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Date: 3/16/2017 9:09:11 AM
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Now, that's a lot of candles! • March 16, 2017 • Issue #1000

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Now, that's a lot of candles!

This week holds a few personal milestones for me. Yesterday was my 61st birthday and today you are reading our 1,000th caregiver newsletter (or do I have those numbers backwards?!).

I am so proud of our editorial team for the excellent newsletters they release each and every week under the guidance of Managing Editor Nancy Schonwalter, (only one of the many hats she so capably wears around here). I am also proud of the family caregivers I have met whose shared experiences, solutions, wisdom and wit have always been such a major part of my columns in these newsletters. [...more](#)

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FEATURED ARTICLE

Understanding Dysphagia

*By Jeri Logemann, Ph.D., Charles A. Stewart, M.D., Jane Hurd, MPA,
Diane J. Aschman, MS, Nancy L. Matthews, MA*

At the age of 78, Maxine was a poster girl for an active senior lifestyle. She loved being the unofficial social director of her assisted living community in the Texas Hill Country, organizing shopping trips to San Antonio and calling the numbers at the daily bingo game. Physically, Maxine was in great shape. She took a brisk walk every morning and had a regular annual physical exam. Her only chronic health problem was mild Parkinson's, which she controls with daily medication. [...more](#)

GUEST ARTICLE

There Are No Easy Answers

By Russell Phillips M.A., L.M.H.C

I heard this comment by Dr. Joy Brown, a radio psychologist, one evening on my way home from work: "Most of the answers are simple. They are just not easy." As I reflected on this, it seemed to be a profound truth. I would like to share some seemingly simple answers, from a spiritual perspective. The problem with answers that sound simple is that they are often much more difficult to put into practice. Sometimes, though, in order to do what is emotionally healthy, we must take the more difficult path. [...more](#)

CARETIPS

Give Me a Lift

By Valeri Thelen, Staff WriterC

The toilet seat should not be overlooked as a way to help a loved one stay independent as long as possible. It also can be a location of great concern for those prone to falling or for caregivers who must help transfer their loved ones in order for them to use the toilet. [...more](#)

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CAREVERSESES

Caregiver's Spring Fever

by Donna Coombs

Long cold winter nights
Encircled by a frozen landscape
That was magic in December
And cursed by March
Even novels that offered escape
From the daily monotonous drudgery
Have become mind numbing sleeping pills
In my personal purgatory.

An energetic middle aged soul
Once bursting with volunteer enthusiasm
But now tethered to the care
Of a newly handicapped child, grown
An injured spirit who is consumed
With denying his own demons
While I provide for his most basic needs
Shelter, food, and motherly love.

Barely hanging on to my sanity
With plans for garden digging
Long warm hikes creating nature photos
From my thawed surroundings
Hoping for a Spring weather break
Hoping for my son's promised recovery
As the calendar creeps past Spring's beginning
As the snow continues to fall outside my window...

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