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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Report: Caring for Our Youngest Warriors

As the son, nephew and grandson of veterans (Korea, Vietnam and WWII respectively), I received the news of the new study regarding post-9/11 veterans with great interest. The RAND report, which was commissioned by the Elizabeth Dole Foundation, finds that Americans who are taking care of veterans who served after 9/11 are younger than other caregivers, are usually employed outside the home and are more likely to care for someone who has a behavioral health problem. ...[more](#)

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FEATURED ARTICLE

Support Group Savvy

By Kristine Dwyer, Staff Writer

“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.” Flora Edwards

According to Webster’s dictionary, the word “support” means to give courage or faith to; help, comfort; to carry the weight of; to give approval to, be in favor of or uphold. All of these words describe the framework around which support groups are built. They offer a place for caregivers and families to learn together, deal with feelings of frustration, sadness or isolation, and “link arms” with others that have a mutual understanding. Support groups can also validate a caregiver’s identity and give them permission to care for themselves throughout the caregiving journey. [...more](#)

GUEST ARTICLE

The Aging and Alone Care Needs and Preferences

By Carol Marak

In the past year, the aging segment who live without the support of grown children, a spouse or partner makes small gains in awareness from the health care professionals. Other than a handful of friends, in many cases, we have little to no personal support if and when we get sick. I’m hoping to change the amount of attention we receive. [...more](#)

Caregiver.com CareList: Colon Cancer

When the diagnosis is colon cancer, what are your responsibilities as a caregiver?

- Call your local county medical association to find a physician with significant experience with the type of cancer diagnosed.
 - Get a second opinion (but, not a fourth or fifth) by someone of equal or higher ability than your physician. [...more](#)
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CAREVERSES

I Went Out Today

By Cheryl Bollerud

I went out today.

I went by myself.

I looked for you.

But could only see memories.

We shared so much.

We were so close.

I wandered through the crowd.

I looked but you were not there.

I cried inside.

I didn't want people to stare.

I passed many couples.

Walking hand-in-hand.

I felt a tinge of guilt.
But no one held my hand.

I watched the sky.
As if I might get a glimpse of you.
It did not happen.
But the sky was so blue.

I sadly went to my car.
I drove straight back to you.
I hoped I'd find you like you used to be.
For you see—I went out today—just me.

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