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Holiday Stress Busting • December 8, 2015 • Issue #871

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Robert Loggia and Marc Meyers

***Celebrating the life of a great actor and caregiver.** Robert Loggia is a best known as a character actor playing crooks, thugs, and gravelly-voiced cops. He played mobsters in Scarface, Prizzi's Honor and The Sopranos. Loggia starred in the 1966 TV action series, T.H.E. Cat as the mega-cool acrobat, thief, and bodyguard Thomas Hewitt Edward Cat or T.H.E. Cat for short.*

Gary Barg: We always say that caregiving is a family issue and it leaves no member of the family untouched. And in your new film, Harvest, we join the family during the last summer of your character, Siv's, life. I was really taken by the realistic portrait the story paints of this caregiving family. Can you tell us something about the film and what motivated you take on the role?

Robert Loggia: It was very moving to me as the bike rider. Siv's bicycle trip is quite significant because it's the last hurrah, and the relationship with Barbara Barrie's character. She was wonderful in it and I thought the entire cast fell into the mood of the piece—how it reflects on life for all of us. [...more](#)

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FEATURED ARTICLE

Holiday, Gifts and Stress

By Jude Roberts, Staff Writer

Even if you're not a caregiver, the threat of the holidays being right around the corner strikes instant fear, terror and major stress into the hearts of almost everyone. However, there is hope for caregivers to enjoy the holiday season and still make it a special time for their loved one as well. The key is to pace yourself, as well as to help your loved one do the same, so that neither of you will feel completely drained, depressed or overwhelmed, especially during such a special time of year. Here are some suggestions that may help you both survive the holidays [...more](#)

GUEST ARTICLE

Aging in Place: A Real Choice

By Helen Hunter, ACSW, CMSW

As people age, they may be faced with making the decision as to whether to move out of their existing home where they have raised family. Too often, these homes are not conducive to the physical challenges that elders may face in their advancing years. A recent study of aging baby boomers shows an overwhelming propensity to remain in their current homes after retirement. As a result, many home builder and housing associations throughout the country are organizing educational activities to highlight programs and support services, such as healthcare, chore services and transportation, which will enable elders to age comfortably in place. [...more](#)

CARETIPS

Tips: When Family Pets Can't Move with Your Loved One

From David G in Oregon

The best of all possibilities is finding people in the community to take the pets; people who would visit with the pets. This would keep a connection between their new life and old; and seeing their pets would be a boost for them. As we age, we gain certain things and we lose certain things. ...more

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CARENOTES

From Lisa:

My 64 year old sister who is schizophrenic lives in Arizona and her daughter, who is on welfare, lives in Connecticut. Both of them call my 84 year old mother and repeatedly ask for money. They use miscellaneous stories and my mother gives it to them. My mom is mounting up huge credit card debt but will not listen to me. She uses the excuse that she doesn't want her daughter living on the street. Mom has been paying her 800.00/month rent but now I hear my sister is getting evicted and moving back to Connecticut. My sister is a veteran and receives disability, shouldn't she be eligible for services? My niece I feel should be reported for extra income to the state. All of this is very upsetting but my mother will not stop. Finally, my brother recently moved into Mom's house with his kid and also pays no rent and does no chores. How can I just sit back and let all this happen? ...more

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