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**How to Talk to Your Loved One** • July 30, 2015 • Issue #834

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Richard's Big Idea

People living with Alzheimer's and their family members lost a great advocate this week. Richard Taylor, PhD, was a noted speaker, author of the remarkable book "[Alzheimer's from the Inside Out](#)", and a world traveler spreading the message of inclusiveness in Alzheimer's and dementia care wherever he went.

Richard Taylor was also a man living with Alzheimer's disease for over a decade. [...more](#)

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#### FEATURED ARTICLE

## Starting the Conversation: Approaches for Helping Your Loved Ones

*by Chris Cremean, LSW*

Caregivers need all the help they can get. One of the most difficult barriers to helping a loved one is knowing the best approaches to addressing the issues that need to be addressed. It all comes down to building, or in some cases, rebuilding relationships with those loved ones. There are three areas that need to be tackled: communication, planning, and family dynamics. [...more](#)

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#### GUEST ARTICLE

## Three Pearls of Caregiving

*By Brock Travis, Ph.D.*

If we let ourselves love other people, then sooner or later we are going to have to visit a hospital, make choices or give care for another person. Whether it is a child, a spouse, a parent or a friend, in-home 24/7 or by phone on-call, this is caregiving.

Three pearls for the caregiver's journey are Safety, Meaning and Purpose. These are basic spiritual principles that can guide the decisions and actions of those who are called upon to give care for loved ones during the universal experiences of aging, illness and dying. [...more](#)

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## CARETIPS

# Working Out and Having a Ball

*By J B Buckley*

Remember when you were a child and running around the playground, swimming in the community pool, or building a sand castle was fun? Little did you know you were not only having fun, but getting a workout too. With all the challenges we face on a daily basis; caring for our loved-ones, working and cleaning, imagine putting more fun back into your life through exercise. It wouldn't seem like another task on our "to do" list, it would feel more like play time, but with health benefits. ...[more](#)

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## CAREVERSES

# After the Accident

*By Austin Wallace*

She rolls along  
to some internal music we can't hear.

On sidewalks  
glass shards crunch and pop beneath her tires.

Two vertebrae are broken  
but her flexible smile contracts, expands,  
a rubber band stretched tight.

Up the ramp we follow this new person  
who has borrowed a familiar voice:  
"one chai tea, please."

The barista's busy eyes glaze.

"WE'LL BRING YOUR ORDER RIGHT OUT TO YOU,"  
she says at our foreigner.

We squirm like new parents,  
all eyes on her disobedient fingers,  
tea sloshing on a napkin  
as she talks of TV shows, poetry.

For an hour we admire her onyx eyes,  
her sun-kissed shoulders;  
then we must return to jobs, lives and loves.

We watch as she rolls away,  
out of our helpless hands  
into partitioned dream

Enjoy more caregiver poems  
or share one of your own

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