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**Stress No More** • April 28, 2015 • Issue #807

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### An Interview with Jane Kaczmarek

*Jane Kaczmarek is best known for her role on the television series Malcolm in the Middle. A three-time Golden Globe and seven-time Emmy Award nominee, Jane also had a painful struggle with osteoarthritis, a condition that affects one in every five Americans. For several years, Jane lived with excruciating hip pain, dreading the most simple of tasks, like going up stairs or having to walk down a long hallway. It wasn't until she was forced to pass on a big movie offer that she realized it was time to deal with the problem once and for all. Jane opted to undergo hip replacement surgery. Weeks after her surgery, and following a rehabilitation program, Jane returned to a pain-free routine and, without hesitation, was back on a TV set, taking on new and exciting roles, including her most recent appearance on the new FX series Wilfred and her new role on the NBC comedy series Whitney.*

*Editor In Chief Gary Barg sat down with Jane to talk about how facing her need for surgery got her back on her feet.*

**Gary Barg:** I so appreciate you spending time talking with us about osteoarthritis, this is such a big issue for family caregivers. And I have to say, as someone watching you for years on some of my favorite television shows, it's almost implausible to believe you were dealing with this while you were doing those shows. How did you find out that's what you had and what did you do about it? ...[more](#)

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## IN THIS ISSUE

**An Interview with Jane Kaczmarek**

**Grand Caregivers**

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FEATURED ARTICLE

## Grand Caregivers

By Paul Wynn

*With the increase in multi-generational families, grandchildren are playing a bigger role in caring for grandma and grandpa*

For more than 12 years, Helen “Pixie” Hicks has been lovingly cared for by her 41-year old grandson, David Dunham. [...more](#)

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GUEST ARTICLE

## Caregiver Stress

By Kathy Bosworth

More than one quarter of the adult population (26.6%) has provided care for a chronically ill, disabled or aged family member or friend during the past year.

Based on current data, that translates into more than 50 million people! Sixty-one percent of “intense” caregivers (those providing at least 21 hours of care a week) have suffered from depression. Heavy-duty caregivers, especially spousal caregivers, do not get consistent help from other family members. One study has shown that as many as three fourths of these caregivers are “going it alone.” Is it any surprise that caregiver stress or burnout is becoming a critical issue? [...more](#)

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## CARETIPS

# Working Out and Having a Ball

By J B Buckley

Remember when you were a child and running around the playground, swimming in the community pool, or building a sand castle was fun? Little did you know you were not only having fun, but getting a workout too. [...more](#)

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## CARENOTES

### From Tabatha:

My mother is legally blind, has had multiple strokes and seizures. She receives SSI, but is not able to live alone anymore. She has no feeling on her left side and cannot go up or down stairs alone. She can't keep her left shoe on and her cancer is back. Can I receive caregiver pay in Ohio to live with her and take care of her? [...more](#)

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