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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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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. ...
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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. ...
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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.

...more

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