

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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98 WORDS, 30 SECONDS

CARE FOR CAREGIVERS

CARING FOR YOUR OWN NEEDS CAN BE AN IMPORTANT PART OF CARING FOR OTHERS. THERE ARE MORE THAN FIFTY MILLION FAMILY CAREGIVERS IN THE U-S. BECAUSE THEY PUT OTHERS' NEEDS FIRST, MANY IGNORE THEIR OWN NEEDS—WHICH CAN LEAD TO PHYSICAL AND EMOTIONAL BURNOUT. ONE WAY TO REDUCE STRESS AND ISOLATION IS TO USE A WEBSITE LIKE CARING-BRIDGE--DOT--ORG. A CARING-BRIDGE WEBSITE HELPS KEEP LOVED ONES INFORMED DURING A HEALTH CHALLENGE, REDUCING TIME AND ENERGY SPENT ON REPEATED PHONE CALLS AND E-MAILS AND CONNECTING A PATIENT AND CAREGIVER'S ENTIRE COMMUNITY.