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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 4/21/2015 9:07:06 AM  
**Subject:** Seniors and Medications – A Must Read

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**Seniors and Medications – A Must Read** • April 21, 2015 • Issue #805

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## Hey, Carrie Ann! An Interview with Carrie Ann Inaba

*Carrie Ann Inaba is not only a judge for ABC's top ten television program Dancing with the Stars; she is also a dancer, choreographer, actress, game show host, and singer. When Carrie Ann was living in Japan, she released three singles and hosted a weekly radio and television series. After returning to America, she appeared as one of the "Fly Girls" on the television series In Living Color from 1990 to 1992. She also appeared as a dancer during Madonna's 1993 Girlie Show World Tour and was in the Austin Powers films Goldmember and The Spy Who Shagged Me.*

*Carrie Ann is the National Celebrity Spokesperson for an organization near and dear to her heart, The Andréa Rizzo Foundation, which provides grants to fund dance therapy programming for children with cancer and special needs. Editor-in-Chief Gary Barg sat down with Carrie Ann to talk about love of family, caregiving, and sharing the joy of dance with kids who need and deserve some joy in their lives.*

**Gary Barg:** Can you tell me about the Andréa Rizzo Foundation and how you became directly involved?

**Carrie Ann Inaba:** The Andréa Rizzo Foundation does movement therapy for pediatric cancer patients. [...more](#)

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FEATURED ARTICLE

## Seniors and Medications

*By Rebecca Salbu*

Caregivers are often the first line of defense in protecting the elderly and infirm – especially when it comes to making sure medications are obtained and taken properly. [...more](#)

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GUEST ARTICLE

## How the West Was Won and Other Tales from the Past

*By Mechelle Abney*

Miss Kitty, How the West Was Won, John Wayne, Rawhide

OVER and OVER and OVER again!

POW! POW! BANG! BANG!

Blaring at a million decibels through the airwaves like an Indian's arrow soaring through the hot, desert, day. [...more](#)

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## CARETIPS

### Finding A Physician For Someone With Alzheimer's

Finding a physician under normal circumstances is hard enough, but trying to find a knowledgeable physician to take on a patient with Alzheimer's can be even more trying. To help you know what you're getting, here's a list of questions to ask the office you are considering. You will want to ask a number of these questions before you make an appointment. [...more](#)

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## CARENOTES

### From Pamala:

I care for my 86-year-old mother full time. She lives down the hall from me. I bathe her, cook her meals, clean, launder her clothes, take her to appointments. My siblings are alcoholic. There is no money around. I offered to do this, but I have brutal RA and my mother expects so much from me. I feel like I am going to die. The no money part is hard because I cannot even bring someone in to help. Please advise. [...more](#)

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