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EDITOR'S PEN

Gary Barg, Editor-in-Chief

When the Wind Blows

Ten years ago this week, Hurricane Katrina made landfall in the United States, first in South Florida and then in the Gulf Coast. Here in Fort Lauderdale, we felt that we were hit pretty bad (losing power for over a week and even lives) until we saw how the hurricane and levee break affected our neighbors to the north. Like preparing for family caregiving, preparing for hurricane season does not always follow a specified route. [...more](#)

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FEATURED ARTICLE

Caregivers Challenge: Finding Daycare Options

By Cheryl Ellis, Staff Writer

Caregivers who are just beginning their journey may feel day care services are for later stages of their loved one's situation. The sooner caregivers locate and enroll their family member in a program, the greater the benefit for all concerned. Finding the appropriate day care can be challenging, but has grown much easier over time. [...more](#)

GUEST ARTICLE

Helping Family Members to Deal with a Fall Risk

By Steven Allred, MS,PT, and Jennifer Ellis, MS,PT

"I've fallen and I can't get up!" How many times have we heard comics deliver that line from a now-famous 1980s TV commercial?

The truth is that a dangerous fall is no laughing matter. It's a real worry — for those who suffer from balance dysfunction and for the family caregiver. Just the fear of a parent, spouse or other loved one falling is enough to give a caregiver chills. And the statistics bear that out. The National Institutes of Health says that falls are the leading cause of fatal and non-fatal injuries in people 65 and older. [...more](#)

CARETIPS

Respite Tips

"I planned with my sister for her to watch my husband on her day off and I treated myself to a day treatment at a local spa. It was much more cost effective than a nervous breakdown!"

"I contacted a local senior service last Friday night and went out for dinner and a movie with my husband. It seemed like forever since we were alone like that. Later this summer, I'm going to take advantage of their overnight care so we can spend the night away." ...more

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CAREVERSES

The View From Here

By Lorelei Miksch

I hear them screaming. I see their fear filled faces
and wonder what has frightened them.

Strangers who seem to know me. Questions I have no answers for.
The surroundings so unfamiliar.

I must go home.

They laugh and tell stories about people I do not know.
I smile—it seems to make them happy.

I have a glimpse of another time, another place. No, it's gone.
They call me Mom—I do not correct them.

I smile, we embrace, they wave.

It seems to make them happy.

But, I must go home.

Enjoy more caregiver poems
or share one of your own

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