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**Giving Proper Care to Mom and Dad** • September 08, 2016 • Issue #948

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Reaction Subtraction

My friend Larry came by the house two weekends ago. It was great to see him. He had a stroke a few years ago which curtailed his motorcycling, boating and fishing. But Larry has made great strides through terrific doctors and strict adherence to his physical therapy schedule. The effects of his stroke have become dramatically reduced to the point where we were talking about what kind of car he wanted to buy. ...[more](#)

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#### FEATURED ARTICLE

## Giving Proper Care to Mom and Dad Five Key Areas of Concern

*By Diane J. Heltsley, MSW, LCSW*

Many adult children report feeling uneasy after they visit their aging parents.

They have a gnawing feeling that “something is amiss,” but they are unable to pinpoint their concern. Not knowing exactly how to express their worries and not wanting to communicate to their parents that they see them as incompetent, they often leave without voicing their thoughts, telling themselves that their worries are probably unwarranted. This passivity and self-denial can be a grave mistake that can lead to unfortunate, even tragic, consequences. ...[more](#)

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#### GUEST ARTICLE

## A Life Forever Altered, Forever Changed

*By Sharon Pulido*

Do you ever think things are going too good to be true and something bad must happen to compensate? I have always thought that way. When I met my husband, Mario, our life was wonderful. He was great, life was good, and we had our two little boys. I couldn't imagine a better life than the one I had. But things did get bad; they got very bad. Life is unpredictable and can be changed by a single phone call; everything that I ever knew or believed in was forever altered. ...[more](#)

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## CARETIPS

# Caring For An Elder From Far Away: Geriatric Care Managers

*By Cheryl Smith, MA*

When faced with helping your aging love ones make decisions about their future, making sense of the information and wading through the options can be frustrating. Getting an outside perspective from a geriatric care manager can help assess your loved ones' needs, identify things you may not have considered and create a care plan with possible options and recommendations.

[. ...more](#)

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## CAREVERSES

# CHAMPIONS WITH A CAUSE: An Ode to Caregivers

*By Angela Shaw*

A bather, a baker, a yummy meal maker.

A caregiver is this and more.

Just how much does a caregiver do?

It's impossible to try to keep score!

A caregiver is a chef.

They can cook almost anything.

But given the choice of homemade or not,

All agree that take-out is king!

A caregiver is a coach.

Who keeps you in the game.

Sometimes they may seem bossy,

But they love you just the same.

[...more](#)

Enjoy more caregiver poems  
or share one of your own

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