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Suddenly, You Are A Caregiver • July 28, 2016 • Issue #938

EDITOR'S PEN

Gary Barg, Editor-in-Chief

The Partnership of a Lifetime

Lately, I have been hearing from a lot of caregivers about dealing with their loved ones' medical professionals. It doesn't matter if you live in a bustling metropolis or in scenic rural community; this seems to be an issue of great importance to all of us. In response, I'd like to share the following email from a reader also dealing with this issue: [...more](#)

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FEATURED ARTICLE

The Value of Massage for Caregivers

By Kristine Dwyer, Staff Writer

Massage therapy isn't just a luxury anymore and has actually become a vital part of health care practices worldwide. It is a holistic therapy that has shown positive effects on physical and mental health in addition to enhancing medical treatments. Having a massage does more than just relax the body and mind. There are measurable physiological and psychological changes that occur; especially when massage is used as a preventative and continuous therapy. The effects of massage on the body's systems can be profound, directly impacting our immune system, digestion, respiration, circulation, nervous system, muscle health and more. It has been said that, "Massage is to the human body what a tune-up is for a car." [...more](#)

GUEST ARTICLE

Are You A Mindful Caregiver?

By Sherril Bover

It seems to happen in a flash. You wake up one morning to a whole new life. Everything is changed, dreams are on hold. The old rules no longer apply and the roadmap of your life, the one you've been following for years, is obsolete and quite useless. You're in a brave new world, but you don't feel brave or new. Suddenly, you are a caregiver. [...more](#)

CARETIPS

Caregiver.com CareList: Colon Cancer

When the diagnosis is colon cancer, what are your responsibilities as a caregiver?

- Call your local county medical association to find a physician with significant experience with the type of cancer diagnosed.
 - Get a second opinion (but, not a fourth or fifth) by someone of equal or higher ability than your physician. [...more](#)
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CAREVERSES

Through the Eyes of Blue

by Arthur N. Gottlieb, LCSW, CSA

How bold it must have been
A professional woman
Amid the conceit of men
Accomplished and refined
Her beauty transcended
Her current form
In throes of mortal failure
As she lay shaking
Turning towards me
In silent desperation
We met
Through eyes of blue
Where her soul dwell
Now trapped within
Her gaze
Reached through bars of steel
With face drawn and
translucent
She motioned me near
And whispered
Please... tell me a story
And so I shared
My only thought
A sonnet of Vivaldi
The flowery meadow
With colors of pastel
And flowing brooks of spring
As her eyes slowly closed
I took comfort
In her peaceful respite

As we walked together
Through a place
Without time or boundary
And for each a gift
That by her prayer
The jailor's key had turned
Releasing her
For one final flight
Through this mortal kingdom
To be witnessed with clarity
And with grace
Through eyes of blue

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