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**Diagnosing Early Alzheimer's** • November 5, 2015 • Issue #862

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# The Word Unspoken

It is no coincidence that National Family Caregivers Month occurs in the same month as Veterans Day. Both celebrate people who have and do the most heroic feats in their role as soldier or caregiver, including making life and death decisions and selflessly serving their community, as well as defending the safety and well-being of their family members with all their heart. [...more](#)

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#### FEATURED ARTICLE

## Early Diagnosis

*By Jennifer Bradley, Staff Writer*

Forgetfulness is normal. Everyone has bouts of it; and even more with age. Whether a name, address or appointment, these facts slip through a person's mind easily. For someone with Alzheimer's disease, they don't return; that's the difference. The most common early symptom is a short-term memory loss. ...  
[more](#)

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#### GUEST ARTICLE

## Separating Long Term Care Insurance Myths from Realities

*By Kenneth Schulman, CLTC*

Parents and their adult children can never begin too early to think about their families' potential needs for care in their "golden" years, and there's no better time than November to begin that discussion. Why November? November is National Alzheimer's Month, National Family Caregivers Month, National Hospice Month, and National Home Health Care Month. All of these awareness-building efforts underscore the growing number of Americans who need or will need long-term care. ...  
[more](#)

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## CARETIPS

# Diabetics Make Wise Choices

*By Valerie Thelen, Staff Writer*

## FOOD

What a diabetic eats each and every day is the most important factor in maintaining healthy blood sugar (glucose) levels. If a caregiver is responsible for shopping and/or providing meals for a loved one, they must have a keen awareness of which foods to and not to serve.

What kinds of food wreak havoc on blood sugar levels? Refined sugars and refined grains are the top two offenders. Here are a few tips to keep a loved one's kitchen diabetic-friendly. [...more](#)

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## CAREVERSES

# Band of Brothers

*by Kristine Dwyer*

Men gather 'round the table,  
coffee cups in hand;  
each wearing symbols of wars gone by.  
Military experiences shared;  
the peer support ever so strong.

Memories recalled of battles fought,  
Soldiers of WWII, Korea, Vietnam....  
Each had raised a hand and vowed  
to serve his country and  
care for his fellow man.

Young soldiers, young grooms

Each held a hand and vowed  
"To love, honor and cherish  
in sickness and in health,  
till death do us part."

With the passing of years,  
these soldiers became caregivers.  
Shoulder to shoulder they stand,  
yet face a different battle together.  
Duty calls and they are ready to serve,  
this time caring for a loved one.  
Hands once used to defend and protect  
now bathe, dress, cook and guide.  
Sacrifices made, dreams set aside,  
but the mission remains clear.

This band of brothers has learned  
to carry on life's long journey;  
facing the unknown with courage,  
commitment and devotion.  
Soldiers, caregivers, unsung heroes  
remain steadfast to the end.

### **Dedicated to our United States Veterans**

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