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**Ease Your Heavy Lifting** • June 7, 2016 • Issue #923

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## An Interview with Lonnie Ali - The Champs Champion

*Boxing legend Muhammad Ali passed away last week to much deserved remembrances, appreciation and praise for his life's work. If he was The Greatest, then the greatest for The Greatest indeed has to have been his beloved wife and partner, Lonnie Ali, a Parkinson's disease caregiver and a tireless national caregiving advocate. Gary Barg, Editor-in-Chief, sat down with Lonnie for a wide-ranging interview with this champion for family caregivers.*

**Gary Barg:** It's impossible to talk about Muhammad Ali and not talk about positive thinking. What role do you think attitude plays in the well-being of a caregiver of someone living with Parkinson's disease?

**Lonnie Ali:** It's important for all caregivers to keep a very positive attitude and to realize that this is a disease that can be managed. [...more](#)

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Well-Being Tips for Male  
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#### FEATURED ARTICLE

## Easing Heavy Lifting

*By Jennifer Bradly, Staff Writer*

A caregiver has more to be concerned about than merely the well-being of their loved one; their own emotional and physical state must be a priority. Part of a caregiver's self care is learning how to safely transfer a loved one, whether between chairs, beds, baths, etc. Many opportunities are available for a caregiver to injure themselves during such tasks, and consequently be of no help to the one they must assist. [...more](#)

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#### GUEST ARTICLE

## A Job With Many Benefits

*By Arleen M. Kaptur*

When the word "caregivers" was penned to include those who reverse roles for someone they love or even for a stranger, the need for understanding is set aside but not forgotten. The position usually is for an older person, many times a relative. It can come unexpectedly or as a matter of economics. Whichever way you have been blessed to fall into the realm of caregiving, then realize that the benefits are exceptional and the need is so overwhelming. [...more](#)

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#### CARETIPS

## 7 Emotional and Physical Well-Being Tips for Male Caregivers

Men account for almost 40% of the caregiver population. In order for male caregivers to properly care for their loved ones, they must remember to care for themselves. Here are seven emotional and physical tips for male caregivers: [...more](#)

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### CARENOTES

## From Mark in Elgin, IL:

Why is it so hard to keep from feeling controlled by my daughter? [...more](#)

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