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Date: 6/28/2016 9:06:18 AM
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16 Stress Reducing Strategies • June 28, 2016 • Issue #929

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Elizabeth Dole

ADVOCATING FOR VETERAN CAREGIVERS

Elizabeth Dole served as Secretary of Transportation under Ronald Reagan and Secretary of Labor under George H.W. Bush before becoming head of the American Red Cross.

Gary Barg: Can you tell me about the work of the Elizabeth Dole Foundation? How did it get started?

Elizabeth Dole: This all came about for me because, about three and one-half years ago, Bob was hospitalized at Walter Reed for almost 11 months. [...more](#)

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FEATURED ARTICLE

Finding Balance for the Caregiver 16 Stress Reducing Strategies

By Lisa Bailey

When my husband Phil's colorectal cancer returned, this time in the liver and lungs, I found myself stressed to the max. With my full-time job as a kindergarten teacher, my commitment to my adult children and grandchildren, and keeping tabs on my teenage daughter, adding compassionate caregiving to my life's work demands from me an incredibly difficult balancing act. [...more](#)

GUEST ARTICLE

Seniors and Medications

By Rebecca Salbu

Caregivers are often the first line of defense in protecting the elderly and infirm – especially when it comes to making sure medications are obtained and taken properly.

Senior citizens are a fast-growing sector of the population, and age often leads to the need for many medications to treat many conditions and chronic diseases. [...more](#)

CARETIPS

Design Tips for Living at Home Longer

By Lori Peppi Michiel

For aging adults going from inactivity to activity, flexibility training may offer a good start towards a healthy lifestyle. This type of training may lack the high profile of cardiovascular exercise and strength training, but it can improve range of motion, decrease pain and soreness after exercise, improve posture, and decrease muscle tension. More importantly, stretching can make the difference in comfort when performing tasks such as putting a shirt or blouse on in the morning or reaching for a cup of tea or coffee. As a result, flexibility can contribute significantly to overall functional fitness, helping older adults safely and effectively accomplish independent activities of daily living. [...more](#)

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CARENOTES

From Billy in Mississippi:

My dad is 65 yrs old. He has fallen twice. He said his legs had just given out on him. Last night was the second time he fell and he knocked everything off his dresser. Along with that, he also had an uncontrollable bowel movement and after it happened he said he didn't feel the need to go it just happened. Excuse my language but it scares the hell out of me (his step-son). What COULD be the problem here? What can I/we do to keep this from happening again? His side is always hurting him. He does drink beer in the evening. But he doesn't get drunk. The VA in Jackson has him on all kinds of meds and some he can't tell you what its for. He has a great memory. He doesnt forget anything. So I know its not a mental thing. Its physical and internal. So please, any idea or comments would be helpful. Thank you all. [...more](#)

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