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What it Takes to Be a Caregiver • February 19, 2015 • Issue #791

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Crafting Your Quilt of Care

Yesterday morning I was sitting in a television studio being interviewed about our upcoming **Fearless Caregiver Conference** in Orlando, Florida. The host was really nice and professional and during our conversation she asked me five or six questions.

On my way out of town, I received a call from a friend who was extremely concerned about her mom who has been living with heart disease over the past few years. The doctors had just informed her that there were no more surgical or medical options available and they suggested the family consider hospice care.

What my friend thought she knew about hospice concerned her as did a nagging fear that hospice meant giving up. I knew better and offered some advice, but thought she would benefit from talking with a hospice and grief expert that I had just met and with whom I was truly impressed. I made the connection and am hopeful that she will be able to make a more considered decision after they get a chance to talk **...more**

IN THIS ISSUE

Crafting Your Quilt of Care

**What it Takes to Be a
Caregiver**

**Laughter is the Best
Medicine**

**The 411 on Parkinson's
CareVerses**

FEATURED ARTICLE

What it Takes to Be a Caregiver

By Aida F.

As a caregiver, it is important to look on the positive side of things and take time for yourself to maintain a sense of balance in your life.

I know firsthand that there are moments in which you may get upset and frustrated as a caregiver. In these instances, I have found that the best way to handle it all is to keep busy, run errands and do your own thing, while at the same time doing what needs to be done as a caregiver ...[more](#)

GUEST ARTICLE

Laughter is the Best Medicine

By Helen Hunter, ACSW, LSW

When was the last time you had a really good laugh?

The scientific definition of laughing is a “successive, rhythmic, spasmodic expiration with open glottis and vibration of the vocal cords, often accompanied by baring of the teeth and facial expression”. That doesn’t begin to tell the story of what laughing does for us, however. The bottom line is that laughing is medically beneficial ...[more](#)

CARETIPS

The 411 on Parkinson's

By Sandra Ray, Staff Writer

Receiving a diagnosis of Parkinson’s Disease (PD) can be devastating for families. Even more devastating is not understanding the disease, how to live with it, how it can be treated, or anything else about this debilitating disease. Families can be desperate for information on PD and what to expect in the coming weeks, months, and years ...[more](#)

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CAREVERSES

A Daughter's Lament

By Eden Rosen

I think of thee
and the way you used to be.
Your sense of humor
and caring words
now gone from your memory.

I think of thee.
I think of thee
and cry and grieve
as you lose your way from that terrible disease.

I think of thee.
Wish I could remember the good not just the bad
I feel so alone and so sad.
I wonder what if
and give you a kiss.

Now and again I think of thee
and how much is gone from your memory.
I think of thee
I think of thee.

Enjoy more caregiver poems
or share one of your own

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