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The Call That Starts It All • March 19, 2015 • Issue #799

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Coffee Talk

I received a call recently from a dear friend and a true Fearless Caregiver. She wanted to meet for coffee as soon as possible. We met at a downtown coffee shop the next day. She has been participating in the Fearless Caregiver Conferences in her community for many years. During the sessions, she has always been a strong shoulder for her fellow caregivers to lean on, sharing really outstanding advice and heartfelt follow-through.

This day, as we sat in a booth and sipped our hazelnut flavored coffees out of fancy Styrofoam cups, she seemed sort of "out of sorts." Her concern had to do with her dad who lives alone, but benefits from in-home help during the day.

She was concerned about the care he was receiving, not only from the home care aide, but also from the agency personnel who was tasked to manage his care. Although she was hearing all of the seemingly appropriate sounding answers from the staff, their actions did not measure up to their words. She had absolutely required that they notify her when visiting or introducing her dad to new in-home staff but they would insist on frequently stopping by when she wasn't there ...[more](#)

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FEATURED ARTICLE

Long Distance Caregiving—A Growing Phenomenon

By Liza Berger, Staff Writer

It usually starts with a call: A father casually informs you he's been diagnosed with congestive heart failure. Your mom's neighbor says she's noticed that Mom hasn't been herself lately. A sibling tells you it's about time you came down South to visit Dad [...more](#)

GUEST ARTICLE

Anticipatory Grief

By Jennifer Kay

When we think of grief, we generally think of the process and feelings we experience after someone dies. In reality we begin this process on the day someone we love is diagnosed with a life threatening illness. This process of mourning before someone we love has died is called anticipatory grief [...more](#)

CARETIPS

7 Emotional and Physical Well-Being Tips for Male Caregivers

Men account for almost 40% of the caregiver population. In order for male caregivers to properly care for their loved ones, they must remember to care for themselves. Here are seven emotional and physical tips for male caregivers [... more](#)

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CAREVERSES

Lasting Love

By John Patrick Roche

There is a story to be told in my retirement community.

It is a story of love. It isn't puppy love, young love
or the many-splendored love of years past.

It is lasting love: love over time. Not sexual,
but simply love of each other as partners.

Care is love. Care of what was, what is and what will come.

We walk slower now, can't see as before,
and hold hands for warmth and support.

Aging is not uniform or equal. Time takes from each at its will and whim.

We pray first for the other partner to stay well, then ourself.

Our bodies slow differently:

Alzheimer's disease steals bit by bit the light of knowledge.

Nerve systems weaken and short-circuit, arteries clog.

One partner becomes the light, another helps recognition

[...more](#)

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