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Survival Tips for The Long Distance Caregiver • August 25, 2015 • Issue #841

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Kate Mulgrew

Kate Mulgrew is an accomplished stage and screen actress most famous for her roles on Star Trek: Voyager as Captain Kathryn Janeway and Ryan's Hope as Mary Ryan.

Gary Barg: You are an advocate for the Alzheimer's Association. Could you tell us how you got involved and what your feelings are?

Kate Mulgrew: I clearly got involved because it has affected me personally. My mother died of this disease about four years ago. [...more](#)

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FEATURED ARTICLE

Understanding Dysphagia

*By Jeri Logemann, Ph.D., Charles A. Stewart, M.D., Jane Hurd, MPA,
Diane J. Aschman, MS, Nancy L. Matthews, MA*

At the age of 78, Maxine was a poster girl for an active senior lifestyle. She loved being the unofficial social director of her assisted living community in the Texas Hill Country, organizing shopping trips to San Antonio and calling the numbers at the daily bingo game. Physically, Maxine was in great shape. She took a brisk walk every morning and had a regular annual physical exam. Her only chronic health problem was mild Parkinson's, which she controls with daily medication. [...more](#)

GUEST ARTICLE

My Mother's Creatures - Great and Small

By Felicia Mitchell

I love the story of Noah and his ark. I don't care if the story is factual or not. What appeals to me is an ark full of animals under the care of loving humans, awash in waters blanketing an earth that needed a good cleaning. I like the happy ending when the dove returns. [...more](#)

CARETIPS

Long Distance Caregiver - Coping With Emotions

By Catherine Murphy, R.N.

Being a long distance caregiver has a unique set of problems. I have been on both sides of the coin, and know that the emotional drain of being too far from our loved one to be of direct help, can be devastating. How can one describe the fear that envelops you when the phone rings? Or the shrill of the bell, that you know and wait to come, which tells of yet another crisis with your loved one? It is something you learn to live with every day. However, you never are ready for that call. I understand because I have been there. I have been both long distance, and now full time primary caregiver. We all feel the same emotions; guilt, anger, frustration, and isolation. It is just that they differ as our

individual caregiver roles differ. [...more](#)

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CARENOTES

From Gayle:

My friend is caring for his 99 year old grandmother. He has to work, and cant care for her 24/7. He recently brought her home from the hospital, but hospital doctor won't have her admitted to a nursing home because he said that there is nothing really wrong with her. How can this be? She is so weak at her home, and now has to stay in bed until someone does everything for her. Does anyone have any ideas, or info to help in this situation. If he has her admitted to a nursing home, Medicare will only pay about 40 percent and its 12,000 a month. He can't pay the difference and she relies on him about 100 percent. Help. A person lives to be 99 on a fixed social security income and the government won't do anything about it. I don't understand. [...more](#)

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