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[How to Find all the Energy You Need](#) • March 26, 2015 • Issue #800

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Planes, *Buses* and Automobiles

My story does not start on a dark and stormy night (as do many such tales), but at least it did start on Friday the 13th. I was in Virginia to host the first annual Lynchburg Fearless Caregiver Conference with Denise Scruggs, the indomitable leader of The Beard Center on Aging at Lynchburg College. The event was really and truly terrific. Held in the college's brand new student center, and packed with area family and professional caregivers, it was a full day of education, support and shared wisdom among the participants.

After the event ended, I made the mistake of saying to myself how well this particular Friday the 13th was going when my cellphone rang. I learned that the plane leaving Lynchburg was going to be late, possibly keeping me from arriving on time in Augusta, Georgia, where the next day I was scheduled to host the NBC Caring for Aging Parents Expo. After trying to thread the online morass that is the airline's phone system, I went to the airport to see what I could accomplish in person. [...more](#)

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## IN THIS ISSUE

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Automobiles**

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Solutions**

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Caregiver Support Group**

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Time and Energy**

**CareVerses**

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## FEATURED ARTICLE

### **Companions Provide Solutions**

*By Janet Trakin, Staff Writer*

Whether you are seeking rewarding volunteer work or if you live too far from your loved one to be a caregiver, either becoming a companion or procuring one for your loved one may be the answer. Laurie Sue Kislik, 51 of Boynton Beach, Florida and a companion to the elderly in her spare time, has insight regarding the need for a companion in an elderly person's life. [...more](#)

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## GUEST ARTICLE

### **Starting and Running A Caregiver Support Group**

*By Suzette Levy*

There are millions of caregivers in the United States and they all have common needs: recognition, counseling, support, information, problem sharing and, in many cases, peer socializing. [...more](#)

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## CARETIPS

# Tapping the Wellspring of Time and Energy

By By Dr. Marie DiCowden

Being a caregiver makes demands on your body, mind and spirit. Failure to take care of ourselves results in a failure to be able to care of others. ...[more](#)

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## CAREVERSES

# Trials and Triumphs of Caregiving

*By Rosemary J. Allender, LCSW-C*

How  
Can I  
Thank you  
You are special  
I will still love you  
Even with the roles reversed  
At first I feared taking on the task  
Caregiving has strengthened our bond  
Memories are saved in the family scrapbook  
It seems like only yesterday that you were my age  
We all sat at the table as you cooked the holiday meal  
Everyone gathered for the traditional family time together  
There were grandparents, cousins, aunts, uncles and siblings  
Each year it seemed like our numbers grew in leaps and bounds

Somehow, the years have slipped away and so have the crowds  
We no longer need the extra card table, folding chairs or silverware  
Many moved away and others have died, but we still have each other  
I'm now the one cooking your secret recipes and keeping an eye on you  
Life has been stressful, but I still appreciate the time that we have together  
Age may have robbed you of your vitality, but not your spunk or personality  
You still have that sly little grin, joyous smile and that twinkle in your eyes  
Although I don't know what you are trying to say or whether to laugh or cry  
When I wonder how to make it through another day, you give me the desire  
I think of all that I put you through as a teen and caring for you is easier

The trips to the doctors  
Late night adventures  
Wandering the halls  
Sharing a cup of tea  
Looking for dentures  
I embrace your smile  
I'm much more aware  
Of the time left to share  
As we hug in the night  
Coping with the anger  
And whisper I love you

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