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EDITOR'S PEN

Gary Barg, Editor-in-Chief

Virginia is for Caregivers

Last week I had a tremendous time with 500 of my favorite folks (you guessed it, family caregivers) at the Virginia Beach Convention Center with the amazing crew at the Senior Services of Southeastern Virginia. The night before the event, I was invited to dinner at a seafood restaurant on the beach. And although the food and the ambiance were second to none, the company was even better. [...more](#)

IN THIS ISSUE

Virginia is for Caregivers

**Tools For Starting a
Caregiver Support Group**

**The New Normal vs. New
Beginning**

**Tomorrow is National
Mammography Day**

CareVerses

FEATURED ARTICLE

Tools For Starting a Caregiver Support Group

By Kristine Dwyer, LSW

A hot shower is a must for many people to either start or finish the day. For the elderly, it can be the same, but also a risky undertaking. In all age groups, tap water scalds are the second most common cause of burn injuries. Elderly loved ones, however, are at a greater risk for scalding than other populations for a variety of reasons. [...more](#)

GUEST ARTICLE

The New Normal vs. New Beginning

By Joyce Aleshire

How many times in your caregiving have you heard the words “New Normal”? I myself have used the term in talking to others and at our cancer caregiver meetings.

You get the diagnosis—it doesn’t have to be cancer; it can be any disease—and all of a sudden, you have to get used to the “New Normal.” Not just your loved one and you as the caregiver, but the whole family. [...more](#)

CARETIPS

Tomorrow is National Mammography Day

What is a Mammogram and When Should I Get One?

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives. [...more](#)

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CAREVERSE

Marmalade

By Richard Gallup

Orange marmalade is alright.

Not my favorite.

It was you, my father,
who loved the marmalade.

As I spread it on my toast,
I have this vision of you
before your light dimmed.

Trim and strong,
you ate heartily
never gaining weight.
Sopping up the last bit of egg
with that first piece of toast.
Eyes clear and bright
carefully applying
Marmalade to the second.

Then you'd sit back and savor it,
gazing out the kitchen window,
thoughtfully.

As I am doing now.
Eating my marmalade,
your favorite, not mine,
to remember you.

Enjoy more caregiver poems
or share one of your own

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