

GIVE & TAKE EDITOR'S NOTE



Fran Collin

PERHAPS ONE REASON is my complete aversion to needles, but I know I could not have helped either of my parents the way Shane Smith assists his mom (see page 22). I gave up the idea of becoming a nurse when I realized I'd have to practice giving injections on an inanimate, unfeeling orange! Yet, that's just how Mary Smith taught her son to help her when her hands were shaking too much to inject herself with insulin. Shane is one of an estimated 1.4 million child caregivers between the ages of eight and 18 in the U.S. Many of these kids help relatives with needs beyond dressing, bathing and eating. They're our unsung heroes—amazing and selfless. (Learn more about them and what the MS Society is doing to help them, page 38.)

In Nancy Henderson's piece, "Back to Work" (page 18), there's underlying and excellent advice for all caregiving families. Of course, Nancy is addressing those who are cheerleaders for people heading back into the workforce after being derailed by illness or an accident. My broader take? When things go wrong or a situation seems overwhelming, yes, have a few pity parties—you're entitled. But then, put away your handkerchiefs and search out the positive. Once we face issues with clear eyes, we can gather our resources, communicate with love and understanding and move life forward.

Life takes energy, so be sure to keep up yours. There's plenty of good advice for that in "Just for You," starting on page 10. As for myself, I'm concentrating on strategy number 6 with some weekend hours devoted to weeding, reading, kayaking and playing with our pup.

Be sure to keep your lemonade glass at least half full.

Susan Strecker Richard,
Editor-in-Chief

Things We Like

Something Extra for Caregivers

We're all for honoring caregivers and salute CVS/pharmacy for doing just that from July through September with its Extra Care for Caregivers program. While the pharmacy chain's knowledgeable pharmacists are always available to advise on managing and taking medications properly, CVS also is giving out free medication-management schedules at pharmacy Drop-Off counters during this time (the schedule also is available online for download). And there's more: on www.cvs.com/care, caregivers can receive answers to frequently asked questions, enter to receive special caregiver rewards and find money-saving coupons.

Where You'll Always Find a Smile

Turn to page 40 for a sample of the wit and warmth you'll find every week in Alaskan Debbie Newsham's blog on www.caringtoday.com. Aptly titled "My So-Called (Caregiver) Life," Debbie's blog recounts her adventures and misadventures with her dad—and best of all, her "OK, I can deal with this" approach to caregiving. A first-place winner of last year's "Give a Caregiver a Break" contest, Debbie offers us all a needed break. So when you feel the need for a smile, even just a wistful one, turn to Debbie. We do.



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If You Like Her Recipes...

and you're a foodie at heart, you'll want to know about our food contributor Bonnie Tandy Leblang's new website. At



biteofthebest.com, you can read entertaining product reviews and reminiscences by Bonnie and her two sons, who grew up in

a home where the kitchen was central to their lives and definitely a happening place.

Also, you might just win something new for your pantry or find inspiration for a unique dessert!