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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Fearless You

In honor of Mother's Day, I want to share some stories of Fearless Caregiving about, well, my mom.

The idea behind being a Fearless Caregiver rests upon seeing yourself as an equal member of your loved one's care team, no less important than any other members of the team; and that the team should seek your insights into the health and well-being of their client – your loved one. ...[more](#)

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FEATURED ARTICLE

What to do About Mom or Dad Find the Expertise You Need in a Professional Geriatric Care Manager

by Cheryl Smith, MA

You are managing your time pretty well—things are tight and there are activities you would like to add to your schedule, like a yoga class or a new hobby, but you just can't juggle one more thing. [...more](#)

GUEST ARTICLE

Cancer Prevention on a Plate

By Nancy Spaulding-Albright RD, CNSD, LD/N

As care providers, it is very easy to put your health last. Unfortunately, this might catch up to you through some sort of medical problem of your own and then the home situation can become even more complex. There are many diseases we have no way of avoiding, so it is important to be pro-active in reducing our risk for the preventable ones. The current statistic is that up to 60-70 percent of cancers could be prevented with the right dietary and lifestyle habits. [...more](#)

CARETIPS

Coping with Depression: Signs You Might be in Trouble

When caregivers take on the responsibility of caring for a loved one, we expect our lives to change. What is unexpected, and often goes unnoticed, is the forfeiting of our own well-being in order to become a primary caregiver. [...more](#)

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CAREVERSES

My Gift to You

by Jo Miller

I remember when we first met-
Strangers, not knowing what was to be.
You said I was the only one left
in your life now.

You held back some,
And I gave you the space you needed.
A faint smile and goodbye was all
I got that day.

As days went by, I could see you failing.

I remember the day your frail hand
Reached for mine, your soft, blue eyes were
Sparkling and you had such a cute smile on
lips.

[...more](#)

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