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**Laughing Through Laundry Nights** • April 7, 2015 • Issue #803

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### An Interview with Joan Lunden

*Joan Lunden is a journalist, author, television host, motivational speaker and successful entrepreneur. She was the co-host of ABC's Good Morning America (GMA) from 1980 through 1997 and is the longest running host ever on early morning television. One of the most visible women in America, Lunden has graced the covers of more than 40 magazines and book covers. Her books include Chicken Soup for the Soul: Family Caregivers; Joan Lunden's Healthy Living; Joan Lunden's Healthy Cooking; and Good Morning, I'm Joan Lunden. Joan recently sat down with Gary Barg, Editor-in-Chief, to talk about topics of importance to family caregivers, including why you should know your cholesterol numbers and partnering with your loved one's physician.*

**Gary Barg:** It's a pleasure talking with you again. You were on our cover a few years ago and that was a lovely conversation, so I appreciate your time today.

**Joan Lunden:** Absolutely. Since that time, I have gotten so embedded in the space of caregiving and senior care, and obviously health care, but this new health campaign I'm working on is so perfect for caregivers. They are so much more at risk because of the stress and strain. Not just the physical and emotional strain of taking care of others, but they're just so overwhelmed by it that they really tend to take worse care of themselves. When you go to the site, CholesterolConversations.com, what I really was so impressed by was that they basically built a tutorial course for all of us to take to be better patients and to make better use of that little four to six minute time period, if you're lucky, that you get at the doctor's office. [...more](#)

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## FEATURED ARTICLE

### **What is Hospice?**

*By Jon Radulovic MA*

Hospice seeks to “de-institutionalize” the dying experience and provide a more humane system of care for those who have received a terminal diagnosis of six months or less. The first hospice program in this country was opened in New Haven, Connecticut in 1972; this was based on the Hospice Model of Care developed by Dame Cicely Saunders at St. Christopher’s Hospice in Great Britain. Currently, there are over 3,000 hospices in the United States and Puerto Rico. [...more](#)

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## GUEST ARTICLE

### **Laundry Night**

*By Marcie Beyatte*

“I had a dream last night about water,” my mother says as we dice cantaloupe and brew our morning coffee. “I woke up with wet sheets.”

She wears Depends, but last night her protection failed. To any passerby, she appears to be a vigorous eighty-year-old; but they don’t see her falling, an almost weekly occurrence. When we walk together, I try to anticipate the cracks and dips in the pavement and warn her so she doesn’t trip. I keep night-lights

on all day in my dark hall when she visits. No matter what I do, she still tumbles. She lands with the grace of a bird, as if her bones are filled with air. I hold my breath while I watch the scene unfold like a slow motion sports re-play. [...more](#)

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## CARETIPS

# Top 10 Fitness and Nutrition Tips for Older Adults

*By Peggy Buchanan*

Today's adults are living longer, healthier lives due in part to better fitness and nutrition programs. With the number of Americans 65+ expected to reach 20 percent of the U.S. population by 2050, exercise and diet are more important than ever. These tips can help older adults enhance overall wellness into their later years.

1. **Fight afternoon fatigue** – Fatigue is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind. [...more](#)
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CARENOTES

## From Rebecca:

I am an educational therapist who works with students with a variety of disabilities. I specialize in kids who are brain tumor survivors. I recently acquired a dobie-rot mix puppy. She seems very smart. In just five days, she has learned to come when called, walk on a leash, sit and stay, even at a very busy cell phone store with people coming and going. I would like to train her to become a service dog and take her with me to hospitals when children who have had brain surgery are recovering. I live in Kenmore, Washington, just north of Seattle. Can you recommend a school/person who can help me train her and get her certified for this? [...more](#)

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