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**How to Prepare for an Emergency** • July 19, 2016 • Issue #935

## **Fearless Caregiver Profile**

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

## **CINDY WOLKE**

### **How did you become the caregiver for your loved one?**

My mom got the courage to leave an abusive marriage after 30 years. Two days after she moved in with me, she had the first of what would become many strokes.

### **What is the hardest thing about being a caregiver and the most rewarding thing?**

My mom was always the one to take care of me. Growing up with a disability was hard and she was always my champion, never letting me take no for an answer. Now it's my turn to be her champion. ...more

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#### FEATURED ARTICLE

## Before It's Too Late: Planning for an Emergency

*By Hilary Gibson, Staff Writer*

Children are usually taught about fire safety and disaster preparedness in school. Experts in the field, such as firefighters, teach through demonstrating how a family should safely and quickly evacuate their house during a fire, or how to seek shelter during a natural disaster, like a tornado or hurricane. The children are then encouraged to take the information they have learned and share it among their family members at home. By practicing in-home fire and shelter drills enough times, a family can become fairly secure with the fact that everyone will know a way of getting out of the house or taking shelter. [...more](#)

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#### GUEST ARTICLE

## Don't Be a Joe or Helen!

*By Susan Piette, JD*

Consider Joe and Helen. They met just after he was discharged from the Army. They married, raised two boys and a girl, worked hard their entire lives, retired with a nice nest egg of funds and looked forward to time with their daughter's children, who they loved deeply and lived a few hours away. Their first son lived out of state, had a well-paying job and was married with no children, but separated from his wife whom Helen was never very fond of. Their second son had never quite "launched," was not married, had a hard time holding a job and was currently on governmental low-income assistance. [...more](#)

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## CARETIPS

### Balance – Fall Prevention

#### What does it mean and what can be done about it?

*By Lori Peppi Michiel*

Maintaining balance is the result of a complex interaction of many systems in the human body. With aging, changes occur that reduce how efficient these systems work. Many identifying risk factors for falling can be, but not limited to, balance/gait problems, prior falls, vision, limited ability to perform Activities of Daily Living (ADL's), depression/dementia and medications. But, intervention programs work! Evidence shows 20 percent to 50 percent lower fall rates with a systematic program of evaluation, exercise and environment. [...more](#)

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## CARENOTES

### From Sue in Wisconsin:

We just moved our parents into Assisted Living. My Dad needs assistance with getting in out of bed and using the bathroom. He is a fall risk and has dementia. My Mom is very able-bodied however she has memory issues. We learned their brother-in-law is on hospice and will eventually pass away in Minnesota. My Mom wants to go to funeral but we feel the traveling is too hard on my Dad. What can we do so my Mom can attend the funeral? Thanks [...more](#)

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