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Chemotherapy - How to Stay Safe at Home • March 29, 2016 • Issue #903

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Sandy Markwood

CEO - National Association of Area Agencies on Aging

Gary Barg: What is an Area Agency on Aging and how is it important for family caregivers to know about their local Area Agency on Aging?

Sandy Markwood: There are 618 Area Agencies on Aging across the country and they provide a range of services and support to older adults and their caregivers in every community in the country. Those range from services targeted to older adults to being able to help older adults find and locate community services across the board. [...more](#)

IN THIS ISSUE

An Interview with Sandy Markwood

Keeping Safe at Home with Chemotherapy

Ask any Senior... How is a Dog like a Light Bulb?

Six New Items on the Menu For a Liquid Diet

CareNotes

FEATURED ARTICLE

Keeping Safe at Home with Chemotherapy

By Cheryl Coppola RN, MSN, OCN

As more and more chemotherapy is given in outpatient clinics and at home, it is extremely important that caregivers and patients understand the risks and hazards that household members may be exposed to. Chemotherapy can be given via a portable infusion pump or in pill form. In both cases it is possible for cancer drugs to unintentionally come in contact with caregivers. When chemotherapy is given in any form, the body must then get rid of it after it's done its job. This means that the drugs leave the body in a patient's stool and urine. It can also be present in emesis. Traces of chemotherapy drug may be found in and on toilets, in disposable diapers or any clothing or laundry that a person has soiled after having a treatment. Cleaning the bathroom or handling body wastes or soiled laundry can expose you to these chemotherapy drugs. ... [more](#)

GUEST ARTICLE

Ask any Senior... How is a Dog like a Light Bulb?

By Joanna R. Leefler, MBA, GSC

Most pet lovers already know the answer. He lights up the room with his love. Senior care facilities think this way as well. Many nursing homes, assisted living residences, and senior centers offer visiting pet programs that allow residents to interact with animals. The results often turn into a love fest! ...[more](#)

CARETIPS

Six New Items on the Menu For a Liquid Diet

by Rebekah Hindman

"Food has been the main topic in our house for the last year," shares an anonymous patient on the Cancer Survivor Network web site. "My husband says he's tired of hearing about what I can or can't eat. I couldn't do Ensure or Boost at all. I'm not sure how I survived the six months—lost 55 pounds. . So for you caregivers, please be patient. Keep trying different foods." ...[more](#)

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CARENOTES

From Karen:

My mother is 85 yrs. old and currently is at a nursing home in Humble, TX. She had a major stroke on Nov. 10, 2015. She was in the hospital for 3 weeks and then transported to the home. I have been her caregiver for the last 3 years. She has always said that she wanted to live with me and my family. However, I live in a small apartment and can't provide an adequate place for her at the present time. But, we will be closing on a home in Magnolia soon and I want to get in home care for her at my home. She is very miserable and terribly confused being anywhere other than with me. I could use all the tips and advise that I can receive regarding giving my sweet mother the remainder of her life happy and peaceful times with me and my family that she loves so very much. Thank you and God Bless. [...more](#)

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