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Joint Efforts for Arthritis • April 28, 2016 • Issue #912

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Seven Ds

With Mother's Day around the corner (Hi, Mom!), I wanted to take a moment to thank another kind of parent who (as much as mothers) richly deserves our appreciation. These folks enliven each Fearless Caregiver Conference and I am honored by their attendance. I am talking about grandparent caregivers. ...
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FEATURED ARTICLE

Nursing Home Care

By Wesley Patrick

The term “nursing home” has become generic over the years, and it is used to define all facilities from a rest home to an acute care hospital. The truth is that this muddled meaning can be confusing to those caregivers trying to decide on a facility for their loved one. The main goal of a nursing home is to care for those who are recovering from an illness (short term) or to provide supervision for those with chronic medical problems (long term). [...more](#)

GUEST ARTICLE

Tears In My Coffee

By Micki O

We reside in a small town in southern Minnesota. My husband and I have been married 31 years. We have four grown children, ages 23 thru 28 years. We have had a good life, good jobs and a nice community in which families congregate and grow. Life hasn't been that bad. [...more](#)

CARETIPS

Joint Efforts-Exercise and Arthritis: What Caregivers Need to Know

By Sean M. Kenny

Exercise is beneficial to most of us, but exercise is especially vital to patients who have arthritis. Over 40 million Americans (1 in 7) have arthritis. Chances are good that you or your loved one may develop arthritis in the future. Let's explore the role of exercise with regards to caring for the arthritic population. [...more](#)

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CAREVERSE

Waiting

By Sue k Green

Waiting
*for him to find the words
to finish thoughts
so I could understand.*

Waiting
*as he rises from his chair
reaches for his cane, and
with effort, takes his stand.*

Waiting
*as he starts his march;
pondering the process
before even first he steps.*

Waiting
*as he slowly moves
one foot and then
the other.*

Waiting
*in one office or another
for this, for that;
but always.*

Waiting
*for him to climb
the stairs
each night.*

Waiting
*while the clock ticks on
and past dreams melt
like morning dew.*

Waiting
*for free time
that never
seems to be.*

Waiting
*caring for his needs
mindful of his struggle
delighted that he's here.*

© Sue K Green 4/27/14 *Caring for Husband, post-stroke*

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