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**The Caregiving Rollercoaster** • September 8, 2015 • Issue #845

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# 'He Writes The Songs' The Barry Manilow Interview

*Barry Manilow is best known for such recordings as "Could It Be Magic," "Mandy," "Can't Smile Without You," and "Copacabana (At the Copa)." In 1978, five of his albums were on the best-selling charts simultaneously. He has recorded a string of Billboard hit singles and multi-platinum albums that have resulted in his being named Radio & Records number one Adult Contemporary artist and winning three straight American Music Awards for Favorite Pop/Rock Male Artist.*

**Gary Barg:** Watching you perform, it is hard to believe that you were dealing with AFib even while you were on stage. How did the disease manifest itself and what did you do?

**Barry Manilow:** About 15 years ago, I was driving home and it felt to me like my heart skipped a beat, which did not seem very important. But as I kept driving, my heart skipping a beat kept getting more and more out of whack. It was not just a little skipping a beat; it started to feel like it was—the only way I can put it is out of rhythm. ...[more](#)

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## FEATURED ARTICLE

### **A Balancing Act: Simple Steps to Help Seniors See the Need for Home Modifications**

*By Mary Becker-Omwig, MS, OTR/Lfa*

There are questions caregivers face on a daily basis. How do we balance between too much and too little care? How do we balance what we think needs to be done with what might be most helpful?

Sadly, family members and other caregivers often sabotage well-intended efforts to help their loved ones simply because they haven't thought about answers to basic questions. And when it comes to recommending changes in someone's home, the balancing act can be particularly acute. This is a place where someone has lived all his life, where she feels comfortable, where he feels safe. [...more](#)

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## GUEST ARTICLE

### **The Roller Coaster of Caregiving**

*By Jane Cassily Knapp, RN, LCSWC*

The decisions to become a caregiver are usually made in crisis situations. We rarely have time to consider the ramifications of these decisions nor do we really fully understand that there are any ramifications. What could be so difficult about caring for someone we love? [...more](#)

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## CARETIPS

# Helpful Tips for the Vision Impaired

*By Leilani Doty, PhD*

### 1. Lighting

Increase the amount of lighting directly over the task that you are doing. Focus the light directly onto what you are doing. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights as fluorescent light causes glare.

### 2. Brushing teeth

Use colored or striped toothpaste as these are easier to see on the white bristles of a toothbrush. [...more](#)

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## CARENOTES

### Shared by Michael:

I have a brother that had 5 heart attacks in May. He was blue when they found him at work. They somehow were able to bring him back and he made it. After discharge from hospital they sent him to a brain injury center for rehab. Now they are saying he's ready for discharge but he can't be by himself ever again. His wife is too old to care for him and I currently am not in the position to care for him. He hasn't gotten his disability started yet and no insurance. Can anyone please tell me what to do? Is there any help for us?

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