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**In Search of The Easy Answers** • July 23, 2015 • Issue #832

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Anniversaries and a Puppy – Who Could Ask for More?

As you may have noticed, I have recently been talking a bit about this month being the 20th anniversary of *Today's Caregiver magazine*. (Ok, maybe more than just a bit.) Not to be outdone, this month we also celebrate some other important even-numbered anniversaries. July is also the 50th anniversary of both Medicare and the Older Americans Act, as well as the 40th anniversary of the N4A (National Association of Area Agencies on Aging.) ...more

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## FEATURED ARTICLE

# Caregiving 101

*By Michael Plontz*

A family member has just been diagnosed with an illness that will eventually require round-the-clock care. Of course you want to be the one giving that care. This decision is usually made without hesitation; of course we want to be our loved one's caregiver. Who else could take better care of them? However, when the reality of your decision sinks in, your head will be swimming with uncertainty, anxiety, and maybe even fear. Certainly you will have many questions. Welcome to Caregiving 101, a primer for first-time caregivers. ...  
[more](#)

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## GUEST ARTICLE

# There Are No Easy Answers

*By Russell Phillips M.A., L.M.H.C*

I heard this comment by Dr. Joy Brown, a radio psychologist, one evening on my way home from work: "Most of the answers are simple. They are just not easy." As I reflected on this, it seemed to be a profound truth. I would like to share some seemingly simple answers, from a spiritual perspective. The problem with answers that sound simple is that they are often much more difficult to put into practice. Sometimes, though, in order to do what is emotionally healthy, we must take the more difficult path. ...  
[more](#)

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## CARETIPS

# Hearing Problems in Loved Ones

*By Jennifer B. Buckley*

Do you find the need to repeat yourself more often than not to the person you are caring for? Does your talking level closely resemble your yelling level just so your care recipient can hear you? Are you speaking so slowly that you end up losing your train of thought? It is possible that the person you are caring for is one of the 28 million Americans suffering from hearing loss. ...  
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### CAREVERSES

## Grandma, Who do You See?

*By Rachel L. Smith*

Grandma,  
Who are you talking to,  
When you are trying to walk out of the door,  
Against the strength of people trying to restrain you?  
Who are you talking to,  
When you are screaming into the darkness of night,  
Asking an unseen individual:  
"Are you all right?"  
"Did they hurt you?"  
Grandma, who do you see?

Enjoy more caregiver poems  
or share one of your own

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