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Date: 10/1/2015 10:09:36 AM

Subject: Goin' Back to Atlanta...

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** Gary Barg, Editor-in-Chief (<mailto:gary@caregiver.com>)

**** Goin' Back to Atlanta...**

I heard it in her voice. She never asked me to return and help, but I knew by the distress in her voice that things were not as rosy back home as I had thought.

The year was 1994, and I was living in Atlanta, Georgia ([http://www.caregiver.com/fearlessconference/atlanta_15/index.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=\[UNIQID\]](http://www.caregiver.com/fearlessconference/atlanta_15/index.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID]))). My mom had been the primary caregiver for my Dad and my grandparents over the past few years and during that time, I would return home as often as possible to help in whatever way I could. ...more ([http://www.caregiver.com/editorials/goin_back_atlanta.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=\[UNIQID\]](http://www.caregiver.com/editorials/goin_back_atlanta.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID])))

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FEATURED ARTICLE

**** OCD in Elderly for Caregivers**

**** By Cheryl Ellis, Staff Writer**

Obsessive-compulsive disorder (OCD) is defined in part by the Merck Manual as “anxiety provoking thoughts and urges.” While the publication (a staple in the medical field for years) notes that symptoms are not often prominent in the elderly, caregivers may disagree. ...more ([http://www.caregiver.com/channels/alz/articles/ocd_in_elderly.htm?](http://www.caregiver.com/channels/alz/articles/ocd_in_elderly.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID]))

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GUEST ARTICLE

**** A Balancing Act: Simple Steps to Help Seniors See the Need for Home Modifications**

**** By Mary Becker-Omwig, MS, OTR/Lfa**

There are questions caregivers face on a daily basis. How do we balance between too much and too little care? How do we balance what we think needs to be done with what might be most helpful?

Sadly, family members and other caregivers often sabotage well-intended efforts to help their loved ones simply because they haven't thought about answers to basic questions. And when it comes to recommending changes in someone's home, the balancing act can be particularly acute. ...more ([http://www.caregiver.com/articles/general/home_modifications.htm?](http://www.caregiver.com/articles/general/home_modifications.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID]))

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**** CARETIPS**

**** Breast Cancer Awareness Month**

In honor of October being Breast Cancer Awareness Month, we offer these helpful Cancer links to you:

American Cancer Society

Widely recognized for its information services and research programs, this society is a nationwide, community-based

voluntary health organization. www.cancer.org ...more ([http://www.caregiver.com/channels/cancer/articles/breast_cancer_aware_month.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=\[UNIQID\]\)](http://www.caregiver.com/channels/cancer/articles/breast_cancer_aware_month.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID])))

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** CAREVERSES

** The Caretaker

** By Ann Fowler

Unformed words wait for birth inside a time canal,
wisdom processed and expressed, profound uttering.

If I, the poet, could form sentences to separate my life from his,
place disjointed lessons in stanzas or make something beautiful of pain,
then I could begin to find who I have become during his dying,
the dying process of yesterday and tomorrow.
Today.....unspeakable.

The monster, Alzheimer's, slithered lazily into our home,
sat unfed during the long winter, watched his victim through half-closed eyes,
stroked his fears with his tongue. Delusions began. Memory lessened.
My love inched away from me and sat on the monster's back.
...more ([http://www.caregiver.com/articles/careverses/the_caretaker.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=\[UNIQID\]\)](http://www.caregiver.com/articles/careverses/the_caretaker.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID])))

Enjoy more caregiver poems or share one of your own ([http://www.caregiver.com/articles/careverses/index.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=\[UNIQID\]\)](http://www.caregiver.com/articles/careverses/index.htm?utm_source=Caregiver+Newsletter&utm_campaign=235cb03716-Caregiver_Newsletter_091015&utm_medium=email&utm_term=0_8c5d5e6a5e-235cb03716-93492741&mc_cid=235cb03716&mc_eid=[UNIQID])))

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