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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Advocates

After reading your article about hospital advocates, I thought I would write to you about another extremely valuable advocacy program which is available in every state. This is the Long Term Care Ombudsman Program. This program was created under the federal Older Americans Act and addresses complaints and provides advocacy and support for each resident in nursing homes and assisted living facilities. Ombudsmen are trained to provide information and assistance to residents and their families in an effort to ensure the best quality of life possible for residents. [...more](#)

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FEATURED ARTICLE

Understanding Foot Drop

By Janie Rosman, Staff Writer

The National Institute of Neurological Disorders and Stroke, National Institutes of Health, defines foot drop as “the inability to raise the front part of the foot due to weakness or paralysis of the muscles that lift the foot.” Muscles in the leg cannot raise the foot at the ankle, or the front part of the foot, due to paralysis of muscles that lift the foot. [...more](#)

GUEST ARTICLE

Emotional First Aid

By Janet Buell

Helen was considering suicide when her daughter, Gail, asked me to come to her house. Gail was shocked to discover Helen was hoarding her pain pills with the intent to accumulate enough of them to end her life.

Helen had been diagnosed with ALS, a progressively debilitating and usually fatal illness. As a long-time trauma counselor, I had frequently worked with people who had terminal illnesses and it was always a challenge. [...more](#)

CARETIPS

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. [...more](#)

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CAREVERSES

The Alzheimer Fairy

By Steven Stoker

I'm certain there's a Fairy
A true Alzheimer's gnome
That has crept into our household
And sabotaged our home.

She's the evil one that empties
All the contents of your drawers
Making little stacks of clothing
In the midst of all the floors.

She's the one who hides my car keys,
My glasses and my money
In places so creative
They'd surprise the Easter Bunny.

[...more](#)

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