

**From:** Caregiver Newsletter <newsletters=caregiver.com@mail46.suw11.mcdlv.net>  
**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 9/22/2016 9:08:34 AM  
**Subject:** STOP Dealing with Caregiver Guilt

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

**STOP Dealing with Caregiver Guilt** • September 22, 2016 • Issue #952

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Rock the Vote

Wow, time flies. This year marks the sixth presidential election since the launch of Today's Caregiver magazine and caregiver.com in 1995. First was the Clinton–Dole race (remember anything about that one? No? Me neither.) In 2000, Bush-Gore (that one was kind of memorable,) 2004, Bush–Kerry (Freedom Fries anyone?) 2008, Obama–McCain (Wall Street takes down Main Street) 2012, Obama-Romney (October surprise- Superstorm Sandy) and of course this November, (it already feels like being in the middle of the 100 year war.) [...more](#)

#### IN THIS ISSUE

**Rock the Vote**

**Social Aspects of  
Dysphagia**

**Dealing with Caregiver Guilt**

**Give Me a Lift**

**CareVerses**

---

## FEATURED ARTICLE

# Social Aspects of Dysphagia

*By Jennifer Bradley, Staff Writer*

On average, a person swallows 600 times a day. Every swallow requires four stages, 25 different muscles and five nerves. Drinking water or eating is something most people take for granted, while others struggle with these basic abilities on a daily basis. [...more](#)

---

---

## GUEST ARTICLE

# Dealing with Caregiver Guilt

*By Malika Brown, MSW, LSW*

Caregivers often carry around undeserved guilt, believing that they aren't doing enough for their loved ones. This guilt can make the caregiving role even more stressful than it already is. One might ask why a caregiver feels guilty when they're doing such a courageous job. Here are some reasons:

- **Resentment for personal time lost** – It's normal to feel like you're missing something when so much of your time is taken up taking care of someone else. The caregiver thinks that they shouldn't feel this way. [...more](#)
- 
- 

## CARETIPS

# Give Me a Lift

*By Valeri Thelen, Staff Writer*

The toilet seat should not be overlooked as a way to help a loved one stay independent as long as possible. It also can be a location of great concern for those prone to falling or for caregivers who must help transfer their loved ones in order for them to use the toilet. [...more](#)

---

# Today's Caregiver Supports Your Conference

**Non-profit Organizations [Sign-up Today!](#)**

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

---

CAREVERSES

## I Know You're In There Somewhere

By Herbert Steward

I know you're in there somewhere  
The you that once was you  
Deep inside you're hiding there  
The you that once I knew  
I see a faint light in your eye  
I reach for it in vain  
It lives a moment then it dies  
And you are gone again  
I know not what it's like for you  
In that place you've gone to stay  
What things you see what things you do  
But I ache for yesterday.

[Enjoy more caregiver poems](#)  
[or share one of your own](#)

---

---

*Copyright © 2016 Today's Caregiver, All rights reserved.*

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

**Our mailing address is:**

Today's Caregiver 3920 Riverland Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)

[unsubscribe from this list](#)