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**Caregivers New Year's Resolutions** • December 28, 2015 • Issue #877

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Christopher Kennedy Lawford

*Christopher Kennedy Lawford, author, actor, attorney and activist, is the eldest child of actor Peter Lawford and Patricia Helen "Pat" Kennedy, and the nephew of President John Fitzgerald Kennedy.*

**Gary Barg:** I really enjoyed your new book, *Recover to Live*. It was truly insightful and I see a lot of things that apply to family caregivers. What would you like family caregivers to learn from reading the book?

**Christopher Kennedy Lawford:** People who are confronted with this issue, and it is a very large percentage of our population who comes across this illness, whether in their own families or in their workplace or with their friends, they do not know what to do and they oftentimes cannot trust the information that they get. [...more](#)

## IN THIS ISSUE

**An Interview with  
Christopher Kennedy  
Lawford**

**Caregiving through a  
Doctor's Eyes**

**Lessons Caregivers Can  
Learn From Private  
Industry**

**Caregivers New Year's**

## FEATURED ARTICLE

## Beyond the Stethoscope: Caregiving through a Doctor's Eyes

*By K.L. Anderson, Staff Writer*

Caregiving can be anticipated, yet untimely, long distance or right next door, two hours a week to 24 hours a day. Caregiving is universal. It knows no boundaries of age, race, religion, profession or economic status. Caregiving will touch all of our lives at some point along the way. [...more](#)

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## GUEST ARTICLE

## Lessons Caregivers Can Learn From Private Industry

*By Sheryl Leary*

Caregivers experience many feelings including self-doubt, questioning their own abilities and whether or not they are "doing the right thing." Sometimes caregivers question themselves right down to the core and ask "Why am I doing this?" This is when all caregivers can use some of the lessons from private industry and those successful in business and sales. [...more](#)

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## CARETIPS

## Caregivers New Year's Resolution

*by Kristine Dwyer, LSW*

In this new year, I will.....

Learn to take one hour out of each day just for myself to read, enjoy a hot bath, journal my thoughts or call a friend.

Attend at least one caregiver support group to realize that I am not alone and that I can learn from others. [...more](#)

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### CARENOTES

#### From Lisa:

I am thankful that my husband understands (at least for now) what is going on in our lives. Each day is a little more of a struggle than the previous one. Is so very hard to see the one you love become more and more dependent on others - not only physically - but mentally. Emotional support for the family caregivers is so helpful. THANK YOU EVERYONE - FOR BEING THERE EACH OTHER.

[...more](#)

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