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Prevent Fear of Falling • October 13, 2015 • Issue #855

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Debbie Reynolds

Legendary star of stage and screen Debbie Reynolds has been enchanting audiences in unforgettable performances for decades. From Singing in the Rain, Tammy and The Unsinkable Molly Brown to the TV series Will and Grace, Debbie has brought joy to generations of fans.

Gary Barg: You have a unique approach to talking about caregiving. Can you tell me a little about that?

Debbie Reynolds: I try to get the point across without being too dead-serious, because it is such a difficult subject. [...more](#)

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FEATURED ARTICLE

Getting Ready for Joint Replacement

By Hilary Wright

Age is no longer the determining prerequisite for whether or not a person will receive joint replacement surgery. Constant athletic activity, a busy lifestyle, and the natural wear and tear of time on the body's joints have made people of all ages candidates for this type of surgery. An amazing amount of advancements have been made through medical technology regarding this procedure, perfecting it to the point where recovery time has been cut in half for most people. However, even prior to the recuperative process, those who will be facing surgery will need to select a caregiver who will be able to assist them through all the different phases. [...more](#)

GUEST ARTICLE

Fear of Falling Preventing Falls and Fear

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

Most caregivers are aware of the importance of preventing falls. When a fall occurs, the results can be life-changing. While we all realize the significance of a broken bone that may result from a fall, what we sometimes fail to acknowledge is the broken spirit that may occur after a fall. Many elders who fall never fully regain the confidence in their ability to navigate around their home or near steps. They may experience a fear of falling again that may cause them to limit their activity. [...more](#)

CARETIPS

Oral Care for Older Adults

Oral health is important for people of all ages. But the simple routine you learned as a kid—brush your teeth twice a day and floss regularly—can become more of a challenge as you get older. That's partly why nearly 1 in 5 older Americans has untreated tooth decay. Among adults ages 75 and older, about 1 in 4 has lost all natural teeth. [...more](#)

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CARENOTES

From Sharon:

I'm taking care of an elderly gentleman and he refuses to shower/bathe. Does anyone have any ideas? [...more](#)

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