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## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### The Ides of March

“Beware the Ides of March,” as the saying goes. Although it may be true in my case, nothing could have been further from the truth for Sara Kaufman, also born on March 15th, or the Ides of March. Sara was always filled with ideas, concepts and thoughts which spilled out of her so fast, you soon realized she was thinking faster than anyone could possibly talk. Sara became involved in whatever caught her attention, including politics.

Over the years, as she grew up and I grew old(er), one gift I could always look forward to on our shared birthday was her bright, cheerful mile-a-minute phone call. She never forgot over these many years, and I never took for granted the joy I felt when she called [...more](#)

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## FEATURED ARTICLE

### **Tackling Tax Season**

*By Jennifer Bradley, Staff Writer*

Life is expensive. Being a caregiver can be another added expense to your monthly budget, even if a loved one has independent financial stability. There are a variety of situations that a caregiver can find themselves in during this season's tax time [...more](#)

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## GUEST ARTICLE

### **Her Bodyguard**

*By Daphne Simpkins*

He stood behind his new bride at the dinner party, wearing the poker-faced expression of a caregiver who feigns invisibility until the patient in his care requires assistance. His too-thin wife sat in the only wingback [...more](#)

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CARETIPS

## Preventing Diabetic Kidney Disease

### What is diabetic kidney disease?

Diabetic kidney disease is a decrease in kidney function that occurs in some people who have diabetes. It means that your kidneys are not doing their job as well as they once did to remove waste products and excess fluid from your body. These wastes can build up in your body and cause damage to other organs ...[more](#)

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CAREVERSES

## A Survivor's Story

*By Grace R. Niemczyk*

It is out of compassion that I go,  
Yet a role delegated by marriage.  
Committed to another's well being,  
Oblivious of the coming disparege.

With each day, now to pass,  
Anxiety creeps slowly within.  
Not much has changed just yet,  
Anticipation,... dread will soon begin.

Disbelief of the enormity at hand,  
The body shall recoil in anguish.  
Muscles tighten, the mind a blur,  
As the heart is left to languish.

Momentary weakness presses in,  
Where one could lose self control.  
Sinking low into the unknown,  
The precept of a large black hole

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