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**Learning to Trust Your Instincts** • March 3, 2015 • Issue #794

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Jane Gilbert

*Former President and CEO - ALS Association*

**Gary Barg:** Our family caregivers are dealing with all sorts of healthcare issues. But I find one of the most challenging is when the caregiver's loved one is living with ALS, commonly known as Lou Gehrig's disease. Can you tell me the importance of family caregivers to people living with ALS and what the Association does for them?

**Jane Gilbert:** We have a series of recommendations that we certainly provide for people who are newly diagnosed. The thing that we recommend they do as quickly as they can is get to a certified center and start the process of working with good qualified clinical professional people who can really help not only the person with the disease, but their caregiver, as well. The clinical support not only improves the quality of life for the patient and their family, but it also extends the quality of life. We have 34 certified centers across the United States and many other clinics that we work with that provide not only that support, but also educational information.

You know, when someone is newly diagnosed, there's always that shock factor of Oh, my gosh, now what? But there are many, many opportunities for people to get help from the ALS Association and from other organizations, as well, dealing with ALS [...more](#)

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## IN THIS ISSUE

**An Interview with  
Jane Gilbert**

**When Selecting an Adult Day  
Health Care Program Trust  
Your Instincts**

**Create Self-Care by Learning  
How to Think Like a Soldier**

**10 Steps to Kidney Health**

**CareNotes**

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## FEATURED ARTICLE

# When Selecting an Adult Day Health Care Program Trust Your Instincts

*By Naomi Berger*

Baby Boomers, more than 77 million strong, are also known as the Sandwich Generation. They are the ones raising their own kids and having to care for their aging parents at the same time. In one way, an enviable position to be in for those whose parents are in good health and maintain an active lifestyle ...

[more](#)

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GUEST ARTICLE

## Create Self-Care by Learning How to Think Like a Soldier

*By Joan Fay*

During the ten years that I cared for my partner as she navigated the world of terminal lung cancer, I was often told by well-meaning people to take care of myself. After all, if I didn't take care of myself, how would I have the energy to take care of anyone else? [...more](#)

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CARETIPS

## 10 Steps to Kidney Health

Recent studies indicate that 26 million American adults suffer from chronic kidney disease (CKD) and that the number is likely to rise unless Americans get serious about prevention. March is National Kidney Month and World Kidney Day 2015 is March 12. This is the perfect time for responsible adults to begin a kidney-health program by learning about the risk factors for CKD. [...more](#)

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CARENOTES

## From Nancy:

I'm looking for information on financial assistance for my sister, who's a family caregiver to our elderly parents in Massachusetts. I don't know where to begin.

Our parents live in their own home and are receiving Meals on Wheels. Mom is in the hospital and my sister is driving my dad to all his appointments, to visit my mom, and to pick up prescriptions. She also helps around the house. Are there any resources to help her?

Thank you!

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