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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Worthwhile Journeys

Today, we are hosting our second annual **Fearless Caregiver Conference** in Okeechobee, Florida, A beautiful, small community just north of Lake Okeechobee in Central Florida. We are always quite excited to be able to present the Fearless Caregiver Conferences around the nation in communities large and small. One important outcome we always find at the events is that whether caregivers live in urban, rural or frontier communities, they are not alone. ...[more](#)

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FEATURED ARTICLE

The New Reverse Mortgage: Safe and Secure

By Kevin Blakeney

In my previous installment I outlined how seniors, with the help of their adult children caregivers, often consider accessing home equity through a reverse mortgage to pay for in-home care and related services. This viable financial planning solution can be used in unlimited ways to ensure loved ones are cared for while living in the comfort of their home, on their terms. [...more](#)

GUEST ARTICLE

Eventually

By Julie McLellan-Mariano, CT

I confess; as a girl from New Orleans, my active imagination served me well. It helped create many memorable Mardi Gras seasons for Barbie and Ken. But it couldn't create my role as a family caregiver or the wisdom that I would eventually discover.

As a girl, I could also imagine myself as "DJ Hot Flap Jacks." But I couldn't imagine my son falling down in a bathroom, being unable to roll over, stand up or walk out. [...more](#)

CARETIPS

Tips for Pain Management

By Peter Ganther

Almost all seniors today face some degree of pain and soreness. But up to 35% of all seniors face chronic pain resulting in depression and can greatly affect their daily life. Often this chronic pain goes undiagnosed or overlooked, and only after life is negatively altered is it caught and treated. Some of the obvious chronic pain symptoms include limping, moaning, spending more time in bed, and reduction in activity. Often it is left up to the caregiver's discretion surrounding the severity of the pain, because the loved one usually refuses help and does not want to visit a doctor. Once the pain is realized, the next step is finding the right doctor who can locate the pain and find a probable cause. ...

[more](#)

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CAREVERSES

I Thought We'd Have Forever

By Michelle Andrea Bracken

I thought we'd have forever
To sit when day was done
To catch the gentle breeze that blows
Before the setting sun.

I thought we'd have forever
Forever and a day
To watch our little grandchildren
So busy at their play.

I thought we'd have forever
And maybe one day more

To contemplate and ruminate
On what life had in store.

I thought we'd have forever
To hold each other's hands
To sit and rock a while and talk
Still making future plans.

I thought we'd have forever
But it was not to be
For now that evil thief called "stroke"
Is stealing you from me.

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