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Saying Goodbye to Caregiving • January 21, 2016 • Issue #884

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Baby, It's Cold Outside

It seems unlikely that a South Floridian who didn't see his first snowflake until he was 16 years old should be giving you advice regarding cold weather. But, since the weather has been in the blustery 50's outside for the past few days, and the cold front that is hitting the Midwest seems to be lingering and actually heading eastwards, I thought I would add my own two cents. [...more](#)

IN THIS ISSUE

Baby, It's Cold Outside

**Saying Goodbye to
Caregiving**

**The Child's Long-Term
Needs**

**Helpful Tips for the Vision
Impaired**

CareVerses

FEATURED ARTICLE

Saying Goodbye to Caregiving

By Jenifer Bradley, Staff Writer

Everything comes to an end, good and bad. When living the daily grind as a caregiver, there are both moments. When the season of caregiving ends, many caregivers are found searching for something to fill their time and their hearts.

Whether a full- or part-time caregiver, there is a sense of loss when a loved one passes. For a lot of caregivers, it is a double loss, of a person and a purpose. ...
[more](#)

GUEST ARTICLE

The Child's Long-Term Needs

By Harry S. Margolis and Eric Prichard

As if the job of being a caregiver for a special needs child is not difficult enough on its own, Baby Boomers often find themselves becoming dual caregivers for both their children and their own aging parents. They may have to provide constant care and attention to their children even after they reach adulthood; while their parents are probably facing their own set of challenges as they grow older. At a certain point, the caregiver will likely have to assist their parent with the same set of issues that they have to face with their child with special needs, namely how to pay for essential services while securing medical care and affordable housing, and simply providing the love and attention they need. ...
[more](#)

CARETIPS

Helpful Tips for the Vision Impaired

By Deborah Kogler

Here are ten simple tips to make living with low vision more manageable.

1. Lighting

Increase the amount of lighting directly over the task that you are doing. Focus

the light directly onto what you are doing. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights as fluorescent light causes glare. [...more](#)

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CAREVERSES

Your Loving Care

By Diane Bright

When I first came to live here, I was sad and weary,
For I had left my home and given up my dreams.
And, even tho it was difficult to smile,
Your shining eyes and warm hearts helped me let things go.

As I became accustomed to this place, You became
my caregivers, my housekeepers, my cooks, my activity leaders,
my chaplains, my unconditional friends.

There were days when it was hard for me to interact,
yet You helped me bathe, helped me dress, helped me exercise,
helped me resume some resemblance of who I am.

On those days when I was sick and just couldn't get out of bed,
You brought me food, straightened my bed,
comforted me with back rubs, cleaned my room
and Your most precious understanding.

I appreciate that this is hard, hard work that You all do
and I want to tell you that You do it with much caring, dignity and grace.

Yes, it was hard to give up my car, apartment, my cherished gifts,
yet in return I was given warm smiles, shared stories,
listening ears, times to giggle, a loving touch, new friends.

It has been You who have helped me in my final journey
and I know that when I depart this world,
my life will have been enriched by knowing each one of You.

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