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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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The Philadelphia Experiment

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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](#)

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](#)

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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CAREVERSES

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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