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Helping Children Understand Alzheimer's • March 17, 2015 • Issue #798

RETRO MAGAZINE

A look back at 20 years of *Today's Caregiver* magazine

Nov/Dec 2007

Lonnie Ali

The Champ's Champ

Lonnie Ali is the wife of heavyweight boxing champion Muhammad Ali, a Parkinson's disease caregiver and a tireless national caregiving advocate. Lonnie has helped launch "Fight For More" – a national campaign that provides support, educational information and resources to people who care for the more than 1.5 million people living with Parkinson's disease. "Fight for More" provides caregiver tips based on Lonnie's real life experiences on how to keep a loved one active, juggle family commitments and manage medications. Gary Barg, Editor-in-Chief, recently sat down for a wide-ranging interview with this champion for family caregivers.

Gary Barg: Can you tell me something about your "Fight for More" campaign?

Lonnie Ali: The "Fight for More" campaign is a national educational campaign for caregivers of Parkinson's disease patients, and the millions of people who care for them on a daily basis. I am so honored to be a part of it and that I am able to share some of the information that I've acquired over these past 20 years and hopefully connect them to a Parkinson's caregiver community. I am blessed to have the connections that I have because of my husband, to assist in his care, and to be able to share that with others.

Gary Barg: It's impossible to talk about Muhammad Ali and not talk about positive thinking. What role do you think attitude plays in the well-being of a caregiver of someone living with Parkinson's disease?

Lonnie Ali: It's important for all caregivers to keep a very positive attitude and

to realize that this is a disease that can be managed. It's not something you have to be afraid of; the more you know, the more empowered you become. If you have a positive attitude, you can put things into perspective and actually become a better caregiver. Keeping a positive outlook on things, and trying to convey that to the Parkinson's patient as well, is extremely important in the management of this illness [...more](#)

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FEATURED ARTICLE

Helping Children Understand Alzheimer's

By Michael Plontz

Your loved one has been diagnosed with Alzheimer's. The first thing you want to do is find out all you can about the disease, and all about what you can do to take care of your loved one. It's a bitter pill to swallow, but, at least you're an adult and you can understand what's happening. What about your children? How can you help them cope? [...more](#)

GUEST ARTICLE

Understanding Challenging Behavior

By Sharon Roth Maguire MS, APRN-BC, GNP, APNP

While being a caregiver to unusual or so-called “difficult” behaviors, it is quite common for persons with dementia to display these types of behaviors and while many of these behaviors are predictable, like repetitive questioning, pacing, forgetting how to use common objects, etc., there are others that are more upsetting to both the caregiver and the individual with dementia ...[more](#)

CARETIPS

Free Tax Return Preparation for Seniors by Volunteers

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) Programs offer free tax help for taxpayers who qualify.

VITA - The VITA Program generally offers free tax help to people who make \$52,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. They can inform taxpayers about special tax credits for which they may qualify ...[more](#)

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CARENOTES

From Angie:

Why are all the support group meetings during the day? People have to work and take care of loved ones.

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