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#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## A New Year's Resolution Revolution

At the end of each December, as the pages close on yet another calendar year, I find myself trying to elicit a defining theme from the events of the previous twelve months. This year I have heard many stories from caregivers reminding me there is still one issue of great importance to the relationship between family caregivers and health care professionals— communication. [...more](#)

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#### FEATURED ARTICLE

## Popping the Cork: A New Year's Resolution for Caregivers

*By Frances Maguire Paist*

Before the ball drops in Times Square, promise yourself this year will be the year you become your own best caregiver. Resolve to do what thousands of others need to do – make time for yourself, because in so doing, you make your time with others better and more valuable.

Here are some ideas to get you started: [...more](#)

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#### GUEST ARTICLE

## New Year's Resolution 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. They often prescribe exercise to prevent and treat many of these conditions, working with their older patients to help them get the right kind of exercise so that they can remain active and independent. PM&R physicians offer these tips to help seniors overcome five common fitness obstacles: [...more](#)

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## CARETIPS

# The Four R's Of Coping

*By Helen Hunter, ACSW, LSW, GCM*

### REORGANIZE

Reorganize your life. What do you need to focus on at this time?

By reorganizing your life, you can better structure your needs and the needs of others.

### RETHINK

Rethink your priorities. What is most important to you?

By taking a good look at what is most important in your life, you can focus and channel your energy in that area. [...more](#)

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## CAREVERSES

# A Full Heart

*By Bill E. Goldberg*

I read him poetry,  
and he cries.

He's eighty two and has Alzheimer's.

It's a joy being with him now,  
an opportunity to come from the heart  
and leave my mind,

as his mind, at times, leaves him.

I recite poetry with feeling.

He loves the feeling behind the words.

He can hardly speak at all, yet he understands a lot.

I talk to him as an intelligent man,  
and it connects with his memory of self-respect.

He yearns to be respected,  
for people to see beyond his crippled mind,

and see what he was and still is underneath it all.

So I read, and he responds  
with broken words, tears,  
and a full heart.

Enjoy more caregiver poems  
or share one of your own

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