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Who Takes Care of You? • June 2, 2016 • Issue #922

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Summer of Respite

With Memorial day behind us, It's time to roll out our sixteenth annual Summer of Respite series. Since we first announced our Summer of Respite 2001, each year's series has been a smashing success. Every summer, we encourage caregivers to continue helping each other by sending in your respite tips and techniques. This summer, it is more important than ever for each and every one of us to avail ourselves of the benefits that respite offers. [...more](#)

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FEATURED ARTICLE

Understanding Balance Problems

Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor. [...more](#)

GUEST ARTICLE

Who Takes Care of the Caregiver

By Audrey Lancaster, BSN, RN, CGRN

Caregivers provide care in a wide variety of situations. Caregiving can be a very difficult task to accomplish, especially when it involves caring for an elderly parent. This is definitely a role reversal, which many individuals are not prepared for, or equipped to handle. [...more](#)

CARETIPS

Helping Children Deal With Loss Through the Journaling Process

Katherine Dorn Zotovich

Today more and more American families are involved in the care of their loved ones. Often that creates a change in family dynamics, routines, reassigning roles, economic hardships and demands on adult time and emotional stress for all family members involved. The changes taking place can be threatening for children. Change creates loss and loss creates grief. A grieving child needs our reassurance that he/she will be cared for and is loved. [...more](#)

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CAREVERSES

Dwellers of Nursing Homes

By Diana Spore

A special world made up of unique, wise elders who've lived worthwhile lives.

Confronted by challenges every day, affecting all aspects of their lives.

Bolstered by dedicated and caring staff, family members, and friends.

Finding comfort, support, happiness, and perhaps even joy here.

Strengthened by memories of life, love, marriage, children, and careers.

Intact identities even when locked in shells of what used to be.....

Held in place by life histories and achievements that can never be taken away

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