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Cooking for Chemo • March 2, 2017 • Issue #996

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Caregiver Checklist

I stood in the hospital emergency room with my mother, the ER doctor and the social worker. My mother and I had just brought my 91-year-old grandfather in a few hours earlier. The next few words spoken by the social worker jerked me back seven years to the night my father passed away. The same hospital, the same little group—my mom and I with two healthcare professionals—and the very same question, “Does he have a living will?” [...more](#)

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FEATURED ARTICLE

Cooking for Chemo

By Chef Ryan Callahan

The scariest thing I've ever had to do in my life was be the caregiver for my mother while she went through cancer treatments. Between the surgical reconstructions and the effects both short term and long term of chemotherapy, it was a hard and grueling battle the whole way. No amount of preparation or reading or support groups could have prepared me for what it is like to watch your loved one be torn apart, stitched back together, and then have a series of chemical bombs dropped on them. With all that being said, there are many things that you can do to make your loved ones battle with cancer easier for both of you and improve their quality of life in the process. The aspect of what I focus on is the cooking and eating portion of caregiver life. [...more](#)

GUEST ARTICLE

Caregiving Across The Miles:

The Plus Side of Long Distance Caregiving (Story of a Caregiver)

By Peg Crandall, MA, CPC

My work required frequent travel and my conscience bothered me because I could not spend more time with my best friend, June, while she battled a life-threatening disease. As her condition worsened, I felt very guilty about not being able to be at her bedside.

I talked with my therapist about my feelings. She explained that many seriously ill patients find their favorite caregiver relationships to be with those who stay in touch by phone or electronic messaging. There is sound reasoning behind that point! [...more](#)

CARETIPS

People at High Risk of Developing Flu-Related Complications

Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. [...more](#)

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CAREVERSESES

A Survivor's Story

by Grace R. Niemczyk

It is out of compassion that I go,
Yet a role delegated by marriage.
Committed to another's well being,
Oblivious of the coming disparage.

With each day, now to pass,
Anxiety creeps slowly within.
Not much has changed just yet,
Anticipation,... dread will soon begin.

Disbelief of the enormity at hand,
The body shall recoil in anguish.
Muscles tighten, the mind a blur,
As the heart is left to languish.

Momentary weakness presses in,
Where one could lose self control.
Sinking low into the unknown,
The precept of a large black hole.

Swallowed up and wholly engulfed,
Darkness and fatigue close all about.
Then a light shines in the distance,
Emerges in the void to stand out.

[...more](#)

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