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**Suddenly, You Are A Caregiver** • July 29, 2016 • Issue #938

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# The Partnership of a Lifetime

Lately, I have been hearing from a lot of caregivers about dealing with their loved ones' medical professionals. It doesn't matter if you live in a bustling metropolis or in scenic rural community; this seems to be an issue of great importance to all of us. In response, I'd like to share the following email from a reader also dealing with this issue: [...more](#)

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## FEATURED ARTICLE

# The Value of Massage for Caregivers

*By Kristine Dwyer, Staff Writer*

Massage therapy isn't just a luxury anymore and has actually become a vital part of health care practices worldwide. It is a holistic therapy that has shown positive effects on physical and mental health in addition to enhancing medical treatments. Having a massage does more than just relax the body and mind. There are measurable physiological and psychological changes that occur; especially when massage is used as a preventative and continuous therapy. The effects of massage on the body's systems can be profound, directly impacting our immune system, digestion, respiration, circulation, nervous system, muscle health and more. It has been said that, "Massage is to the human body what a tune-up is for a car." [...more](#)

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## GUEST ARTICLE

# Are You A Mindful Caregiver?

*By Sherril Bover*

It seems to happen in a flash. You wake up one morning to a whole new life. Everything is changed, dreams are on hold. The old rules no longer apply and the roadmap of your life, the one you've been following for years, is obsolete and quite useless. You're in a brave new world, but you don't feel brave or new. Suddenly, you are a caregiver. [...more](#)

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## CARETIPS

# Caregiver.com CareList: Colon Cancer

When the diagnosis is colon cancer, what are your responsibilities as a caregiver?

- Call your local county medical association to find a physician with significant experience with the type of cancer diagnosed.
  - Get a second opinion (but, not a fourth or fifth) by someone of equal or higher ability than your physician. [...more](#)
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CAREVERSES

## Through the Eyes of Blue

*by Arthur N. Gottlieb, LCSW, CSA*

How bold it must have been  
A professional woman  
Amid the conceit of men  
Accomplished and refined  
Her beauty transcended  
Her current form  
In throes of mortal failure  
As she lay shaking  
Turning towards me  
In silent desperation  
We met  
Through eyes of blue  
Where her soul dwell  
Now trapped within  
Her gaze  
Reached through bars of steel  
With face drawn and  
translucent  
She motioned me near  
And whispered  
Please... tell me a story  
And so I shared  
My only thought  
A sonnet of Vivaldi  
The flowery meadow  
With colors of pastel  
And flowing brooks of spring  
As her eyes slowly closed  
I took comfort  
In her peaceful respite

As we walked together  
Through a place  
Without time or boundary  
And for each a gift  
That by her prayer  
The jailor's key had turned  
Releasing her  
For one final flight  
Through this mortal kingdom  
To be witnessed with clarity  
And with grace  
Through eyes of blue

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