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**Five Keys Every Senior Caregiver Must Know** • April 14, 2015 • Issue #803

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### Protecting the Quarterback

*Brenda Warner is a mother, motivational speaker, philanthropist, best-selling author, and wife of famed quarterback, Kurt Warner. Her life has always centered on caring for others—from her duties as a mother of seven to her service in the U.S. Marines and career as a Registered Nurse. Brenda has put these skills to the test for nearly a decade, starting with Kurt's diagnosis with high cholesterol or hyperlipidemia. At first, she felt overwhelmed by the need to balance her kids, work and the added responsibility of helping Kurt manage his cholesterol. Gary Barg sat down to talk with Brenda about family and the importance of diet and cholesterol control to ensure her family's health and well-being.*

**Gary Barg:** You are a trained nurse and a mother of seven. When you found that your athlete husband was diagnosed with high cholesterol, what did you do? How did you feel?

**Brenda Warner:** It was just very much a shock to me, knowing how much he takes care of his body, and this was when he was in the NFL. And he was young and so active and would eat right. [...more](#)

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## IN THIS ISSUE

**Protecting the Quarterback**

**Is It Elder Abuse?**

**Giving Proper Care to Mom and Dad**

**Relax**

FEATURED ARTICLE

## Is It Elder Abuse?

*By Hilary Wright, Staff Writer*

Abuse isn't happening just to toddlers and young children, but is becoming more common among the senior citizens in this country. Unable to take care of themselves, they must rely on a professional or family caregiver to help them from day to day. If you have a loved one who must depend on care from someone other than yourself, you may want to know the tell-tale signs of the many forms of abuse that they may be afflicted with. [...more](#)

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GUEST ARTICLE

## Giving Proper Care to Mom and Dad Five Key Areas of Concern

*By Diane J. Heltsley, MSW, LCSW*

Many adult children report feeling uneasy after they visit their aging parents.

They have a gnawing feeling that “something is amiss,” but they are unable to pinpoint their concern. Not knowing exactly how to express their worries and not wanting to communicate to their parents that they see them as incompetent, they often leave without voicing their thoughts, telling themselves that their worries are probably unwarranted. This passivity and self-denial can be a grave mistake that can lead to unfortunate, even tragic, consequences. [...more](#)

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## CARETIPS

### Relax

*by the Editors at Today's Caregiver Magazine*

People -- sometimes friends, relatives, helpful technicians at the doctor's office, concerned co-workers-- are always telling us, "reduce your stress, sweetie, and you'll feel better." Sort of like "Have a nice day!" After a while, the urge to strangle the next person who says it becomes more than a passing fancy.

So, we decided to go against the grain, fight the flow, be plain old oppositional! We aren't going to tell you how to reduce your stress. For once, we are going to tell you how to increase the stress in your life. The following are helpful hints to ensure a heart attack, a bursting blood vessel, an aggravated ulcer and at the very least, indigestion. [...more](#)

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## CARENOTES

### From Helen:

My mother does not want to leave her apartment anymore. Is there something I can do to help her or convince her to go out with us?

She is 91. [...more](#)

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