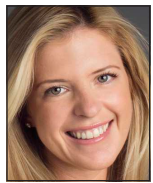


# The strain of caregiving

**Dear Annie:** I am an only child. I have always been very close to my mother. When my husband and I married, we got a house a few doors down from my parents' house. We would visit often after my three children came along. We have unforgettable memories from those years. When we moved to the suburbs, my parents visited every weekend. My father played golf nearby, so he would drop off Mom early in the morning and then join her later in the day.

**DEAR ANNIE**



Annie Lane  
Creators  
Syndicate Inc.

sick with Alzheimer's disease. As my mother's own health started failing, she couldn't do much and depended on me for making every decision.

My father has passed away, and my mother is now 90 years old. She lives in a retirement community and is still autonomous enough to live on her own with supervision. I have a social worker designated for her, but according to the worker, my mom is not at the point of needing to be put in a home. I have hired a cleaning company for her apartment, but I do all her errands, as she can hardly walk.

I now have lots of opportunity to travel with my husband, but I can't, because every time I go away, my mother gets sick and ends up in the hospital. She has had many minor strokes caused by anxiety. Her doctor, who is well aware of the situation, closely monitors her. I now leave for only a few days at a time and have calls

to my home phone forwarded to my cellphone so she is not aware I am gone and not at home.

I am also getting old and tired and would like to enjoy the few healthy years I have left but don't know how. As much as I love her, I am beginning to resent her and feel the burden weigh on my shoulders. What can I do? — *Tired Loving Daughter*

**Dear Tired:** If caretakers don't have enough room to breathe, the light they shine on others will be snuffed out. The best thing for you and your relationship with your mom is to give yourself more space. Invest time in self-care; take those trips with your husband. If you don't, resentment will embitter you. Visit the Family Caregiver Alliance website, at <https://www.caregiver.org>, for information on resources and support groups.

You have already done so much. Though your mother may not be in a place to verbally express it, you are a steadfast friend and compassionate daughter.

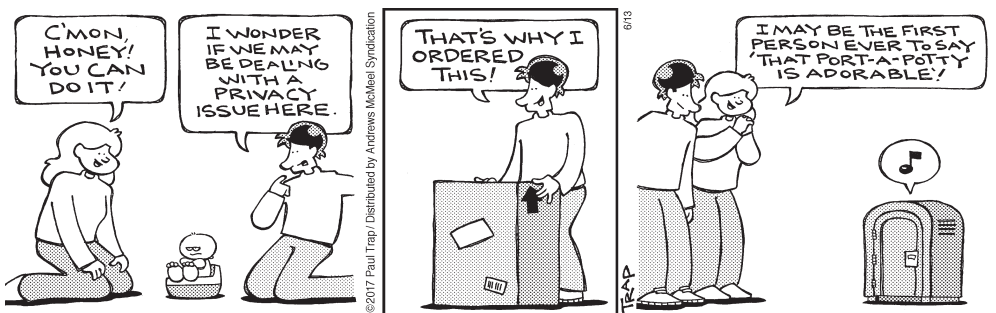
As the children grew and moved out of the house, my parents aged but kept coming to the house every weekend. By then, my husband and I were looking forward to spending some time just the two of us. I tried discussing it with my mother, but it was very difficult, as they had never built a life of their own; they had no one but us. I tried spacing out their visits more and more, but it was really hard.

Soon after, my father fell

**FRANK AND ERNEST**



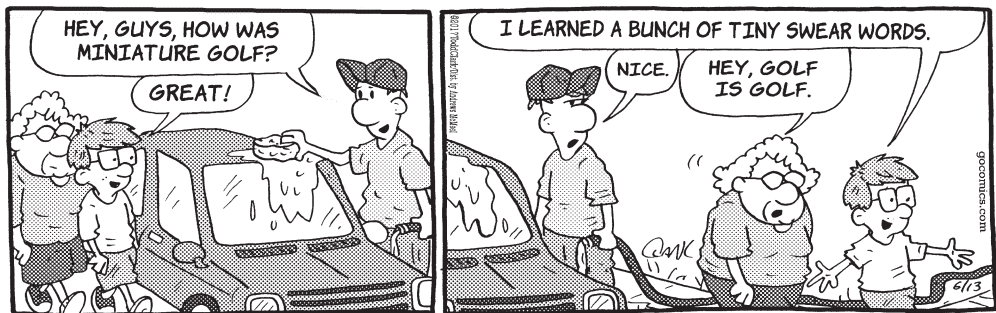
**THATABABY**



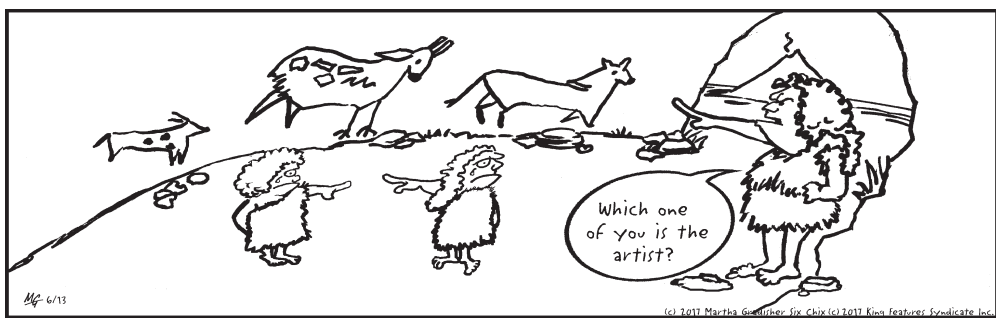
**PHOEBE AND HER UNICORN**



**LOLA**



**SIX CHIX**



**MUTTS**



**BABY BLUES**



**ZITS**



**TOMORROW'S HOROSCOPE**

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** Today's conundrum: If you act out of a desire to make yourself happy you will wind up suffering instead. Act out of a desire to benefit others and your eyes will be opened to the opportunities in the situation.

**TAURUS (April 20-May 20).** The adrenaline rush that comes with feeling passionate about someone can be addictive. That feeling is short-lived, though, and you've learned to anticipate the mellow follow-up.

**GEMINI (May 21-June 21).** You continue to be in high demand. Don't automatically accept other people's timetables as your own. Take control of your schedule and your attention. Consider changing the notification settings on your phone.

**CANCER (June 22-July 22).** You'd like to believe you are in control of your opinion of yourself, but unhealthy relationships do have a way of eroding self-esteem, and healthy ones have the opposite effect. How is a relationship helping or hurting you?

**LEO (July 23-Aug. 22).** Whenever you feel impatient, the fundamental problem is an internal one, namely a belief that the world needs to operate differently to accommodate you. You'll love what happens when you stay measured and calm instead.

**VIRGO (Aug. 23-Sept. 22).** No moment is inherently more perfect than another, though certainly there are moments that are more memorable and/or personally satisfying to a particular ego. Just don't expect such things to be universal.

**LIBRA (Sept. 23-Oct. 23).** You'll be called to a role or responsibility. Your service to the group comes with some tedium, but the work will go

by quickly. Besides, it's better than the alternative: being left out of things.

**SCORPIO (Oct. 24-Nov. 21).** Your heart will soften, and you'll feel more for the whole world, not just for the main object of your affection. The love you give will in turn make you more lovable.

**SAGITTARIUS (Nov. 22-Dec. 21).** You and your group are in it together. Keep up the good communication and you'll be able to rely on each other to do what no individual could do alone.

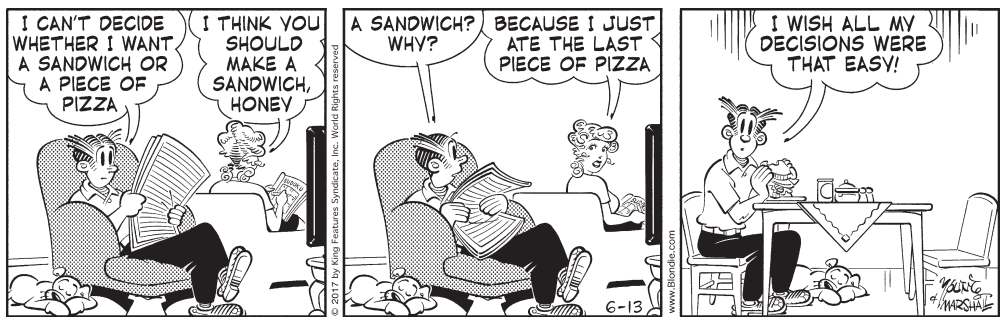
**CAPRICORN (Dec. 22-Jan. 19).** You'll find the behavior of loved ones to be less than optimum. The frustration comes when you think you can control this. You can't, but as you learn to skillfully modify your reactions, things will change.

**AQUARIUS (Jan. 20-Feb. 18).** From the outsider view a lot of what you'll do today won't make sense, but you know perfectly why it has to happen the way it does. You'll teach someone, too.

**PISCES (Feb. 19-March 20).** The answer to a business problem will be found in another business entirely. The secrets to solving a mystery in your own life will be present in someone else's life.

**TOMORROW'S BIRTHDAY (June 14).** This busy solar year shows you building, re-building and making moves. You'll be surrounded by enthusiastic and loving supporters. There's opportunity for a savvy investment in July. September will bring new subjects of study and among them one so fascinating it may begin a passion you'll follow for years. Cancer and Capricorn adore you. Your lucky numbers are: 20, 2, 4, 44 and 18.

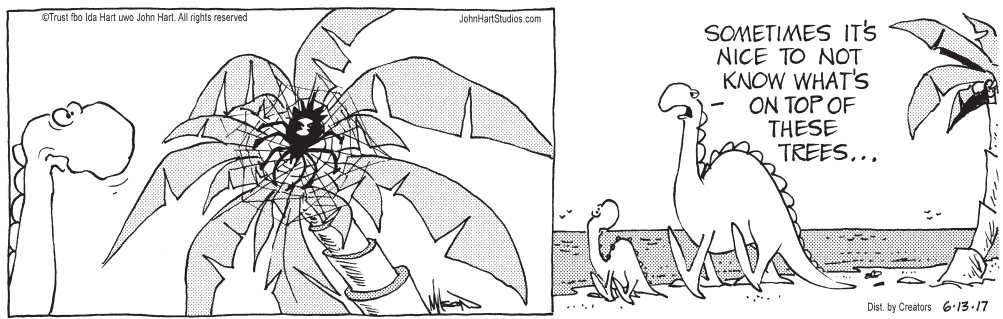
**BLONDIE**



**SALLY FORTH**



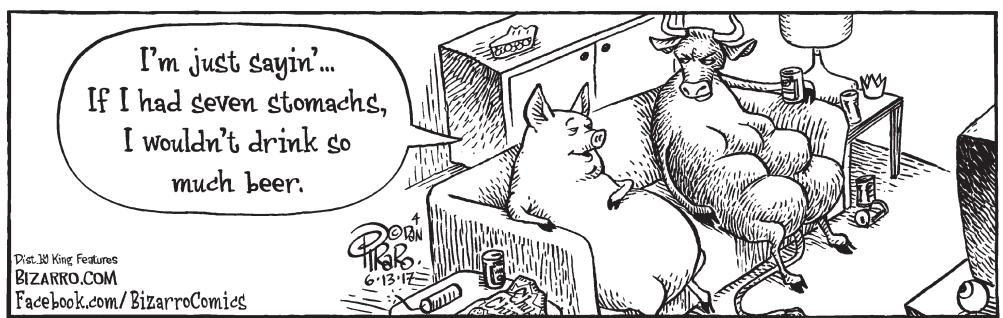
**B.C.**



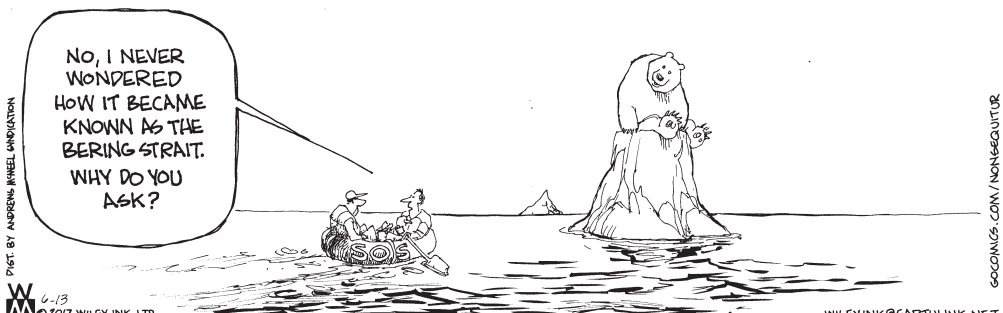
**DILBERT**



**BIZARRO**



**NON SEQUITUR**



**WIZARD OF ID**



**ROSE IS ROSE**

