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Date: 6/9/2016 9:06:11 AM
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You Can Beat Stress - Really • June 9, 2016 • Issue #924

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Stressipes

According to a Stanford University study, 40 percent of caregivers whose loved ones are living with cognitive disorders will die from stress-related disorders before the loved ones for whom we care.

I remember standing in the doorway at the end of the a Fearless Caregiver Conference we hosted recently when an attendee told me that today she had gotten the answers she was looking for concerning stress management and that she'd be back next year. [...more](#)

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FEATURED ARTICLE

Considerations for Caregivers

By Arthur N. Gottlieb MSW, LMSW, CSA

Caregiving is not for everyone. Remember, it's not about you. If the relationship is too emotionally charged or patience is not your best virtue, find someone else to take over the primary role of caregiver.

It is important to reflect upon your motivations for being a caregiver and to make an honest assessment of your limitations. [...more](#)

GUEST ARTICLE

Learning How To Be A Caregiver

By Jennifer Kay

It was a beautiful day in March 1995, when my mother and father gathered their family around and my father told us, in his usual intellectual matter-of-fact way, he was going to die.

He talked of living wills, powers of attorney, who would do what and when. How things would be. He cried, and we cried. He talked to all of his grandchildren individually. We spent the day, each of us talking with Dad, alone and together, each of us crying. My father had recurrent 4th stage melanoma. Untreatable. Incurable. His expected life span was 5-6 months. [...more](#)

CARETIPS

Staying Safe in Hot Weather

Summer weather can pose special health risks to older adults and people with chronic medical conditions. It is critically important that adults particularly susceptible to hyperthermia and other heat-related illnesses know how to safeguard against problems. [...more](#)

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CAREVERSES

Joan

By Marie Davids

You sat in your wheelchair too weak
to care about life's swirl today.
Ennui or malaise don't quite describe
what I see in your face, your eyes.
When I speak you raise your hand
in a gesture that says
Sorry, too tired to listen.

Finally
We help you to bed,
undress and comfort you with a cool water bath
then a slow massage, your feet, your legs,
Eric Satie music playing while we watch
old home movies of
you and Jack, 50 years ago
running on the beach,
laughing and clowning with your kids.
I look at that young couple,
slim, vibrant, full of joy and grace, then
back to you as you lose consciousness
and call out to that young man.
There you are, holding his hand,
here you are, reaching out for it again
across time and space.

August 31, 2013
The day Joan died

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