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Avoid Deadly Medication Mix-Ups • August 13, 2015 • Issue #838

EDITOR'S PEN

Gary Barg, Editor-in-Chief

He's BAACK: The Caregiver Curmudgeon

When we created Today's Caregiver magazine 20 years ago, there were very few voices in the wilderness talking about the issue of family caregiving. There are now (thankfully) a significant amount of people talking and writing about caregivers and caregiving, as well as representing family caregivers on their television programs. So now, I think, is the time to establish some mutually agreed upon language commandments about caregiving. Language is so very important because the words we use help establish the feelings we have as a society about subjects of great importance. And what can be more important than caregiving? ...[more](#)

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FEATURED ARTICLE

Avoiding Drug Interactions

According to the American Society of Health-System Pharmacists, more than 34 percent of seniors take medications prescribed by more than one physician and 72 percent take medications that were prescribed more than six months ago. This is one reason why caregivers need to be aware of the potential for drug interactions. There may be times when multiple medications are needed to manage symptoms or provide relief in some form. Interactions occur when medications don't work in tandem with one another and instead one of the drugs or both of them together adversely affect your loved one's health. [...more](#)

GUEST ARTICLE

Caregiver Burnout

By Dr. M. Ross Seligson

Being able to cope with the strains and stresses of being a Caregiver is part of the art of Caregiving. In order to remain healthy so that we can continue to be Caregivers, we must be able to see our own limitations and learn to care for ourselves as well as others.

It is important for all of us to make the effort to recognize the signs of burnout, In order to do this we must be honest and willing to hear feedback from those around us. This is especially important for those caring for family or friends. [... more](#)

CARETIPS

Practical Safety Tips for Avoiding Spinal Cord Injuries

Spinal Cord Injury Prevention Safety Tips

- Always wear a seat belt.
- Secure or buckle children into age and weight appropriate child safety seats.
- Secure or buckle children under 12 years old in the back seat to avoid air bag injuries.
- Never drive under the influence of alcohol or drugs.

[...more](#)

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CAREVERSE

Glorious Moment

By Joanne Ethier

The old man shuffles down the long corridor of the nursing home
Doffing his hat to the wheel chair bound blind lady
Offering a mumbled "Good morning" to the deaf man
His sadness causing a frail birch bending of his once-oak body.

His granddaughters round the corner.

"Grandpa!"

He pulls himself to his diminished height and
Braces against the handrail for the hugs of tiny girls
that could send him reeling
And smiles as if all is right with the world.

Outside on his favorite bench by the fountain,

He turns his face to the sun and says,
"It's so good to be outside. This reminds me of Italy."
Lucid remembrances are interrupted by psychotic intruders
Who can be shooed away by gentle redirection to the Appian Way.

The young girls run barefoot through the perfectly manicured lawn,
squealing delight in the joy of movement.

Grandfather calls them to him.
"Line up over here, you three."

He stands on unsteady, egret legs.
We're going to have a race.
"On the count of three..."

The mother of the young girls screams.
"DAD!"

He has forgotten for one glorious moment that he cannot run.

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