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**Caregiver Guilt and Finding Balance - 05/04/17** • May 4, 2017 • Issue #1012

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# A Loving Ode to Sneaky Wisdom

As we travel the nation talking with our fellow family caregivers, our hope is to help bring the best answers, support and advice to light. We talk about such things as the importance of being able to communicate with our loved ones for whom we care. This is extremely important as we all work so very hard to ensure they eat well, stop driving (if necessary), and even take their medicines as directed ...[more](#)

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## FEATURED ARTICLE

# The Geriatric Care Manager

*by Cheryl Ellis, Staff Writer*

Caregiving can become an unexpected necessity if a senior experiences a sudden illness. We expect the elderly to have special challenges with the passing years. Yet, we may not be able to predict or assess just how challenging their lives may be. This is where a Geriatric Care Manager (GCM) may provide valuable assistance to caregivers and the elderly client. [...more](#)

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## GUEST ARTICLE

# Caregiver Guilt and Finding Balance

*By Sheryl Leary*

How do you find the balance? Is there a balance? Am I doing the right thing? Should I be doing more? These are important questions for a caregiver. They can dominate a caregiver's daily thoughts. The experts all talk about balance. How do we find the balance when we are so busy doing the things that upset the balance? [...more](#)

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## CARETIPS

# Some ABCs for Every Alzheimer's Caregiver

**(From a Daughter Who's Been One)**

*By Linda Slusser*

A: Accept that some of the hardest decisions you will ever have to make lie ahead. For example, when does nursing home care become the best or, perhaps, the only option?

B: Be a creative problem solver. When I needed Mom to go to daycare, I persuaded her that she would be there to help others. The result? Her amazing shift from stubborn refusal to pleasurable anticipation. [...more](#)

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CAREVERSES

## **A Caregiver's Prayer**

*By Jennifer L Hendel*

Lord make me like a mighty oak  
Roots curling into the earth  
Strong and steady  
That my Love might lean upon me  
And rest

Lord make me like a mighty oak  
Flexible enough to sway in the wind  
Rocking gently  
That my Love might rock with me  
And be comforted

Lord make me like a mighty oak  
Speaking as the winds blow through  
Whispering softly  
That my Love might listen  
And be soothed

Lord make me like a mighty oak  
Facing even the fiercest storm  
Standing Tall  
That my Love might take shelter  
And draw courage

Lord make me like a mighty oak  
Accepting of sustenance from all directions  
Sunshine and water  
That my Love might depend on my wellbeing  
And accept sustenance too

Lord make me like a mighty oak  
Resilient enough to heal myself and endure  
Dormancy and rebirth  
That my Love will not need to know the future  
And still can live in peace

Enjoy more caregiver poems  
or share one of your own

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