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**Break The Stress Cycle** • March 3, 2016 • Issue #896

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Finding Wisdom

I remember the moment vividly. I was in a hospital lobby, having just talked my way around the security guards questioning why I was walking into the family waiting areas on each floor. The year was 1995 and I was actually in the middle of distributing the first issue of Today's Caregiver magazine to every hospital waiting area in southeast Florida, a ritual that I personally conducted for the first two years of publication. [...more](#)

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#### FEATURED ARTICLE

## Nutrition Ideas for Stress Reduction

*By Cheryl Ellis, Staff Writer*

Stress depletes the body of energy in a variety of ways. Loss of sleep, feelings of agitation or depression, and development of poor eating habits are “side effects” of stress that need intervention. Some stress can help us rise to the occasion and get things done, but too much stress drains the body. One way to break the stress cycle is by changing the diet to one that can actually help reduce stress. [...more](#)

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#### GUEST ARTICLE

## Hydration in Elders: More Than Just a Glass of Water

*By Rita Miller-Huey*

As we enter the warmer part of the year, it is more important than ever to drink enough fluids. This is particularly true for children and for persons 65 and older - which could be both the caregivers and their loved ones. Not drinking enough fluids can cause unwanted symptoms, complications from existing disease conditions and may account for many hospitalizations of our elders. Water and juices are the best; coffee, tea and colas with caffeine as well as alcoholic drinks cause the body to lose fluids and are recommended only in small amounts. [...more](#)

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## CARETIPS

# Not Another Sleepless Night

*By Jennifer Buckley*

A typical day for a caregiver might include on-the-job stress in the morning, a rush to a doctor's appointment for your mother at lunchtime and battling bottle necked traffic in the evening only to come home and figure out what to cook everyone for dinner. By this time, your muscles feel achy and you crave the comfort and security of your bed, but when it's time to turn in, once again you can't fall asleep. Some caregivers exert enough energy during the day to power a small nuclear submarine, but sleep deprivation is a common problem among a large percentage of caregivers. ...[more](#)

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## CAREVERSES

# Tribute to Caregivers Everywhere You are Not Alone

*By Mona Newsome Wicks PhD, RN, FAAN*

You offer kind words. You lift and you tug.  
You bathe and you dress. You comfort and you hug. You drive and you shop.  
You cook, nurse, and you clean.  
You often, defer your personal dreams.  
You are not alone.  
You sometimes worry and you often pray.  
You work first at home, and then at your job all day. You sleep very little, but  
you sleep when you can.  
Sometimes you have more work, than you can possibly stand. Yet, you remain  
steadfast and hopeful.  
You are not alone.

This month we honor you, We acknowledge your care. We acknowledge the  
love, That you unselfishly share.

Out of concern, we make these requests,  
We ask that, when you are tired that you please rest. We ask you to walk, we  
ask you to sleep.  
We ask that you healthily and regularly eat. We ask that you see your health  
care provider.  
That you share your concerns as it is much healthier, Than isolation and proud  
silence.  
You are not alone.

We remind you to ask for help and to weep, For tears can offer a much-needed  
release.

We pray for you, joy and a well-deserved peace.  
Caring for others, without caring for self,  
can undermine physical, spiritual, and emotional health.  
You are not alone.

Your efforts are an important and an unselfish contribution. This work greatly  
contributes to sustaining our nation.  
We salute you and thank you for all that you do.  
Most of all we wish happiness and good health to you.  
You are not alone.

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