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**Keeping Healthy as the Snow Blows** • January 27, 2015 • Issue #784

## RETRO MAGAZINE

A look back at 20 years of *Today's Caregiver* magazine

### May/June 2008 An Interview with Helen Reddy

*Helen Reddy has won a Grammy Award, appeared on Broadway and in feature films, and is credited with singing and writing one of the most iconic songs of the 1970s, "I Am Woman." Her musical hits also include, "I Don't Know How to Love Him," "Delta Dawn," "Leave Me Alone (Ruby Red Dress)," "You and Me Against the World" and "Angie Baby." Helen is also a practicing clinical hypnotherapist based in Sydney and patron of the Australian Society of Clinical Hypnotherapists. Editor-in-Chief Gary Barg sat down with Helen to discuss her life's work.*

**Gary Barg:** I know you retired from performing in 2002 and now are a practicing hypnotherapist. What caused the change in your career?

**Helen Reddy:** I had been in show business for nearly 55 years, since I was five years old. I wanted to do something else and hypnotism was a lifelong interest.

**Gary Barg:** You explore the evolution of that transition in your book. What made you decide to write it?

**Helen Reddy:** I had been asked many times over the years if I would write an autobiography, and I really did not have any interest because they were stressing, "Tell us all about sex, drugs, and rock and roll" so to speak. That was not really my life.

But, I was already doing the hypnotherapy and I was living on Norfolk Island when I got a call from the hospital saying that the psychiatrist was visiting and he wanted to meet me before he referred patients to me ...[more](#)

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## IN THIS ISSUE

**An Interview with  
Helen Reddy**

**Glaucoma on the Rise**

**Of Promises and Pumpkins**

**Keeping Well In Winter**

**CareNotes**

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## FEATURED ARTICLE

### **Glaucoma on the Rise**

It's the first month of the new year—a time when more than 40 percent of American adults make one or more resolutions. What are your resolutions for the new year? Losing weight? Quitting smoking? How about learning more about glaucoma and how you can protect your sight? ...[more](#)

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## GUEST ARTICLE

# Of Promises and Pumpkins

*By Val Roberts-Toler*

It has been said that grief is like a wave that you don't see coming; one that drenches you from behind and threatens to pull you under. I was nearly pulled under when I was riding up on the elevator for my weekly visit with Dad. He recently moved to a nursing home. The walls of the elevator were covered with Halloween decorations including some child-like pumpkins. The faces were made from string and scraps. I saw my dad's name on one of them. It was then that the wave hit. ...more

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## CARETIPS

# Keeping Well In Winter

### Keep warm

- Wear several thin layers of clothes rather than one thick layer
  - Choose clothes made with wool, cotton or fleecy materials
  - In the coldest weather, wear bed socks and a hat, as well as thermal nightwear ...more
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## CARENOTES

### From Alabama:

Do you know of any kind of financial assistance available in Alabama for a caregiver of someone who is bipolar? My daughter is on disability, but she only receives \$750.00 per month. Then she has to pay \$350.00 per month for her insurance for two years until she can receive Medicaid. She has a 14-month-old daughter to take care of financially. My husband is disabled, but cannot draw disability because he was self-employed and did not pay enough money in for the last three quarters worked. We are struggling due to all the doctor visits and health issues related to some of the bipolar medication that has caused my daughter to gain over 150 pounds. I have a job, but I am so overwhelmed financially and physically from taking care of everybody. Please help!

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