

From: Caregiver Newsletter <newsletters@caregiver.com>
To: Kester, Tonykester@aging.sc.gov
Date: 4/9/2015 9:07:42 AM
Subject: Three Is all You Need

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

Three Is all You Need • April 9, 2015 • Issue #804

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The CEO Forum

I have been talking about family caregivers being the CEO of Caring For My Loved One, Inc. since late last century in *Today's Caregiver* magazine, on caregiver.com and at the Fearless Caregiver Conferences. Like many CEOs, you have tools at your disposal; but unlike most CEOs, there was no university to go to or MBA to obtain to learn these tools. Your ascendancy to the executive level most likely came with a jolting telephone call in the middle of the night telling you that your loved one has just been in an accident, or with the call from the doctor's office to let you know the results of the tests recently taken. That call transports you through the looking glass, where everyone else is talking in jargon that you don't understand and that every decision is potentially of the life and death variety. So, what do you do? [...more](#)

IN THIS ISSUE

The CEO Forum

**Long Distance Caregiving:
Assessing Needs**

Three Is all You Need

Rise and Shine – with Yoga!

CareVerses

FEATURED ARTICLE

Long Distance Caregiving: Assessing Needs

By Jennifer Bradley, Staff Writer

It is easy for most people to notice when a loved one is slipping, such as in their declining care in appearance, personal hygiene, home organization, etc. For the long-distance caregiver, these little hints suggesting a need for assistance are harder to detect. [...more](#)

GUEST ARTICLE

Three Is all You Need

By Janice Tindle

I've always been a person who likes to have her ducks in a row. And just like a good mother duck, I was constantly checking, going back when I needed to, keeping all my little ducks in line. It was an exhausting job, really; but at the end of the day, I slept soundly knowing all was well. On those occasions when things weren't well, I would always have a plan on how to make my line straight again. And I always got my ducks back in a row. [...more](#)

CARETIPS

Rise and Shine – with Yoga! The Innovative Use of Yoga for Getting out of Bed with Safety and Confidence

By Kathy Glenn, Janet Hennard and Jayne Shale

Wake up. Get up. Many of us start our day with those simple tasks, not giving it much thought. But almost 28 percent of Americans over 65 report having difficulty getting out of bed. While Americans are living longer and expecting a better quality of life than their predecessors, the ability to get out of bed — with safety and confidence — has a profound effect on whether you are able to live those expectations. [...more](#)

Today's Caregiver Supports Your Conference

Non-profit Organizations **Sign-up** Today!

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

CAREVERSES

i hide

By Mary Jane Nordgren

i hide

at first in guilt
taking something for myself
when his needs were
so much greater

i tremble

watching him stumble
seeing his frustration
hearing his fear
at each new loss of self

[...more](#)

Enjoy more caregiver poems
or share one of your own

Copyright © 2015 Today's Caregiver, All rights reserved.

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

Our mailing address is:

Today's Caregiver 3350 Griffin Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)
[unsubscribe from this list](#)