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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 2/12/2015 11:40:10 AM  
**Subject:** Matters of the Heart—Attack

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**Matters of the Heart—Attack** • February 12, 2015 • Issue #789

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Cupid's Caregivers, All

As any astute longtime reader of this column knows, there are certain times of the year when we like to share our favorite appropriate stories with you. You might call them our seasonal chestnuts. One of these times is during Christmas, when we roll out our version of "The Night Before Christmas" aptly renamed "[A Caregiver's Christmas](#)." Another is on this very day, when we like to recount the story of our Valentine's Day lovebirds – Mike and Mindy...

## Mike and Mindy

They heard about the session in the news that very morning. Let's call them Mike and Mindy. I was in their town to host an information and resource panel and had a short interview on one of the local television stations, which prompted their attendance. The idea of the panel was to enable caregivers to ask questions of their local experts and receive immediate attention. My role was to moderate and (hopefully) motivate [...more](#)

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## FEATURED ARTICLE

### **Matters of the Heart Reclaiming Intimacy After a Heart Attack**

*By Mary Damiano*

One of the biggest issues caregivers face when their loved one is recovering from a heart attack is resuming intimacy. One reason for this is the myth that sexual activity can bring on another attack [...more](#)

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## GUEST ARTICLE

### **Laughter: Medicine for the Heart**

*By Jane E. Maxwell*

*"Laughter and tears are both responses to frustration and exhaustion.  
I myself prefer to laugh, since there is less cleaning up to do afterward."  
—Kurt Vonnegut*

Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. Laughter strengthens the immune system by stimulating your body [...more](#)

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## CARETIPS

# Coping With Depression

*By Janet Crozier*

Seniors around the country flock to Florida for its nonstop sunshine and laid-back lifestyle, its lack of a state income tax and absence of snow. Florida has the highest percentage of residents age 65 and older - 17.6 percent - of any state.

But for all of the sunshine's purported benefits on improving mood, depression and suicide among Florida's senior population are a major health care concern .

[..more](#)

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CAREVERSES

## A Full Heart

*By Bill E. Goldberg*

I read him poetry,  
and he cries.  
He's eighty two and has Alzheimer's.  
It's a joy being with him now,  
an opportunity to come from the heart  
and leave my mind,  
as his mind, at times, leaves him.  
I recite poetry with feeling.  
He loves the feeling behind the words.  
He can hardly speak at all, yet he understands a lot.  
I talk to him as an intelligent man,  
and it connects with his memory of self-respect.  
He yearns to be respected,  
for people to see beyond his crippled mind,  
and see what he was and still is underneath it all.

So I read, and he responds  
with broken words, tears,  
and a full heart.

Enjoy more caregiver poems  
or share one of your own

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