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Date: 3/24/2015 9:07:06 AM
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Comfort Zones Are Overrated • March 24, 2015 • Issue #800

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Naomi Judd

Raised in the small Kentucky town of Ashland, Naomi first came into public view as half of country music's most famous mother/daughter team, The Judds. In 1991, after selling over 20 million albums and videos in a mere seven years and at the pinnacle of their phenomenal career, The Judds' reign came to an abrupt end. Naomi was diagnosed with hepatitis C, a potentially fatal, chronic liver disease that forced her retirement. Now Naomi is on tour once again with her daughter Wynonna, travelling the country in "The Last Encore Tour". Editor-in-Chief Gary Barg sat down with Naomi to share some of her unique wisdom, wit and warmth.

Gary Barg: I've noticed over the past couple of years a marked increase in the amount of emails or calls we receive regarding hepatitis C. Is hepatitis C really that prevalent in America?

Naomi Judd: It will kill four times as many Americans as AIDS will over the next decade. I feel that whatever kind of ability God has given me, as an entertainer and as a public figure, it is so I can be a representative for others.

Gary Barg: I think your book, Naomi's Breakthrough Guide: 20 Choices to Transform Your Life, really speaks to the issue of how important it is for caregivers to take charge of their situation. I agree with that wholeheartedly, and think we also become more aware of our own strength. What other advice would you have for family caregivers? ...[more](#)

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FEATURED ARTICLE

Huntington's Disease: A Caregiver's Guide

By Frances Maguire Paist, Staff Writer

To the uninitiated, a first read-through of the symptoms of Huntington's disease is reminiscent of the behaviors of very early childhood. Those afflicted with what is sometimes also called Huntington's chorea eventually can't walk or communicate the way they once did. They need help eating and drinking and even toileting and become dependent on others for almost everything ...[more](#)

GUEST ARTICLE

Comfort Zones Are Overrated

By Marlys Johnson

It's all my husband's fault. Because of his cancer diagnosis, I've had to take up hiking tall mountains, eating more nutritiously and stepping outside my comfort zone.

AN OPINION, NOT A PREDICTION - My husband, Gary, was diagnosed with prostate cancer at a relatively young age. No worries ...[more](#)

CARETIPS

Physical Exercise: Good Medicine for the Brain

By Leilani Doty, PhD

Regular physical exercise is important for brain health. Being active is important whether a person has normal memory and thinking abilities or has a memory disorder such as a Mild Cognitive Impairment, early/moderate Alzheimer's disease or related progressive memory disorders ...[more](#)

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CARENOTES

From Sherrie:

I am looking for something that will set off an alarm when my mom tries to get back out of her wheelchair. I need to know so I can be sure she doesn't fall. If anyone can help me, I'd appreciate it very much.

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