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How to Prepare for Surgery • January 29, 2015 • Issue #785

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Top Ten Things a Caregiver Needs from a Health Care Provider

1. Attention: The caregiver's loved one may be the 27th similar case you've seen today, but to the caregiver this is Mom or Dad, Sister or Lover.

2. Compassion: Be diligent in its application.

3. Time: A few moments of your undivided time is some of the strongest medicine you'll ever administer -- and it costs so very little.

4. Respect: The person pushing the wheelchair is also part-time bookkeeper, psychologist, dietitian, insurance and incontinence expert and a full time general in the war they are waging with this illness. They not only need your respect, they DESERVE it.

5. Dedication: Be relentless in your devotion to your craft. The caregiver has entrusted you with their most valuable asset - their loved one. You earn that trust with your skill, knowledge base and ability ...[more](#)

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FEATURED ARTICLE

Prescription Medication Safety: The Caregiver's Role

By Jennifer Buckley

Over two million Americans experience adverse drug reactions from prescription medication each year. Patients develop complications from these medications when doctors, pharmacists, and health care professionals ignore precautionary measures and lack communication skills ...[more](#)

GUEST ARTICLE

Caring at Work

By LeAnn Thieman

Are you one of the 65 million Americans who care for a family member? One of the 20-50% of employees who tend to a loved one before going to work, then return to care again after a long hard day on the job? Feeling torn between both “jobs” and trying to perform well at each, causes so much stress that working caregivers are often plagued with more mistakes, conflicts, and stress-related illnesses. These simple tips will help ease that stress ...[more](#)

CARETIPS

Tips to Help Seniors and Their Caregivers Prepare for Surgery

As a growing number of the estimated 78 million Baby Boomers transition into their senior years, an increased focus is placed on the health of this important group of Americans. According to the United States Census Bureau, more than 12 percent of the total U.S. population is over age 65 and, of that segment, more than half will undergo at least one surgical procedure as senior citizens ...[more](#)

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conference attendees. All you pay is shipping and handling.

CAREVERSES

Your Loving Care

By Diane Bright

When I first came to live here, I was sad and weary,
For I had left my home and given up my dreams.
And, even tho it was difficult to smile,
Your shining eyes and warm hearts helped me let things go.

As I became accustomed to this place, You became
my caregivers, my housekeepers, my cooks, my activity leaders,
my chaplains, my unconditional friends.

There were days when it was hard for me to interact,
yet You helped me bathe, helped me dress, helped me exercise,
helped me resume some resemblance of who I am.

On those days when I was sick and just couldn't get out of bed,
You brought me food, straightened my bed,
comforted me with back rubs, cleaned my room
and Your most precious understanding.

I appreciate that this is hard, hard work that You all do
and I want to tell you that You do it with much caring, dignity and grace.

Yes, it was hard to give up my car, apartment, my cherished gifts,
yet in return I was given warm smiles, shared stories,
listening ears, times to giggle, a loving touch, new friends.

It has been You who have helped me in my final journey
and I know that when I depart this world,
my life will have been enriched by knowing each one of You.

Enjoy more caregiver poems
or share one of your own



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