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Subject: Keeping Track of Medications Safely

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Keeping Track of Medications Safely • June 23, 2016 • Issue #928

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Someday, No Foolin'

(Dateline-Washington, DC) Today, in an astonishing show of breathtaking good sense, both houses of Congress voted to give the nearly 66 million family caregivers in the United States all the training, support, advice and funds they need as they care for our loved ones. The joint committee chairman stated, "Well, we all woke up and realized that we have families, too—mothers, fathers and children in need of our help. And that we have been placing an unjust annual burden of nearly 350 billion dollars on the shoulders of those we love. Besides, it is just the right thing to do." [...more](#)

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FEATURED ARTICLE

Keeping Track of Medications Safely

By Sandra Ray, Staff Writer

The over 65 population in America purchases and consumes more medications than any other age group. According to the Food and Drug Administration, they purchase more than 30 percent of all prescription medication and more than 40 percent of over the counter (OTC) medicines. Estimates are that as many as 90 percent of seniors use either herbal remedies or vitamins. [...more](#)

GUEST ARTICLE

Thank you, Mom

By Nancy Madsen

I saw it as she sat at my dining room table. Portable file emptied of medical bills and prescription drug plan information, spread out over the table top and on chair seats. I was working in my home office while she was staying with me for a few weeks recovering from a minor surgery. Several times during the day, I came out of my office to stretch my legs and see how she was doing. Touch-tone phone in hand, my aging mother was attempting to navigate a phone tree system for ordering prescription medications. However, she was unable to push the correct button before hearing, "I'm sorry, I didn't recognize your choice" from the automated voice on the other end. [...more](#)

CARETIPS

Step into Summer with Healthy Feet

With summer fun in the sun now in full swing, millions of Americans are ditching the heavy footwear of winter months in favor of sandals, slings, and free-wheeling flip-flops. And with the sudden emergence of all these twinkling toes, the issue of foot health comes to the forefront. The American Board of Multiple Specialties in Podiatry (ABMSP) urges people of all ages to pay special attention to their feet this summer, and to take preventive steps that will head off injuries, ailments, and discomfort. [...more](#)

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CAREVERSE

A Circle of Care

By Peggy Chappell

To you who shared this journey with B and me –
Who delivered care with gentle, open hearts.

You who smiled warmly and greeted her with cheer.
Who brought her bacon and muffins
and cooked breakfast again when she forgot the first meal.

You who listened as she shared her stories –
the same ones again and again smiling each time.

You who learned to dance with her delirium
and calm her confusion
Who “took bread out of the oven,”
“cancelled appointments,”
“called off school.”
Who took her home so many times
when she had lost her way and home was not home.

You who guided her walking as she began to lose her strength,
but not her will.
Who lifted her shrinking frame with touch so tender
and reassurance so soft.

You who stroked her hair at night to ease her to sleep
and sat by her side to quell her fears.
To all of you who cared for B and shared this journey with me, Thank you.

I will miss you and our sanctuary filled with flute music, poetry,
and so so much love.

[Enjoy more caregiver poems](#)

or share one of your own

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