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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](#)

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](#)

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

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or share one of your own

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