)

GUEST ARTICLE

A Caregiver’s Gift

By Darcy Heller Sternberg

My husband Marty has to take a combination of eight different drugs seven times a day; this is in addition to routine vitamins. Each morning, I set them up in a pillbox so that there is no confusion about the schedule. He manages quite well unless his Parkinson’s, which he’s had for over 30 years, prevents him from opening the individual sections. [...more](#)

CARETIPS

Avoiding the Hazards of Winter for Older Adults

Winter is a special time for celebration. It should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults.

"Something as simple as a fall can be devastating for older men and women," says Dr. Evelyn Granieri, Chief of Geriatric Medicine and Aging at NewYork-Presbyterian/The Allen Hospital and Assistant Professor of Medicine at Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare." [...more](#)

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CAREVERSES

I am a Caregiver

By Lin M. Watkins

I am a caregiver
it's what I do.
24/7, I'm here for you.

And most of the time
we do just fine
But once in a while,
I need my own time.

And when I take
that necessary break
I've got to remember
it's for both our sake.

I can't take care of you

unless I take care of me.
So I work very hard
at being guilt-free.

I'll always be here for you,
so don't you fret.
Together we're making
memories of us I'll never forget.

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