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**Improved Wartime Pension** • August 4, 2016 • Issue #940

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# Sophia's Choice

I received a call from my good friend Penelope today. I always enjoy spending time with her and her husband, Jim, when I visit the town in which they live. A more lively, fun and loving couple you will never find. I looked forward to a night at a local Italian bistro, alternately laughing and solving all the problems of the world in one evening. Penelope called to tell me that they will not be in town when I visit next week. The reason is that they will be traveling to Penelope's hometown to see her mother and her mother's doctors. ...[more](#)

## IN THIS ISSUE

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**Selecting an Adult Day  
Health Care Program**

**Improved Wartime Pension**

**Coping with Depression:  
Signs You Might be in  
Trouble**

**CareVerses**

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#### FEATURED ARTICLE

## When Selecting an Adult Day Health Care Program Trust Your Instincts

*By Naomi Berger*

Baby Boomers, more than 77 million strong, are also known as the Sandwich Generation. They are the ones raising their own kids and having to care for their aging parents at the same time. In one way, an enviable position to be in for those whose parents are in good health and maintain an active lifestyle. But for other Boomers whose parents have chronic health issues, are isolated or depressed, the responsibility can be daunting and overwhelming to you, the caregiver. [...more](#)

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#### GUEST ARTICLE

## Improved Wartime Pension

*By Michael D. Fowler, J.D., LL.M.*

The availability of assistance to veterans with unreimbursed medical expenses is a little-known and often misunderstood benefit, which can provide payments of up to \$2,020 per month to a married veteran and \$1,094 per month to the surviving spouse of a veteran. [...more](#)

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#### CARETIPS

## Coping with Depression: Signs You Might be in Trouble

When caregivers take on the responsibility of caring for a loved one, we expect our lives to change. What is unexpected, and often goes unnoticed, is the forfeiting of our own well-being in order to become a primary caregiver. [...more](#)

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CAREVERSES

## ***The View From Here***

*By Lorelei Miksch*

I hear them screaming. I see their fear filled faces  
and wonder what has frightened them.

Strangers who seem to know me. Questions I have no answers for.  
The surroundings so unfamiliar.

I must go home.

They laugh and tell stories about people I do not know.  
I smile—it seems to make them happy.

I have a glimpse of another time, another place. No, it's gone.  
They call me Mom—I do not correct them.

I smile, we embrace, they wave.  
It seems to make them happy.

But, I must go home.

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