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When Stroke Happens • March 15, 2016 • Issue #899

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Notes on 60 at 60

When I was twelve years old, one of my junior high school classmates mentioned that her uncle just turned 21 years of age. I immediately thought of the phrase “over the hill” while actually visualizing the hill he was must be heading over. How could anyone be that old!

For some reason turning the big 30 did not affect me, just another date on the calendar. I was, however, rather tickled the day I turned 33 1/3. For those of you under 40, that is a speed on a record player – if you don't know what a record player is, ask your granddad. I am sure I annoyed everyone I saw that day with my rather weak date-pun. Can't wait to see how many people I annoy (and probably confuse) when I turn 78. [...more](#)

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FEATURED ARTICLE

When Stroke Happens

By Jennifer Bradley, Staff Writer

Strokes, or “brain attacks,” disable Americans more than any other disease. With an interruption of blood to the brain, a stroke may have similar symptoms; but as everyone’s brain is different, so are the effects of each person’s stroke.

There is no rhyme or reason to the severity of strokes or to the recovery a person may need to undergo. Stroke damage can affect a loved one’s entire body and cause a wide range of disabilities, from mild to severe. Paralysis, difficulty thinking and speaking, as well as a multitude of emotional issues are just some of the challenges a caregiver can expect to see a loved one experience post-stroke. [...more](#)

GUEST ARTICLE

Art Therapy Q & A

The Importance of Using Art Therapy with Adults with Dementia

By Diane Alvy, M.A., ATR-BC

Q. During the week, I drop my husband off at an adult day care center and they offer regular art classes and art therapy groups. What are the differences between regular art classes and art therapy groups for people with cognitive impairments?

A. Regular art classes focus on the individual’s interaction with the art media and the finished art product. Art therapy groups are aimed to activate the language center of the brain. The implementation of using art therapeutically includes several goals which include facilitating language expression, memory retrieval and socialization. [...more](#)

CARETIPS

10 Steps to Kidney Health

Recent studies indicate that 26 million American adults suffer from chronic

kidney disease (CKD) and that the number is likely to rise unless Americans get serious about prevention. March is National Kidney Month. This is the perfect time for responsible adults to begin a kidney-health program by learning about the risk factors for CKD.

Primary risks include: diabetes; heart disease; high blood pressure; a family history of kidney disease; and age 60-plus. [...more](#)

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CARENOTES

From Lois:

I am a 51 year-old female with a 51 year-old boyfriend who has many health issues including stage 4 lung cancer (he gets chemo every 2 weeks via a port.) He just spent 5 days in the hospital with pneumonia. We have since been told he also has emphysema, and his liver is compromised. He has had HIV & Hep B (both of which have been undetectable for the past 7 years.) He was diagnosed with the cancer in March 2014 and his overall health has gone downhill since then. Since the port was put in back in November 2015, he has been steadily losing weight he is now down to 118 lbs at 5 foot 9 inches. He gets tired very easily and can't stand alone long enough to cook, clean or even bathe himself. Needless to say I'm looking to become his paid caregiver. I have been his sole caregiver since the cancer diagnoses, while working 20-25 hours a week. But his current condition requires me to be home 24/7. He is on total disability and we live together but he collects as a single person head of household. He also gets food stamps claiming the same.

We live in Willimantic, CT and I have no clue where or how to start the process. Any help would be greatly appreciated. [...more](#)

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