

## **Caring Today readers... hear what they have to say**

*"Thank you for Caring Today. My parents are long gone. Fortunately, they did not need any care...But I can sympathize with the many children who have to parent their parents. So many of my friends have had to do just that. Your magazine would have been most helpful. The need for caring for the caretakers is an important issue that you explore."*

**- Dr. Alice G., psychologist, psychotherapist, author and lecturer**

*"My specialty as a horticultural therapist is working with caregivers and I was glad to see that gardening was mentioned as an activity to share. I was a caregiver for my parents and my dad, in particular, was the inspiration for the work I do today. My focus on caregivers is my way to share what I learned to help others cope. At my sessions, I have been able to document reduced stress levels. It was great to learn about your magazine/web site."*

**- Mary Beth M., horticultural therapist**

*"I just got through reading your article on Nate and Rosalie: Style and Grace-Lessons in Making Life Work. I was amazed at their ages and especially at their years together-68! That is a lifetime. What a comforting feeling that good things in life can still happen."*

**- Diane W., Eastport, NY**

*"As a former caregiving daughter, I want to compliment you on the focus and delivery of your magazine's mission. I wish that something like this had been available when I was taking care of my mom."*

**- Stephanie S., Lebanon, NH**

*"I really enjoyed the articles in Caring Today. I just am getting into my recovery stage of breast cancer. Now my daughter, 34, has got it also. We know that we will be well because of the faith and strength we carry together. I would like to have the magazine sent to my daughter as a gift -and also to myself."*

**- Darlene M., Appleton, WI**

*"Thanks to Kristin Schweizer, MPT, for her lower body exercises...I began to do some exercises very similar to those in your article. I did them to pass the time and to relieve some stiffness and pain. Now that I'm approaching the senior citizen population and have been troubled with arthritis for a long time, I find doing those exercises can be helpful. Again, thanks for the tips-they do help."*

**- Gary S., Fayetteville, AR**

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*"I am delighted that web visitors will have access to this wonderful article. It conveys all of the messages that we want people to see about young caregivers in all the right ways...the staff was just saying to each other how we thought it was possibly the best we have seen on the subject."*

— Nancy L., National Multiple Sclerosis Society

*"The subject of your blog has been on my mind a lot lately. I realize there will be a day when I will not be juggling seven doctor's appointments a week (our average this year). Plus, getting our little boy to school, doing all the housework, bill paying, yard work etc. etc. etc. What will I do?...So thanks for showing all those feelings come with the territory. I am hoping to find a way to find me again in all this mess."*

— Darlene, on [www.caringtoday.com](http://www.caringtoday.com)

*"Thank you for sharing your story of the gift. I was in tears as I read it, because the gift of time has been my daily focus....The message Lynne has given will give me strength when I feel weak."*

— Diane, on [www.caringtoday.com](http://www.caringtoday.com)

*"Your story opened my eyes! My daughter is 14 years old and has been diagnosed with scleroderma since she was 7. The hardest part for me has been focused on dwelling about her never being able to grow up and have a family of her own...and I should be more focused on enjoying the time I do have with her instead of what might not be. Thank you for sharing the gift. I will now be treasuring the time I have."*

— Kelli G., on [www.caringtoday.com](http://www.caringtoday.com)

*"I just wanted to thank you for a wonderful article. My son was diagnosed at 3 years of age, and needless to say, it's been a frustrating, challenging 6 years. We need to get the message out to the communities that autism has reached epidemic levels...Keep up the great work, and I hope to see more articles in the future about autism and the families it touches."*

— Robbie's Mom, on [www.caringtoday.com](http://www.caringtoday.com)

For more information about the power of *Caring Today*, please contact your *Caring Today* representative or Victor Imbimbo CEO/Publisher at 203.542.7200.

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