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**What to Expect from Your Annual Wellness Visit** • January 12, 2016 • Issue #881

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### The Lonnie Ali Interview

*Lonnie Ali is the wife of heavyweight boxing champion Muhammad Ali, a Parkinson's disease caregiver and a tireless national caregiving advocate.*

*Gary Barg, Editor in Chief, recently sat down for a wide-ranging interview with this champion for family caregivers.*

**Gary Barg:** It's impossible to talk about Mohammad 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. It's not something you have to be afraid of; the more you know, the more empowered you become. ...  
[more](#)

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## FEATURED ARTICLE

# What is an Annual Wellness Visit and Why is it Important?

*By Charles Smith, RN, BSN*

Here are some things you need to know and what to expect during your Annual Wellness Visit:

## What is the Annual Wellness Visit?

The Annual Wellness Visit is NOT a physical. Rather, it is conversation between you and your doctor to discuss your health history and any concerns you may have regarding your health, and to review your medications and immunizations. It also is a time when you and your doctor review your existing health problems; determine what health issues may become a concern in the future and how to prevent them. [...more](#)

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## GUEST ARTICLE

# Multiple Sclerosis: Getting and Managing Health Care Needs

*By Grace Curry*

If you are caregiving to a friend or relative with Multiple Sclerosis, you already know how difficult it can be to manage that care. Services once covered by health care insurance no longer are available. Managed care and increased benefit cutbacks in both private and federal health care agencies have made getting quality care difficult. It is not just the person with Multiple Sclerosis who is affected by this. Many others dealing with various diseases and disabilities have found trying to obtain adequate care, a very frustrating concern. As caregivers, we see the responsibility to ensure quality care is provided to our loved one falling more and more of on our shoulders. [...more](#)

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## CARETIPS

# The Legal Issues Behind Caregiving

*by Kristine Dwyer, LSW*

Establishing a precedent when it comes to the care of a loved one is essential, especially with the legal aspects of finances and health care. Here are some points to consider when taking control over the legal responsibilities for your relative in need of care.

#### **Tips to Remember when Dealing with Legal Issues:**

- Find a lawyer who can help you establish a will or estate plan for your relative. A lawyer can also provide strong advice on other key developments in the life of your loved one. [...more](#)
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#### **CARENOTES**

### **From Mindy:**

I was wondering if someone could please help me with a question I have and possibly point me in the right direction. I'm a military spouse and have worked in healthcare for the longest, but to due to my husband's job/schedule I'm no longer able to work and no longer live in the same state as our families. [...more](#)

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