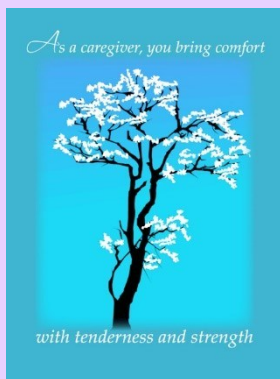


March 1, 2022



Several times during the year we celebrate **National Caregivers Day**, a day that honors all **home care, hospice and family caregivers** who selflessly provide, **physical and emotional** support to those who need it most.

Caregivers are those **selfless** people who give their time to care for those who are ill, disabled, or elderly. **National Caregivers Day** is in recognition of **caregivers** everywhere, both **paid** and **unpaid**.

Health care **professionals** serve those who require **long-term** or **hospice care**. Often loved ones require care that families are **not** able to provide. These **professional** Caregivers are trained to provide round-the-clock services in safe environments. **Hospice** caregivers allow the family to spend time with their loved one **without worrying** about medical responsibilities.

However, there are other categories of **caregivers** that are **not** confined to the **medical field**: family caregivers, specialist caregivers, single caregivers, private duty caregivers, and casual caregivers. Probably you are one of them. **Thank you**.

**Unpaid caregivers**, typically, are those who are caring for a **family member**. It can be a thankless task because caregivers often go **unrecognized** by other family members for giving their time and resources so a family member will be taken care of in a way they deem **appropriate**. Often, they do this in **addition** to a regular job.

But **who** looks after the caregivers? Many caregivers are **senior citizens**, and the number of hours they expend caring for others grows over time. The average age of **caregivers** caring for people aged 65 and up is **63 years** and, often, they themselves, are **not** in good health. It is important that we **recognize** and express our **appreciate** to these caregivers **all** year round and not take them for granted.

Do you have any **family member** who is a **caregiver** for someone in your family? If so, how are **you** there for them? How often do you give them a break?

And let's not forget other caregivers such as **grandparents** who take care of grandchildren. And, some of us, who need help in **everyday living**, how blessed we are to have caregivers to assist us.

May the Lord bless all **caregivers**, especially those at **St. Mary's Hospital** who provide **quality, compassionate care** every day, Amen.

Thank you, Care Givers.