Caregivers' Guide to Medicare • September 17, 2015 • Issue #848

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Life You Save...

I saw a video on YouTube just yesterday that reminded me of a senseless tragedy which took place 6 years ago last night on a dark roadway in northern Minnesota. I can recount the date and place so very easily because that was the night we lost a bright light who was just coming into her own, Sara Kaufman. But, I digress.

The video in question was of an instructor on a secure course giving driving exams. He told these students from 18 – 58 that part of their test was to drive while texting. ...more

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Caregivers' Guide to Medicare

By Dr. Rhonda Randall

More than 90 million Americans provide care or support for loved ones with chronic illnesses, disabilities and frailty, according to the Caregiver Action Network. It can be a tough job – particularly when it comes to navigating health care.

As we observe National Medicare Education Week, Sept. 15-21, I offer a bit of a refresher on Medicare that I hope helps caregivers who may be managing a loved one's health care, since Medicare's Open Enrollment Period (Oct. 15-Dec. 7) is just around the corner. ...more

Family Caregiving: Sharing the Work

By Rita L. Calderon

I am my brother's keeper…
...To love, comfort, honor in sickness and in health...

How we took these words for granted. Yet it was hard to visualize that bright-eyed, young beauty in front of us as old and sick. And easier to be our brother's keeper when we lived in extended families in a less transient nation. If you can't take Dad to the doctor next Tuesday, call your sister who lives over on Broadway, or the nephew or the neighbor.. ...more

Simple Tips from Registered Dietitians

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says registered dietitian and Academy spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. The USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan." ...more

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Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

I Went Out Today
By Cheryl Bollerud

I went out today.
I went by myself.

I looked for you.
But could only see memories.

We shared so much.
We were so close.

I wandered through the crowd.
I looked but you were not there.

I cried inside.
I didn't want people to stare.

I passed many couples.
Walking hand-in-hand.

I felt a tinge of guilt.
But no one held my hand.

I watched the sky.
As if I might get a glimpse of you.
It did not happen.
But the sky was so blue.

I sadly went to my car.
I drove straight back to you.
I hoped I'd find you like you used to be.
For you see—I went out today—just me.

Enjoy more caregiver poems
or share one of your own