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Are You Financially Vulnerable? • March 08, 2016 • Issue #897

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Cesar Millan

Cesar Millan is widely known for his television series, Dog Whisperer with Cesar Millan. His new show, Cesar911, is currently running on the NatGeoWild channel.

Gary Barg: What is the importance of pet adoption and of no kill shelters?

Cesar Millan: I think the most important thing is to understand that we have created a disposable and over-populated society of somebody who we call Man's Best Friend. And we are euthanizing four to five million a year. We are all part of it because taxpayer money is paying to euthanize these dogs. So, whether you like it or not, you are part of the euthanasia. Adopting a dog will help you save lives; but to me, it is more of adopting a philosophy of helping. ...
[more](#)

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FEATURED ARTICLE

Financial Abuse: Could You Spot It?

By Eileen Beal, MA

Despite the hit their savings and investments took during the “Great Recession,” Americans between 70 and 90 are still the wealthiest group in the US. Not surprisingly, they are also prime targets for financial exploitation and abuse.

“It’s all their assets – a mortgage-free home, steady income from Social Security or a pension, investments – that make them a target,” says attorney Page Ulrey, a senior deputy prosecuting attorney for the King County Prosecutor’s Office in Washington. [...more](#)

GUEST ARTICLE

Clever Cooking in a Tough Economy

By Helen Hunter, ACSW, LSW, GCM

Families throughout the country are increasingly being challenged in finding creative solutions to eating healthy in spite of rising prices. The following are clever cooking strategies, which can assist today’s family in providing healthy daily meals without breaking the bank. [...more](#)

CARETIPS

Older Adults and Alcohol

By Cheryl Ellis, Staff Writer

A national 2008 survey found that about 40 percent of adults ages 65 and older drink alcohol. Older adults can experience a variety of problems from drinking alcohol, especially those who:

- Take certain medications
 - Have health problems
 - Drink heavily [...more](#)
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CARENOTES

From Eileen:

My mom is 82 years old, and keeps setting off her medical alert accidentally. Sometimes she sets it off several times a week. I have a neighbor who check on her several times a day while I am at work but Mom is home alone most of the day.

Has anyone had this problem with their alarm. How can I keep her from setting it off accidentally? [...more](#)

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