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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Caregiving Where It Counts

People ask why we have been traveling the nation these past two decades to spend the day with family and professional caregivers at our Fearless Caregiver Conferences. It reminds me of the response to the question asked of Willie Sutton, a notorious bank robber of many decades ago, "Why do you rob banks?". He replied, "Because that's where the money is." The same logic applies here. We travel the country to spend days with our fellow family caregivers "cause that's where the wisdom is."

I also truly believe that all caregiving is national in implication and local in application. In other words, while it is vitally important to know what is going on in our state capitols and in Washington D.C. regarding laws and regulations that concern us as family caregiving, the resources that impact a family caregiver on a daily basis are the ones right in our own back yards ...[more](#)

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A Caregiver's Story for Multiple Myeloma Awareness Month

By Wally K.

In honor of March as Multiple Myeloma Awareness Month, I wanted to share my story of how I became a caregiver, and also help raise awareness of multiple myeloma (MM), a blood cancer that affects my wife, Ninfa. Education is so important, and I learned that knowing as much as possible about my wife's cancer has had a positive impact in my caregiving experience [...more](#)

GUEST ARTICLE

Is a Registered Dietitian Part of Your Home Health Care Team?

By Rita Miller-Huey

Has a registered dietitian ever visited you in your home to talk to you and your loved one about their diet and health? Poorly nourished adults have higher sickness and death rates than those who receive optimal nutrition ...more

CARETIPS

What to Look for in a Nursing Home

Use the following checklist to assist you in assess nursing homes. If possible, both the caregiver and care recipient should be involved in the decision making process. The more an older person participates in the planning process, the easier it will be to adjust to the new environment ...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.

A caregiver is an EMT.

They can fix any cut, scrape or bruise.

They respond to every emergency,

As if they had something to lose.

[...more](#)

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