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Letting Go of Resentment • January 28, 2016 • Issue #886

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Trust But Verify

One day, soon after I returned home to South Florida, I accompanied Mom on a supermarket shopping trip for my grandparents and the home health aide who lived with them in their apartment. The aide had given Mom a grocery list to follow. Mom told me that she had just been to the store recently and couldn't understand how they could have gone through so much food. I was overwhelmed by the amount of staples they needed. A five pound bag of sugar, a large bag of rice, ten pounds of chuck steak, etc, all items which mom had bought for them not two weeks ago.more

IN THIS ISSUE

Trust But Verify

Releasing Resentment

**Getting A Grip On
Swallowing Problems**

See Well for a Lifetime

CareVerses

FEATURED ARTICLE

Releasing Resentment

By Lisa Hutchison

Caregivers love to help people. It is a good feeling to comfort and give aid to someone in need. This support can also take its toll. There is a great responsibility, and at times a burden, that is felt in the caregiver role. It is important to find a way to express and channel the frustration that naturally occurs in helping relationships over time. [...more](#)

GUEST ARTICLE

Getting A Grip On Swallowing Problems

By Roya Sayadi, Ph.D., CCC-SLP and Joel Herskowitz, M.D.

When you sit down to dinner with your mother, do you wonder why she constantly clears her throat?

Are you puzzled as to why her nose runs after nearly every meal?

When you give your father juice, do you hold your breath waiting to see if it goes down the right tube? [...more](#)

CARETIPS

See Well for a Lifetime: Tips To Maintain Healthy Vision as You Age

Aging is a process that brings many changes. Vision loss and blindness, however, do not have to be one of them. There are several simple steps you can take to keep your eyes healthy for the rest of your life.

Visiting an eye care professional regularly for a comprehensive dilated eye exam is the most important thing you can do to reduce your risk of vision loss as you age. Although your vision may seem fine, age-related eye diseases often have no symptoms. [...more](#)

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CAREVERSES

Remember

By Pam Dorsten

I remember you forgot

Your name

Your age

My face

I remember you

never forgot

Your sense of humor

Your generosity

Your spirit

I hope I never forget

Your courage

Your dignity

You.

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