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**Here's to a Sweet Sixteen** • December 31, 2015 • Issue #878

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Now That The Calendar Has Turned To Twenty-Sixteen

Now that the calendar has turned to twenty-sixteen  
Let's peer ahead to what can be seen

Let's start with at least a smile a day  
Which is as good as an apple to keep You-Know-Who away

We are just getting started and onto your knees  
For sit-ups and exercises as soon as you please [...more](#)

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## IN THIS ISSUE

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## FEATURED ARTICLE

# Popping the Cork: A New Year's Resolution for Caregivers

*by Frances Maguire Paist*

Before the ball drops in Times Square, promise yourself this year will be the year you become your own best caregiver. Resolve to do what thousands of others need to do – make time for yourself, because in so doing, you make your time with others better and more valuable. [...more](#)

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## GUEST ARTICLE

# New Year's Resolution

## Fitness at 50+: Five Barriers You Can Beat

While exercise is often touted as a fountain of youth, it often gets harder to do as you get older.

Physical medicine and rehabilitation (PM&R) physicians, also called physiatrists, are doctors who restore and maintain function lost due to injury, illness and age-related conditions such as osteoporosis, arthritis, joint replacements or stroke. They often prescribe exercise to prevent and treat many of these conditions, working with their older patients to help them get the right kind of exercise so that they can remain active and independent. [...more](#)

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## CARETIPS

# Top Ten Things For Caregivers To Start Doing for The New Year

1. Keep records of all medications and reactions: make notes about what works, what doesn't and when you informed the physician of any problems.
  2. Keep records of all doctor appointments: the reason for the visit, the doctor's responses to our concerns, any procedures performed, etc. [...more](#)
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CAREVERSE

## **My Favorite Days**

*by Lisa Cohee*

My favorite days begin as such  
with a bit of sunshine and lives to touch

My favorite days consist of this  
a sweet elderly lady who asks for a kiss

A woman who has been through so much pain  
who simply needs me to fetch her cane

An elderly man, so quiet and lonely  
asking "Won't you come sit and talk to me?"

A woman who speaks only once in a while  
but with a glance she'll say plenty  
to make me smile

A woman who seeks such independence  
she says "I'll do it myself"  
but when I stop by  
she calls me her "Angel"  
and I could just cry

[...more](#)

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