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I Am a SNACCER • April 2, 2015 • Issue #802

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Of Bunnies, Backyards and Beach Bummin'

Although this weekend we begin to celebrate Passover and Easter, don our new holiday garb, and do everything for the young ones from hiding the matzah to holding Easter egg rolls, believe it or not, summer is also just around the corner. As such, we are proud to announce the launch of the 15th annual Today's Caregiver magazine and caregiver.com Summer of Respite Campaign. The campaign is specifically designed to give a break to the most important person in your loved one's life—you.

The next time you are among your fellow family caregivers (support group, doctor's waiting room, hair salon, caregiver conference), turn to the caregiver next to you and ask what things they do to in order to take some time for themselves. These respite solutions can range from having a pint of ice cream on the back porch to getting away on a weeklong cruise. (Don't roll your eyes; it can and has been done.) [...more](#)

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## FEATURED ARTICLE

### **The Value of Massage for Caregivers**

*By Kristine Dwyer, Staff Writer*

Massage therapy isn't just a luxury anymore and has actually become a vital part of health care practices worldwide. It is a holistic therapy that has shown positive effects on physical and mental health in addition to enhancing medical treatments. Having a massage does more than just relax the body and mind. There are measurable physiological and psychological changes that occur; especially when massage is used as a preventative and continuous therapy. The effects of massage on the body's systems can be profound, directly impacting our immune system, digestion, respiration, circulation, nervous system, muscle health and more. It has been said that, "Massage is to the human body what a tune-up is for a car." [...more](#)

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## GUEST ARTICLE

### **I Am a SNACCER: Special Needs Adult Child Caregiver**

*By Valerie Herskowitz, MA CCC-SLP*

As the autism epidemic climbs to an all-time high of one out of every 88 individuals, a new breed of parent will emerge as the years fly by. The next decade will become known as the age of the parent caregiver. Presently, we are just on the tip of the iceberg. [...more](#)

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## CARETIPS

# Older Adults and Alcohol

Source: NIH National Institute on Alcohol Abuse and Alcoholism

A national 2008 survey found that about 40 percent of adults ages 65 and older drink alcohol. Older adults can experience a variety of problems from drinking alcohol, especially those who [...more](#)

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## CAREVERSES

# For My Care Giver

*By Sandra Adams*

I watch my care giver taking care of me and,  
I feel sad for him, so much work.  
I know no other person who will lend a hand,  
I see frustration, on his face.

He is worn and tired out, at the end of the day,  
he knows tomorrow is the same.  
He checks again the medications on display,  
he says, call me if you need me.

[...more](#)

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