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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](#)

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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](#)
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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](#)

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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

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