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- 267 A Daughter's Journey Promoting Geriatric Self-Care: Promoting Positive Health Care Interactions

Jo Guinn

When the older adult and health care provider work together, knowledge barriers are easier to overcome, allowing for the best assessment, medication, treatment, and referral for the management of chronic conditions.



- 272 Enhancing Self-Care in Community Dwelling Older Adults

Linda D. Gerson, Carm Dorsey,
Janet Berg, and Linda E. Rose

To address the needs of the increasing elderly population, health initiatives that foster independence, wellness, and self-care are essential. This article details one such program.

- 277 Old is a Three-Letter Word

Margery Cunningham

We are never truly ready for old age. This anecdotal article describes firsthand experience and provides tips for dealing with the elderly, from an elder's point of view.

- 281 Using Computers to Reduce Medication Misuse of Community-Based Seniors: Results of a Pilot Intervention Program

Sonia A. Alemagno, Sheila A. Niles, and
Elizabeth A. Treiber

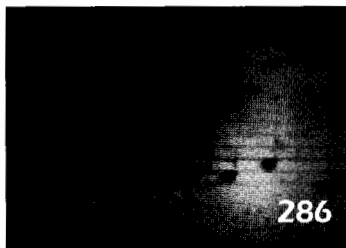
Addressing medication misuse is important in preventing falls, drug interactions, rehospitalization, and addiction. The role of community-based organizations in preventing medication misuse can be enhanced by the use of standardized interventions. One such project used laptop computers.



286 Music Preference and Relaxation in Taiwanese Elderly People

Hui-Ling Lai

The findings from this Taiwanese study suggest that soothing music preferences have beneficial effects on relaxation in community-residing elderly people. These findings are relevant to any culture.



292 Testing of the Res-Care Pilot Intervention: Impact on Nursing Assistants

Barbara Resnick, Marjorie Simpson, Anita Bercovitz, Elizabeth Galik, Anne Gruber-Baldini, Sheryl Zimmerman, and Jay Magaziner

The Res-Care Pilot Intervention discussed in this article is a two-tiered motivational intervention that attempts to change behaviors in nursing assistants and the residents they care for.

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