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**Keeping your Eye on Long-Term Health** • April 16, 2015 • Issue #804

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Georgia on My Mind

Earlier this month, I was in Albany, Georgia, for our first annual Albany Fearless Caregiver Conference co-hosted with the good folks at the Alzheimer's Outreach Center and SOWEGA. It was a remarkable event for me in so many ways. It was my first time back in Albany since my college days (somewhere way-way back in the last century) when I was at FSU in northern Florida.

I would on occasion want to take my car out for about 90 minutes out just to get out on the road and inevitably, the destination was always Albany, Georgia. (Or as an old-timer told me way back when, "Call it Albinny or leave"). My friends there now kind of chuckle and point at me derisively when I do that, so I don't say that anymore. Much has changed there, but the friendliness and nice town feel remains the same to this date. [...more](#)

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#### IN THIS ISSUE

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FEATURED ARTICLE

## Keeping an Eye on Long-Term Health while Managing a Cancer Diagnosis

*By Kathleen B.*

I remember hearing the doctor say to my husband, “You’ve got cancer,” and immediately wondered if I had misheard those words. Cancer diagnoses can result in many emotions for caregivers. You may struggle for another breath, cry and begin to mourn for the life you had before cancer entered your lives. ...  
[more](#)

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GUEST ARTICLE

## Funerals Should be Medicine for the Caregiver

*By Daniel Mandel*

Those who are preparing for the end often contemplate how to make things easier for the people who will be left behind. Too often, their conclusion is some simple disposal of his/her body with no service will be the least painful. ...  
[more](#)

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CARETIPS

## Give Me a Lift

*By Valeri Thelen, Staff Writer*

The toilet seat should not be overlooked as a way to help a loved one stay independent as long as possible. It also can be a location of great concern for those prone to falling or for caregivers who must help transfer their loved ones in order for them to use the toilet. ...  
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### CAREVERSES

## After the Accident

*By Austin Wallace*

She rolls along  
to some internal music we can't hear.

On sidewalks  
glass shards crunch and pop beneath her tires.

Two vertebrae are broken  
but her flexible smile contracts, expands,  
a rubber band stretched tight.

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