

From: Caregiver Newsletter <newsletters=caregiver.com@mail190.suw14.mcdlv.net>
To: Kester, Tonykester@aging.sc.gov
Date: 3/24/2016 9:07:16 AM
Subject: Long Distance Guilt

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

Long Distance Guilt • March 24, 2016 • Issue #902

EDITOR'S PEN

Gary Barg, Editor-in-Chief

When Summer Begins in March

This weekend we begin to celebrate Easter, with Passover not far behind. Although, this is the season where we don our new holiday garb, and do everything for the young ones from hiding the matzah to holding Easter egg rolls, believe it or not, summer is also just around the corner. As such, we are proud to announce the launch of the 117th annual Today's Caregiver magazine and caregiver.com Summer of Respite Campaign. The campaign is specifically designed to give a break to the most important person in your loved one's life—you. [...more](#)

IN THIS ISSUE

When Summer Begins in March

Long Distance Caring

Setting Limits to Caregiving

Communicate with Your Doctors About Migraine Headaches

CareVerses

FEATURED ARTICLE

Long Distance Caring

by Emily Carton

It is not uncommon for families to be separated by great distances. But what happens when one or both parents reach a stage in their lives where they appear to be frail and vulnerable? What can you do to keep from living with an enormous amount of guilt and worry or feeling that to help means sacrificing your own life? [...more](#)

GUEST ARTICLE

Setting Limits to Caregiving

By Roberta Satow

When people confront an ocean of need, they feel anxiety. Some run for their lives; others jump in and drown. Both reactions are rooted in the inability to stay separate and set limits in a healthy way that balances generosity with self-preservation. [...more](#)

CARETIPS

How to Effectively Communicate with Your Doctors About Migraine Headaches

By Jennifer B. Buckley

There is no other pain quite like it and you aren't even sure which bothers you more, the throbbing, vomiting, nausea or seeing spots. Symptoms of migraine headaches can be so excruciating, that you find yourself or your loved one taking unusual measures to get some relief like laying face down on cold bathroom tile. It may provide a temporary break from migraine symptoms, but as soon as you attempt to become active, the pain comes shooting right back. Migraines can last for days or weeks disrupting you or your job, family life, or social life. [...more](#)

Today's Caregiver Supports Your Conference

Non-profit Organizations **Sign-up** Today!

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

CAREVERSES

Alzheimer's Hero

by Valerie Stephenson

You entered my world extending your hand,
Reaching for the "me" that I had lost.
You helped me remember who I am
With kind and gentle reminders
Of the memories composing my life.

You took the time to know me
Beyond the intricacies of my disease—
You helped me find my way, each day,
Easing my fears,
Helping me feel that I still belong.

You overlooked my daily confusion,
Understanding the rage, giving me comfort.
You walked along with me, not for me,
Helping me face the day
With a sense of dignity and a semblance of pride.

My memory fades,
But I know when someone cares.
And I know when I look into your eyes
That you are my hero.
For you are faithful, you are strong,
And you respect the best of who I am.
And I know that your belief and steadfastness
Have allowed me to rediscover
The strength and courage
Of the hero that lies within me.

[Enjoy more caregiver poems](#)

or share one of your own

Copyright © 2016 Today's Caregiver, All rights reserved.

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

Our mailing address is:

Today's Caregiver 3350 Griffin Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)

[unsubscribe from this list](#)