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**The Best Long Term Care** • February 2, 2016 • Issue #887

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Allison Moore

*Founder & Director - Hereditary Neuropathy Foundation*

**Gary Barg:** Allison, tell me about the work of the CMT National Resource Center and their Hereditary Neuropathy Foundation.

**Allison Moore:** The Hereditary Neuropathy Foundation is the 501(c)(3) non-profit organization that I founded in 2001 after I ended up with severe onset of Charcot-Marie-Tooth. CMT is the number one inherited neuropathy. [...more](#)

## IN THIS ISSUE

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## FEATURED ARTICLE

# Planning a Senior-Friendly Trip to the Museum

*By Janice Masters*

A day trip to your local art or historical museum can be a great outing for older adults. Not only is it mentally and physically stimulating, the seniors you are with may have ties to the people, places, or events on exhibit—talk about high interest for them and for you! But as fun and memorable an experience like this can be, it can turn unpleasant quickly if you haven't done your homework. ... [more](#)

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## GUEST ARTICLE

# Finding the Best Long Term Care

*By Dawn Waddell Elledge, RN, CCM-PGCM*

Whether or not you have thought about long-term care for yourself or an elderly loved one, the reality is that human life expectancy has increased steadily over the past few decades. The number of people living past 70 has dramatically increased and because of higher standards of living, by the year 2040, the percentage of nursing home residents will jump from 50 to 130 percent. ...[more](#)

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## CARETIPS

# End of Life Tips for Caregivers

*By Ryan Mackey*

At the end stages of life, do not underestimate the loved one's need for spiritual growth and care through local clergy or religious communities however insignificant it may seem to you.

Locate and understand all financial and legal papers such as wills, power of attorneys, and bank accounts. ...[more](#)

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### CARENOTES

## From Teresa:

I help take care of an older gentleman and there are times he forgets to take his medicine when no one is around. Are there any suggestions? [...more](#)

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