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How to Handle the Guilt • July 14, 2015 • Issue #829

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Dr. Bill Thomas

Dr. Bill Thomas is an author, entrepreneur, musician, teacher, farmer and physician whose wide-ranging work explores the terrain of human aging. Best known for his health care system innovations, he is the founder of a global non-profit (The Eden Alternative) which works to improve the care provided to older people. He is also the creator of THE GREEN HOUSE® Project which offers a model for long-term care designed to look and feel like a real home.

Gary Barg: What is the difference between the Eden Alternative and the Green House Model? ...[more](#)

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FEATURED ARTICLE

Advice for the ALS Caregiver

By: Jennifer Bradley, Staff Writer

There are so many benefits, both financial and assistance-oriented to which individuals are entitled. These include community-based programs, state or federal assistance programs (such as Social Security, Medicare, and food stamps), as well as retirement and insurance programs to name a few. One of the issues with having so many benefits available to elderly and disabled individuals is that it is difficult to track them and find out which ones are appropriate for the situation. This is where a benefits counselor can help. ...
[more](#)

GUEST ARTICLE

Care and Comfort for the Stroke Patient

By Nancy Meadows

Life for the Jack Meadows family changed forever in December 1989 when this husband and father suffered a stroke. The massive incident in his brain left him with no use of his right side. Months of rehabilitation restored strength and balance but could not return him independence in daily routines of self-care. He has a strong left arm and weak left leg to provide limited mobility. In addition, frustrating his life even greater is the lack of communication. ...
[more](#)

CARETIPS

Multiple Roles: Handling the Guilt

By Helen Hunter, ACSW, CMSW

There are many stresses and strains in the relationship between adult children and their aging parents, but one of the greatest of these stresses is the daily responsibility of caregiving. Providing hands-on care, food, shelter, clothing, transportation and companionship, as well as serving as financial manager and counsel has become commonplace for many adult children. Most also have a number of other responsibilities as well: to their spouses or significant other and to their own children, to their place of employment, to their social or church affiliated groups and to their friends. ...
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CARENOTES

From Valacia:

For over five years, I have been the sole caregiver of my elderly mother, who has significant medical and emotional needs. I just found out a reverse mortgage was done with no equity left, and what I thought was life insurance turned out to be medical only. I am the mother of a 15-year-old special needs son and we both will soon be homeless.

I just can't believe this life we're in. I am very scared for our future and don't know what to do. Any advice? I feel like this could never have happened to anyone else, but I imagine it probably has. A nightmare, but very real for my son and me. [...more](#)

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