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**Grandma's Kitchen Safety Tips** • September 15, 2015 • Issue #849

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## An Interview with Loni Anderson

*Loni Anderson is an actress well-known for her four-year run as Jennifer Marlowe on WKRP in Cincinnati, as well as for portraying Jayne Mansfield and Thelma Todd in television movies. She is also the author of a best-selling autobiography, My Life in High Heels, published in 1997.*

**Gary Barg:** I know that you are a caregiver of an issue that is extremely important. That's COPD. Who in your family had it and how did it affect the family?

**Loni Anderson:** Both of my parents had COPD. They were heavy smokers. Everybody smoked because all of those wonderful movie stars and all of those great movies made it look so romantic and so wonderful. [...more](#)

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## IN THIS ISSUE

**An Interview with Loni Anderson**

**Careful in the Kitchen**

**The Surprising Extra Benefits of Exercise for Seniors**

**Making Prescription Refills Easier**

**CareNotes**

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### FEATURED ARTICLE

## Careful in the Kitchen

*By Jennifer Bradley, Staff Writer*

The best place to be as a child was in Grandma's kitchen, especially when she's taking a fresh tray of cookies out of the oven. Sneaking a bite of cookie dough was a must for any youngster. Grandma may have thought nothing of it then, but today, the risks of eating raw eggs are well known. For seniors, these stakes are even higher. A caregiver may be today's gateway to good health for their loved one, starting at the basic knowledge of food safety. [...more](#)

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### GUEST ARTICLE

## The Surprising Extra Benefits of Exercise for Seniors

*By Janet Crozier*

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors.

"Many characteristics we associate with older age — like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity," explains Dr. John Montgomery, a family physician, medical epidemiologist and vice-president of Senior Care Solutions with Blue Cross and Blue Shield of Florida. [...more](#)

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## CARETIPS

### Making Prescription Refills Easier

*By Sabrina Bullock, RN, BSN*

Caregivers face many challenges including making sure medications are refilled and there are many things which can make this easier. Firstly, do not wait till the last pill as this may lead to other problems. You may be able to get the medication refilled, but you may end up finding the prescription has expired or has no more refills left. You will then have to call the healthcare provider to request a refill or call the pharmacy to fax the provider's office a refill request. Many healthcare providers' offices say allow 24 to 48 hours for a refill request, so a little advance planning can go a long way. [...more](#)

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## CARENOTES

### From Alvin:

I am currently a caregiver for a 90 year old retired Psychologist. The agency I work under is not professional at all. My client's Power of Attorney is interested into working with me independently away from the agency but we are both new to this field of work. Is there any advice or links you can give me that will help direct me into paying taxes as an independent worker on my own? [...more](#)

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