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Old Nuts for a New Year • January 12, 2017 • Issue #982

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Apple a Day

For the new year:

Buy a new car and then pour sludge into the gas tank

Pour water into your refrigerator's Freon unit

Toss a gallon of dirt into the gears of your washing machine

Of course, these are things you would never do for the new year or at any other time. In fact, it seems silly to even consider abusing these important machines in your life. [...more](#)

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Caring For The Caregiver

Being a caregiver is a stressful and demanding job. There is usually very little, if any opportunity to prepare for a new caregiving situation. The well-being of the caregiver requires priority consideration. Thought must be given to the fate of the care recipient if the caregiver becomes unable to continue with caregiving responsibilities. Caregivers are susceptible to depression, illness, physical exhaustion and emotional exhaustion. Any of these conditions will easily interfere with a person's ability to be an effective caregiver. [...more](#)

GUEST ARTICLE

Old Nuts

By Arthur N. Gottlieb, LCSW, CSA

Earlier today I cleaned out the kitchen cupboard and discarded all the stuff I wasn't sure about anymore. It was comforting work for a cold mid-winter day in New England.

Long hidden behind some cans of tomatoes, I found some half-used bags of nuts that I decided to donate to the front yard wildlife fund. [...more](#)

CARETIPS

Don't Let Eye Disease Slow You Down

Thanks to advances in modern medicine, personal care and nutrition, there has been an explosion in the quality of life that adults are able to enjoy as they age. The pleasure that stems from having freedom and independence is immense, so what would you do if you were unable to enjoy the same things in life because of a loss of vision?

You may be at higher risk of developing eye diseases and conditions as you age, some of which can lead to permanent vision loss and blindness. Age-related eye diseases often have no symptoms, but can be detected in their early stages through a comprehensive dilated eye exam. [...more](#)

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CAREVERSES

Losing Things

By Linda Albert

I've lost some important things this year;
a favorite jacket, prescription sunglasses,
discipline for dieting, my temper,
the elasticity in my thighs, ability
to con myself, energy for cooking,
friends who've up and died.

This is not a good sign. I keep thinking
they'll all show up again; I look
under beds, pull out couches,
paw through closets, wade through drawers;
I call all the places I went with them,
but no one claims they've seen them....[more](#)

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