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**How to Get a Break, Right Now** • July 21, 2015 • Issue #831

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with Hector Elizondo

*Hector Elizondo is a Tony Award winning Broadway star and well-renowned television and movie actor, appearing in television programs including Chicago Hope, The Rockford Files and Monk and movies such as American Gigolo and Pretty Woman. He has also been a conga player with a Latin band, a classical guitarist and singer, a weightlifting coach, a ballet dancer, as well as family caregiver.*

**Gary Barg:** What were the first signs of your mother's Alzheimer's disease? ...  
[more](#)

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#### FEATURED ARTICLE

## Developing an Organized Medication System at Home

*By Sandra Fuson, Staff Writer*

Caregivers can be overwhelmed with the number of medications that their loved ones need to take on a daily basis. Medication errors are too common, with administration of drugs accounting for 38 percent of errors. According to the ALARIS Center for Medication Safety and Clinical Improvement, at least 7,000 deaths annually are blamed on medication errors. [...more](#)

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#### GUEST ARTICLE

## From Caregiver to Advocate

*By Allan S. Vann*

My wife, Clare, has Alzheimer's disease and is midway through her second year in an Assisted Living Residence (ALR) that has mostly assisted living residents, but also has a separate lockdown unit for people like Clare. Clare's unit has separate hourly activity programming throughout the day, but residents from Clare's unit are also sometimes brought to join non-dementia residents for special programs both on and off site. [...more](#)

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#### CARETIPS

## Give Yourself a Break, Right Now

Doctor appointments that must be scheduled; the constant care and attention your loved one needs, both physically and emotionally; the back and forth to grocery stores, drug stores, physical therapy sessions and, most of all, the need to know you are doing the "right thing" for the loved one in need of your care. We all know the daily challenges we face as caregivers and that we seldom have time for ourselves. [...more](#)

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### CARENOTES

#### From Maria:

My companion had surgery for a brain tumor and is recovering very well, but cannot be left alone at home because of the risk of seizures. He cannot work or drive, but walks and does almost everything by himself. I work every day from 7:00 am to 7:00 pm. We do not have relatives nearby. What can we do and how? [...more](#)

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