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**Make a Plan, Before It's Too Late** • August 11, 2015 • Issue #837

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Phylicia Rashad

*Phylicia Rashad, actor, producer, writer, is possibly most recognized for her stellar role as Clair Olivia Hanks Huxtable, the wife/partner of Heathcliff "Cliff" Huxtable (Bill Cosby) on The Cosby Show.*

**Gary Barg:** What should people know about PAD?

**Phylicia Rashad:** That the people who are at greatest risk for developing PAD are those with diabetes who are over 50 years old, who have hypertension, high cholesterol, people who are heavy smokers, people over 70; people with a history of heart attack or a stroke in their family. [...more](#)

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#### FEATURED ARTICLE

## Before It's Too Late: Planning for an Emergency

*By Hilary Gibson, Staff Writer*

Children are usually taught about fire safety and disaster preparedness in school. Experts in the field, such as firefighters, teach through demonstrating how a family should safely and quickly evacuate their house during a fire, or how to seek shelter during a natural disaster, like a tornado or hurricane. The children are then encouraged to take the information they have learned and share it among their family members at home. By practicing in-home fire and shelter drills enough times, a family can become fairly secure with the fact that everyone will know a way of getting out of the house or taking shelter. [...more](#)

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#### GUEST ARTICLE

## Hydration and Delirium

*By Catherine D'Aniello, MSN, RN*

Did you know that:

- Delirium is different from dementia?
- Dehydration is a cause of delirium?
- Older adults can avoid delirium by staying hydrated?

Delirium is a mental disturbance characterized by new or worsening confusion, changes in level of consciousness or hallucinations. Delirium is different from the slow progression of dementia or Alzheimer's disease. It has a sudden onset from hours to days and although delirium can be reversed, it is easier to prevent than cure. [...more](#)

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## CARETIPS

# Getting Used to Hearing Aids — Find the One That's Right for You

*By Janie Rosman*

Beyond a television or radio programmed for the loudest setting, the challenges of caring for a person who has lost all or part of the ability to hear are challenging. Talking on the phone becomes difficult; communicating with others face-to-face is frustrating.

My dad resisted hearing devices for a long time, relieved and annoyed when we took him to the VA hospital for an auditory exam. He left armed with headphones that connected to a tiny clip-on device for his shirt or belt, plus an extension wire. ...[more](#)

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## CARENOTES

### From Shelley in Michigan:

My mom is 90 and lives alone in Florida. She is starting to repeat herself and forget things. I was able to get her from Florida back to Michigan with her neighbors help but I believe she has dementia and am scared to send her back. Her son is her executor so it's not totally up to me but I don't know what is best way to tell her. How do I tell her I can't let her go back? Should we have a family meeting with doctor or me and her with the doctor. What legally can I do? What legal papers can we file for control over her. I'm scared for her and stressed out. I have decided to get her evaluated without telling her this coming Wednesday and she thinks she's seeing my doctor for B12 shot. If you could give me any advice I would deeply appreciate it ...[more](#)

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