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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 4/7/2016 9:07:10 AM  
**Subject:** Prevent Harmful Falls

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**Prevent Harmful Falls** • April 7, 2016 • Issue #906

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Safe From Harm

I know of no more dedicated people than the professional caregivers I have met over the past twenty years. In fact, when the news breaks about elder abuse, it is usually the professional caregivers who are first to email or write me with advice and tips for family caregivers. The insidious thing about elder abuse is that it can be committed by anyone with financial or physical access to our loved ones: friend, professional or family member. Unfortunately, there have been some high profile cases of abuse in the news recently, so here are some of the best advice I have seen: [...more](#)

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## FEATURED ARTICLE

### Devices to Help Prevent Falls

Appropriate use of assistive devices can prevent harmful falls. These devices may include canes, walkers, and reachers. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely. Talk with your doctor about having a physical therapist or occupational therapist assess your device needs. [...more](#)

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## GUEST ARTICLE

### The Uninvited “Guest”

*By Karen White-Walker*

So help me heaven, if I don't find humor in what is now happening in our lives, I don't think I'll ever get through it. It started out so subtly—my husband asking me what day it was. That's no big deal because, when you're retired, do you have to know what day it is? Except for Sundays, so we can go to Mass and pray that we don't kill each other because we're always around one another. I feel like such a phony. This very mouth that receives the sacred host is the same big mouth that yells at him for going to the store for butter and coming back with a cake mix. Now it's double jeopardy because as the weeks go by, that daily question of what to get is being asked more like five times a day, along with what day, month or year is it? [...more](#)

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## CARETIPS

### Parkinson's Disease: Tips for Caregivers

*By Sandra Ray, Staff Writer*

With more than one million people affected with Parkinson's disease in the United States today, there are many issues that caregivers are either facing now or will face in the future. Parkinson's disease is a slow, degenerative disease manifesting itself in stiff muscles, difficulty walking, and other movement-related issues over time. [...more](#)

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CAREVERSES

## **Caregiver**

*By Sue Green*

The surreal world I live in  
Thrust there over night  
It was a stroke that hit him  
Since then just nothing's right

The frustration of it all.  
The many hats I wear  
The tasks that never end  
The new roles that I bear

I wake up in the morning  
Wishing for the past  
Stick to his routines  
And never move too fast

There's someone living in my house  
I know there's someone here  
Why do I feel so all alone  
Even when he's near?

Some days he comes to visit  
And talks of things we share  
'tho conversation's brief  
And oft' too short to bear.

I try to see it his way.  
I try to help him out.  
I know he faces struggles  
For him, no easy bout.

A different world he lives in  
His own pace that he sets  
I try to make him understand  
He sometimes tries, and yet

Can I know the effort that it takes  
To put together words to talk?  
Can I feel his inner struggle  
When he tries to walk?

I can only be there  
Let him know I'm here  
I can sit beside him  
And try to ease his fear.

It's a surreal world we both live in  
Just 'one day at a time.'  
With some days still a struggle  
When all is not sublime.

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