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**Managing Everyday Life While Caregiving** • February 5, 2015 • Issue #787

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# The Philadelphia Experiment

In thinking back over these past 20 years since we started our journey of caregiver support with *Today's Caregiver* magazine, [Caregiver.com](#) and the [Fearless Caregiver Conferences](#), I realize that one of the most important parts of any journey is the folks you meet along the way. Looking in our [diary](#), I see the following note regarding this time 20 years ago.

**January 1995** - *I visited my first healthcare event—a golf tournament hosted by the local Alzheimer's non-profit agency. I was ready for blank stares and an armed escort off the course, but rather found a group of dedicated professionals who grasped the concept of the magazine immediately. As a matter of fact, I think that Elaine Schumacher of Miami Jewish Home and Hospital introduced me to every single person at the event.*

A nice moment in time, but it reminds me of how many people I met then that are still important to me and my family to this day. All without ever losing the beaming smile she always shared with her clients and their family [...more](#)

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## IN THIS ISSUE

**The Philadelphia Experiment**

**Managing the Multiple  
Myeloma Journey and  
Everyday Life as a Patient  
and Caregiver**

**Dealing with Caregiver Guilt**

**Tips for Managing  
Incontinence with  
Frontotemporal Dementia**

**CareVerses**

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## SPONSORED ARTICLE

# **Managing the Multiple Myeloma Journey and Everyday Life as a Patient and Caregiver**

*By Paul and June K.*

From our perspectives, managing the multiple myeloma (MM) journey and everyday life as a patient and as a caregiver seems to be a changing and evolving endeavor. We can both agree that in the beginning, cancer dominated our every thought and was our only focus; however, together we found coping mechanisms that helped us move beyond the initial fear from a cancer diagnosis and allowed us to concentrate on other priorities besides MM [...more](#)

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GUEST ARTICLE

## Dealing with Caregiver Guilt

*By Malika Brown, MSW, LSW*

Caregivers often carry around undeserved guilt, believing that they aren't doing enough for their loved ones. This guilt can make the caregiving role even more stressful than it already is. One might ask why a caregiver feels guilty when they're doing such a courageous job [...more](#)

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CARETIPS

## Tips for Managing Incontinence with Frontotemporal Dementia

*By Geri Hall, PhD, ARNP, GCNS-BC, FAAN*

Always make sure the doctor does an evaluation to rule out infections, tumors, etc. for both urinary or bowel incontinence.

If the patient is still early in the disease, there are two frontotemporal dementia-specific issues [...more](#)

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CAREVERSE

## I am a Caregiver

*By Lin M. Watkins*

I am a caregiver  
it's what I do.  
24/7, I'm here for you.

And most of the time  
we do just fine  
But once in a while,  
I need my own time.

And when I take  
that necessary break  
I've got to remember  
it's for both our sake.

I can't take care of you  
unless I take care of me.  
So I work very hard  
at being guilt-free.

I'll always be here for you,  
so don't you fret.  
Together we're making  
memories of us I'll never forget.

Enjoy more caregiver poems  
or share one of your own

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