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EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Fear Factor

A reader asked me recently about how we can talk about “fearless caregiving” since there is so very much fear inherent in caregiving. She found the fact that we could use the word “fearless” when talking about caregiving to be, at best, unrealistic.

What a wonderful question to start off the New Year. I would be lying if I said that I do not feel fear when dealing with any new challenge to a loved one’s health and well-being. Sometimes at these moments, fear is the only possible emotion. But that’s precisely when it is most appropriate to begin the enterprise of becoming a Fearless Caregiver. I would never advise people to ignore their fears or hide from them. In fact, fear is a most valuable tool for family caregivers.

Did you ever notice how effortlessly a skilled pilot can take a mass of metal safely into the air, or how a surgeon can wend her way around vital organs and not only keep the patient alive, but actually solve their medical problems? I guarantee you that before they took the controls or the scalpel in hand for the first time, they were plenty scared ...[more](#)

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FEATURED ARTICLE

Don't Let Eye Disease Slow You Down

Thanks to advances in modern medicine, personal care and nutrition, there has been an explosion in the quality of life that adults are able to enjoy as they age. The pleasure that stems from having freedom and independence is immense, so what would you do if you were unable to enjoy the same things in life because of a loss of vision? [...more](#)

GUEST ARTICLE

Ask any Senior... How is a Dog like a Light Bulb?

By Joanna R. Leefler, MBA, GSC

Most pet lovers already know the answer. He lights up the room with his love. Senior care facilities think this way as well. Many nursing homes, assisted living residences, and senior centers offer visiting pet programs that allow residents to interact with animals. The results often turn into a love fest! [...more](#)

CARETIPS

Tips for Giving Children Medication

Parents and caregivers of young children sometimes lose patience when it comes to giving children medicines. There are so many on the market with terrible tastes and unpleasant administration routes that some children refuse to take them. All of this combined makes for harried parents and caregivers alike ..
[.more](#)

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SHARING WISDOM

From Debbie in Kentucky:

My husband was diagnosed with stage 4 colorectal cancer two years ago. He was only 45 at the time of his diagnosis. What I have learned is that sometimes taking things day by day is too much to handle. More often than not, it is minute by minute for us. He is fighting a courageous fight through the grace of God.

As caregivers, we have to give ourselves a break. Each situation is different and we have to do what works to help us cope, whether we are doing it day by day or minute by minute.

Another thing I have learned is to let the small things go. Things he does, things others do, and just day to day hassles are really not that important in the overall picture. Let anger and resentment go. Treasure each moment you have. Most importantly, remember God does not promise us that we will not get sick or have to care for a sick loved one, but He does promise we will not have to walk

this walk alone.

I can do all things through Christ, who strengthens me.
(Philippians 4:13)

From Marge in Pennsylvania:

I am the sole caregiver for my best friend. She has multiple medical problems. I am overwhelmed at times, yet I have Jesus and prayer. I am using total "no judgment" and thankfulness. One day at a time. I am extremely patient and listen. I consider each day a learning experience and find something beautiful in each day. Simple things, like a smile, a sunrise, a flower, companionship. I know I am blessed to be able to share my gifts by helping her each day.

*The best ideas and solutions for taking care of your loved one often come from other caregivers.
Post your ideas and insights and we will share them with your fellow caregivers.*

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