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**Memory Disorders Travel Planning** • December 15, 2015 • Issue #873

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## The Amy Grant Interview

*Amy Grant's career spans over 25 years and stretches from her roots in gospel to an iconic pop star, songwriter, television personality and philanthropist. Grant has sold more than 30 million albums and won six Grammys in multiple categories, beginning with the platinum selling Age to Age in 1982. She has six #1 hits, including "Baby, Baby" and "Every Heartbeat", and is one of only two Christian artists to be awarded a star on the legendary Hollywood Walk of Fame.*

**Gary Barg:** Like so many family caregivers, you and your sisters have been caring for both parents at the same time and now, for just your dad. That's never easy. Can you tell me about caregiving for your mom and dad?

**Amy Grant:** When I came back from a really busy touring schedule in the fall of 2008, I realized my parents were declining, especially my mom. She was so frail, it was shocking. [...more](#)

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## IN THIS ISSUE

**The Amy Grant Interview**

**Unresolved Issues in  
Family Caregiving**

**Travel Guidelines for  
People with Memory  
Disorders**

**Top Ten Ways To Care  
For Yourself During the  
Busy Holiday Season**

**CareNotes**

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## FEATURED ARTICLE

### **Unresolved Issues in Family Caregiving**

*By Kristine Dwyer, LSW and Douglas Heck, PhD*

The phone call came on a misty Sunday morning. Mary's mother had fallen at home and was hospitalized with severe injuries. Mary and her sister were contacted by their elderly father and a social worker and encouraged to return home to help their aged parents make medical decisions, straighten out financial and legal matters, and find home care services. They were called to be caregivers yet found themselves facing this role with great apprehension and mixed emotions as they considered stepping back into their parents' lives. Memories of a difficult childhood and stressful relationships had led the family to years of estrangement. At this point, they looked for guidance and answers to the dilemma they faced. [...more](#)

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## GUEST ARTICLE

# Travel Guidelines for People with Memory Disorders

*By Geri Richards Hall, PhD, ARNP, CNS, FAAN*

Many people enjoy travel as a form of recreation, relaxation, and an opportunity to learn. While travel may be a positive experience for most people, it poses special problems for people with dementing illnesses, for example, Alzheimer's disease, multi-infarct dementia, Parkinson's disease, Pick's disease, or injury that results in disabling intellectual impairment. ...[more](#)

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## CARETIPS

# Top Ten Ways To Care For Yourself During the Busy Holiday Season

*By Jennifer Buckley*

- Keep a diary. Start today. Describe your fears as well as your hopes, the reality of what each day is like, Don't be afraid to write about the losses, big or small.
  - Stick with your diary. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved. ...[more](#)
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CARENOTES

## From Tina:

my mother is 101 years old and in a nursing home - but because of financial reasons my sister and I are thinking of taking her out of the nursing home and caring for her ourselves. Are we taking on too much? ...[more](#)

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