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How Everyday Tasks Can Be Easier • August 4, 2015 • Issue #835

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Julie Newmar

Julie Newmar, star of stage, screen and television, comes by her love of performing naturally as the daughter of a Ziegfeld Follies performer. Julie was a prima ballerina with the Los Angeles Opera Company before becoming a staff choreographer at Universal Studios and made her big screen debut in the 1952 Bing Crosby musical Just For You.

Gary Barg: You are a wonderful caregiver for your son, John. Can you tell me a little about it?

Julie Newmar: It is easy; it is natural. [...more](#)

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FEATURED ARTICLE

Can Rover Come Over?

By Cheryl Ellis, Staff Writer

We all love our pets, and our attachment to them varies from one individual to another. In cases of the infirm or elderly, the attachment to a pet may be much more intense. Individuals with memory loss may not understand why they have to move to assisted living, or in with a relative, let alone any problems that might come with bringing Fido along. [...more](#)

GUEST ARTICLE

Everyday Tasks Made Easier With Accessible Technology

By Patricia Kennedy, RN, CNP

What if vision challenges made it impossible for you to read a computer screen? Or limited dexterity left you unable to type? For many people living with chronic illnesses and disabilities, these questions are in fact realities. Symptoms such as vision impairments, cognitive challenges, and dexterity limitations can make the use of technology difficult and at times seemingly impossible. [...more](#)

CARETIPS

Tips for Swallowing Pills

By Janie Rosman

Swallowing pills — medicine, vitamins or supplements—is the most commonly-reported problem for people living with dysphagia, according to Jan C. Pryor, MA CCC-SLP, BRS-S, Speech-Language Pathologist at University of Washington Medical Center.

Water is a usual companion with pills, yet there are alternative options besides the clear liquid. “It is very important to take a full glass of water with pills,” says Pryor, who is also a dysphagia consultant with the [National Foundation of Swallowing Disorders](#). “Without sufficient water, it (pill) can get stuck in the

esophagus and dissolve, causing erosion in the mucosa and pain, and more trouble swallowing." [...more](#)

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CARENOTES

From Richard:

Can I please get some information regarding home modification for my 72 year old mother, who weighs 300 pounds. Her income is just over \$1000.00 from Social Security. The long and short of it is that my mother has been paralyzed and living at a nursing home for rehabilitation since mid-May, 2015. At this point she is about one third of the way through her rehab.

In anticipation of her returning home, modifications are essential. She has no access to enter her home without a wide wheelchair. She has no ramp and the entry doorways throughout the home are not wide enough to accommodate this wheelchair. No wheelchair whatsoever will fit in her bathroom. Her living room is about 4 inches lower than the rest of her very small house. Can you please help me find resources in western Massachusetts that would help with any type of modification to her home. [...more](#)

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