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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Very Good and Plenty Sneaky

I must admit that if any non-caregivers read this missive, they may resort to raised eyebrows when I mention how proud I am to know as many talented, clever and sneaky folks as those who responded to my recent request for sneaky caregiving tips.

In fact, sharing sneaky wisdom is one of the most fun aspects of any Fearless Caregiver Conference, since we have all developed specific tips and techniques to help us as we care for our loved ones. The best sneaky tips allow us to ensure our loved ones are safe, well-fed, take their medications and are out of the driver's seat (if necessary). [...more](#)

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Cost, Uncertainty and Stress Plague Long-Distance Caregivers

By Maureen Hewitt

\$8,728 a year. No vacations. No retirement savings. 23 hours a week and up. This is the not-so-secret code of the long-distance caregiver:

- \$8,728 is the average annual out-of-pocket cost;
- 47% stopped taking vacations to make up for caregiving costs and a lack of extra time;
- 35% stopped saving for retirement; and
- 23 hours up to 41 hours a week are spent on providing care, depending on income.

Being a long-distance caregiver is incredibly stressful and frustrating. It's difficult locating and vetting caregivers from a distance and the National Institute on Aging says there are approximately 7 million people in the United States trying to carry out this daunting task. [...more](#)

GUEST ARTICLE

Remaining Optimistic As a Young Caregiver

By Melissa Jirovec

At some point, someone is going to have to take care of Mom or Dad or some other aging relative when they are no longer able to care for themselves. And as you grow older, you come to accept, or at least acknowledge, that this is a decision you are likely going to have to make at some point in your life (not that that makes it any easier). But what about young people, who are thrown into the role of caregiver following an accident? What about young people who are not homeowners, not completely established in their respective careers and not prepared to have someone who depends on them? How does a younger person remain optimistic when they become caregivers before they have even had the chance to fully discover themselves? [...more](#)

CARETIPS

Traumatic Brain Injuries can Result from Senior Falls

Traumatic brain injuries due to falls caused nearly 8,000 deaths and 56,000 hospitalizations in 2005 among Americans 65 and older, according to a new report from the Centers for Disease Control and Prevention released in the June issue of the Journal of Safety Research. [...more](#)

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CAREVERSES

While Words Fail

By Elaine Frankonis

You were gone before you went,
slipping into final forgetting
with each hollow breath.

I was your angel, you said,
while you sat at the sunny table
picking at pancakes and coffee
while you still could
smile and think meaning.

Music kept your eyes alive
a while, your feet remembering,
thoughtless, but certain of rhythms
too deliberate to disappear.
You followed my familiar lead,
reaching for melody lost
with the fading of voice.

You didn't believe in demons

but I saw them slip inside your skin
forcing pain from your pores,
folding your face into caverns
of anguish and alarm,
as steadily, words fled, leaving
a frightened keening in their wake.

You went before you were gone.
And when you went, the world
filled again with words.

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