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Keeping Their Pearly Whites • January 26, 2016 • Issue #885

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Peter Wilderotter

President and CEO-Christopher and Dana Reeve Foundation

Gary Barg: I had a wonderfully insightful conversation with Dana Reeve in 1999 that really started us down our path. Were you working with the organization at that point?

Peter Wilderotter: I have been with the Foundation for ten years and we have a great board, a great staff, and a great network of supporters. Our mantra is, "Today's Care and Tomorrow's Cure." [...more](#)

IN THIS ISSUE

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FEATURED ARTICLE

Baby, It's Cold Outside

By Jennifer Bradley, Staff Writer

In many areas of the country, cold weather is an old-forgotten nemesis that reappears this time of year. When caring for those with disabilities and seniors, caregivers must take some simple precautions to ensure a loved one's safety this winter season. [...more](#)

GUEST ARTICLE

Helping Someone You Care for Keep Their Pearly Whites

By Eileen Beal, MA

The good news: With advances in fluoridation and dentistry, increasing numbers of older adults are keeping their teeth. And the more teeth you have, the longer you live.

The not-so-good news: Those who have kept their teeth are prime candidates for late-life cavities and gum disease. Both can be painful and lead to system-wide inflammation that plays a significant role in worsening several medical conditions, including diabetes, heart disease and pneumonia. [...more](#)

CARETIPS

Tips and Techniques for Dealing with Stress

By Dr. Rita Nachen Gugel

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling your life. Try a few of these tips.

1. Accept what you cannot change. Take a tip from AA. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it. [...more](#)

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CARENOTES

From Jen:

My parents (both 84) have been in a very nice independent living facility for the last year and a half. Mom has Alzheimer's and dad is currently in stage 4 heart failure and hospitalized. They are discussing in home hospice care for him if he is able to be released back to their apartment. My issue is once he's gone, mom can't stay where they are now since she gets confused and scared when someone isn't with her. If we move her in with us, I still have to work. Who would I call to get assistance with her? At a loss and not sure where to turn. ...

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