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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Thanksgiving Theft Thwarting Tips

Since next Thursday marks the beginning of this year's holiday season. I'd like to bring you, a Thanksgiving message about something of great importance for all family caregivers... [...more](#)

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FEATURED ARTICLE

Lung Cancer Care

By Cheryl Ellis, Staff Writer

Coping with the diagnosis of cancer is only the beginning of the journey. The entire process of diagnosis, treatment and changes in lifestyle are day by day hurdles for both caregiver and loved one.

Lung cancer's association with smoking, second hand smoke and environmental irritants such as asbestos are factors that modify how one handles the diagnosis. The feelings of guilt about smoking or job choices (in the case of asbestos handling) are important to address with caring professionals and your loved one. [...more](#)

GUEST ARTICLE

Looking Into Assisted Living Long Distance

By J Lang Wood

It was sometime late in 2003 that I realized something had to be done with Mom. She had reached the end of her ability to manage her affairs independently, and the reports I got from family and friends in Illinois began to fill me with alarm. And as I lived far away in Florida and knew that Mom had no desire at all to move from the Chicago area where she had lived all her life, I knew I had to manage to somehow find her a suitable situation long-distance. [...more](#)

CARETIPS

Personal Emergency Response System: Frequently Asked Questions

How does a PERS work?

How it works is quite simple, involving only three components: a small radio transmitter (a light-weight, battery-powered “help” button that can be carried on a belt or in a pocket, or worn by the user on a chain around the neck or on a wrist band); a console connecting to the user’s telephone; and an emergency response center that monitors these types of calls. When emergency help is needed, such as medical, fire, or police, the PERS user can press the transmitter’s “help” button, sending a radio signal to the console (connected to the user’s telephone). [...more](#)

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CAREVERSES

Dancing

By Gwen Safranski

One two, this dance we do
My arms around your waist
Your hand on my shoulder
One two, one two

Bend, lift, this we do
From bedroom to bathroom
Wheelchair to toilet
We rise, turn
Sink gently down

Here, between chrome fixtures and porcelain bowls
We shift, pause – awkward ballet
You balanced on one foot

My knees bent to swing you round
We shuffle, turn
Sink gently down

You keep time
Counting moments, counting steps
Laughing when I count along
Still your child

One, two, this dance we do
Mother and daughter joined by motion
Joined in love stretching beyond
My birth... your grave
One two, one two

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