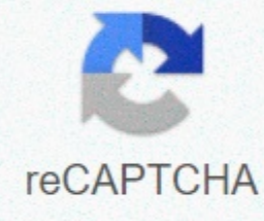




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The 100 characters ages

U.S. Department of Health and Human Services Department of Health and Human Services U.S. Department of Health and Human Services Brief Long-Term Care Summary Under the Health Safety Act March 1994 PDF Version (9 PDF pages) U.S. Department of Health and Human Services : Care Management, Claim experience and transitions under an admissions choreome of privately insured disabled elders over a 16 month period executive summary Marc A. Cohen, Ph.D., Jessica S. Miller, M.S., and Xiaomei Shi, M.A. LifePlans, Inc. May U.S. Department of Health and Human Services This report was prepared under contract #HHS-100-02-0014 between the U.S. Department of Health and Human Services (HHS), Office of Disability, Aging and Long-Term Care Policy (DALTC) and LifePlans For additional information on this topic, you can visit the DALTCP homepage at or conta U.S. Department of Health and Human Services Aging , is an inevitable process that happens to everyone. Learn how to keep your body healthy and strong as you move into your golden years. The Dark Crystal was Jim Henson's ambitious 1982 movie about a world entirely of puppets. Netflix returns to the world of Thra with the new series The Dark Crystal: Age of Resistance. Only a few characters from the movie are in this prequel, but Haugra and the Skeksis are. You'll meet new Gelfling characters like Deet, Brea and Rian, but your favorite is guaranteed to be the podling Hup. L-R: Deet and Hup in The Dark Crystal: Age of Resistance | Kevin Baker/Netflix Hup is a little podling that Deet escorts on her adventure. Victor Yerrid is the puppy who brings Hup to life and provides his voice. He spoke to Showbiz Cheat Sheet about what makes Hup such a standout in The Dark Crystal: Age of Resistance. The Dark Crystal Period of Resistance premieres August 30 on Netflix. Hup was built to be cute in 'The Dark Crystal: Age of Resistance A modest Victor Yerrid says most of the work was done before he ever got to Hup. He's just the benefactor of attractive character design. Kind of the magic of a puppeteer vs. an on-camera actors you're kind of gifted with that beautiful before you do anything at all, Yerrid said. His look, to is so sweet. He was designed that way, but my goal is always to pay off how the character is conceived or written by the show creators. Even though he definitely has that beautiful built-in him, he also has a lot of other things. Podlings like Hup are more like Muppets than other 'Dark Crystal' characters The Dark Crystal was Henson's attempt to do a more mature fantasy film. The Gelflings and Skeksis were creatures related to epic fantasy literature. Podlings are more traditional Jim Henson dolls. Trying to be true to the original film, the Gelflings had very specific, very close to human kind of movement that differed from all the stuff the Jim Henson company had done before, Yerrid said. The pods, because they're small and cute, fit more into that kind of Muppet world that kind of got ahead of the movies. So yes, they tend to have that more bouncy cute kind of energy I think. You'll love Hup because he's a serious character in 'The Dark Crystal: Age of Resistance' Hup is enteruing, but the reason he stands out about 10 episodes of The Dark Crystal: Age of Resistance is because he's a dramatic character. Yerrid appreciates the Weta Workshop description of Hup. \What they're saying what's great is that Hup strives to be a paladin, a warrior, Yerrid said. So podlings typically aren't like that. Podlings are typically workers and they are lovers of life and drink and happiness. They help take care of the podlings. They're essentially carers. He wants to be a protector, a paladin. So he's a different kind of podling. I think that leads him to more dramatic situations. Hup speaks a real language in 'The Dark Crystal: Age of Resistance' You can pick up the gist of what Hup says, but it mostly sounds like beautiful gibberish. However, this is a real language he speaks. The name ended up being really well-fitting in the language Joe Lee created for the podlings, Yerrid said. Joe Lee, who is my hero in the podding world, he gave me and whoever ended up doing podding characters who characterize, a total roadmap for their world through this language. Yes, it has nouns and verbs and numbers. This is great. L-R: Hup, Deet and Rian in The Dark Crystal: Age of Resistance | Kevin Baker/Netflix Yerrid only learned the language after, however, got the role of Hup. When he first peppered Hup, he just made it up. The first time I performed the character for my audition, there was no language at the time, Yerrid said. It was just gibberish. We basically improvised Gibberish that I did a bunch before. Not poddings specifically, but that kind of gibberish improv stuff. Victor Yerrid speaks for Hup in 'The Dark Crystal: Age of Resistance' Unlike most Jim Henson projects, most of the puppies offer the finale does not of their characters in The Dark Crystal: Age of Resistance. Stars like Taron Egerton, Caitriona Balfe, Keegan-Michael Key and others called the votes. Only Yerrid could play Hup though. The plan was for them to dub most of the vote, but for whatever reasons, they thought because Hup podling spoke that it would be tough, Yerrid said. They decided ahead of time that it would be my voice that is a lot of things to my puppetry. It's acting, it's manipulation and voice and you kind of take one of those away, for me, not that it can't still be a great achievement, but it kind of takes me out of it. I feel like my manipulation is fun and combining the manipulation and voice for me is what organically kind of creates that character, so be able to maintain it in this show, I love it. This is great. Getty Images Good news: Having fun and being happy is vital to your longevity. 1 of 31 They have good dental care Your mom has bruised you to brush your teeth for good reason! Poor dental hygiene when you're young can lead to bacteria growing and eventually infections that can develop into more serious health problems such as gum disease, according to the American Dental Association. 3 of 31 They give back Giving back helps others, but it helps yourself too. The Cleveland Clinic found that charitable acts, such as philanthropic contributions or even a simple good deed self-esteem, can increase lower blood pressure and help you lead a longer, happier life. 4 of 31 They laugh there is a good reason why people tout the beloved phrase Laughter is the best medicine. According to one study, laughter reduces heart disease and stress, plus benefits the immune system, leading to a longer life. Bring the laughing lines! 5 of 31 They love openly Infuse love, both physical and emotional, in your daily life. Findings associate a strong, healthy marriage with a lower risk of illness and regular sex with a longer lifespan. 6 of 31 They limit stress Debilitating stress can take a serious toll on your health. Studies show that chronic stress ages you down to the cellular level and suppresses the immune system, thus creating more serious medical problems. Every body handles stress differently, but we recommend meditation, a mindful exercise like yoga, and a well-balanced lifestyle to keep stress in check. 7 of 31 They focus on the positive aspects of life According to one study, older people who reported being lucky were 35 percent less likely to die during a 5-year period. Inez Pachter of Greenwood, Mississippi, always felt her glass wasn't just half-full, it walked over. She lived 98 fulfilling years, said her daughter Robbie Hollander. 8 of 31 They enjoyed playing Sadie Levine of Westlake Village, California, in the work until she was 89, says her daughter-in-law, Irene Levine of Westchester, New York: She She She that she had been in contact with co-workers and clients half her age, kept her alert and rebuffed her from the losses in her life. Similarly, Eugenia Lollar Elliott of Rutherford, North Carolina, who lived until the age of 98, did not attend school until she was a teenager but quickly caught up. She became a teacher, canned with a faithful and every apple, pear and peach on the farm, said her daughter, Millie Sandman. 9 of 31 They used homemade remedies Gerdie Kleckley of West Columbia, South Carolina, zipped a spoonful of apple cider vinegar, a sip and a multivitamin every day. My grandmother swore it kept her essential in her 90s, said her granddaughter Joni Watling of Minneapolis. 10 of 31 They practice gratitude Simple acts like sending a thank you email and enjoying nature can lower blood pressure and boost your immune system. A daily practice such as keeping a gratitude journal can mitigate the effects of aging to the brain. 11 of 31 They carry sunscreen SPF 30 or more, specifically. Blower sunburn between the ages of 15 and 20 increases the risk of malignant melanoma by 80 percent and other cancers by 68 percent, said Delphine Lee, M.D., a dermatologist at the John Wayne Cancer Institute in Santa Monica, California. Be sure to reapply every two hours when you are outdoors. 12 of 31 They indulge in moderation Ages 30 to 50 is the best time to change the trajectory of how we age, says Sharon H. Bergquist, M.D., assistant professor of medicine at Emory University School of Medicine in Atlanta. 13 of 31 They believe they are in charge of their fate Bergquist says 80 per cent of diseases are preventable - in other words, there is much you can control the aging process. 14 of 31 They have a skincare

regimen Lee advises using a topical retoid therapy wrinkles and illuminating creams to even out your complexion. Use sparingly and with caution, as their skin can cause irritation. Products don't have to be expensive: Kimberly Cetron of Fairfax, Virginia, says her grandmother Beatrice swore by Ponds cold cream, Dove soap and daily naps Her complexion was lovely until her death at the age of 90, Kimberly says. 15 of 31 They don't wear a ton of makeup Avoid the heavy stuff—too many can cake into one's wrinkles and draw attention to softs. 16 of 31 They are not opposed to pharmaceutical aid Judith Kirkwood of Boca Raton, Florida, have a combination of testosterone, progesterone, and estradiol compiled by a doctor specifically for her. This led to a resurgence of my sex life, fell in love and fell in love at the age of 65, she says. 17 of 31 They get a physical get an annual physical every year, even if you feel well-small issues can lead to big problems later in Life. Prevention is easier than cure, said Barry Baumel, M.D., assistant professor of neurology at the University of Miami. 18 of 31 They take care of their heart Tracking You pressure is key: High blood pressure during the 30s, 40s and 50s can lead to heart and brain problems like Alzheimer's, Baumel says. 19 of 31 They have social lives Drs. Baumel and Bergquist agree that the back-and-forth of conversation keeps our brains firing much more efficiently than solitary activities like crossword or reading. In fact, a 2010 study of 300,000 people by the National Institutes of Health found that people without relationships had a 50 percent greater chance of premature death. 20 of 31 They play video games 21 of 31 They eat a plant-based diet... sometimes Dr. Bergquist, who writes about how brain-boosting foods can reduce the risk of Alzheimer's on her blog, Eat Healthy, Age Healthy, recommends eating a plant-based diet high in nuts, grains, fruits and vegetables and low in meat and sugar. Of course, not every nonagenarian plays by the rules: Irving H. Kaplan of Freeport, New Jersey, who was still writing ads jingles when he died at age 99, enjoyed a daily diet of hot dogs, French fries, butter, and a quarter of milk, reported his daughter Fran Kaplan. 22 of 31 They exercise regularly Working out helps build new pathways in the brain that create new ideas, but you don't have to be a triathlon to take advantage: daily walking works equally well. 23 of 31 They don't watch TV People who watch TV for six or more hours a day shorten their lives by nearly 5 years, according to an Australian study, which also found a correlations that suggest every hour of TV watched after the age of 25 reduced the viewer's lifespan by 21 minutes. 24 of 31 They don't smoke by some bills, every cigarette you smoke reduces your life by 11 minutes. 25 of 31 They never stop learning Joyce Lowenstein, 90, returned to Georgia State University at age 87 to get a degree in art history. She will graduate in 2017. 26 of 31 They make sleep a priority People who sleep for less than six hours a night have a harder time losing weight, have higher blood pressure and suffer from heart disease more than those who sleep at least seven hours a night, Bergquist says. 27 of 31 They were adventurous When Ruth and Robin Horvath of Atlanta were in their '60s, they took a three-month assignment in Kabul, Afghanistan, to help create master plans for military bases and police stations. They stayed for 8 years. The more we do, the more energy we have, and the more our creative juices are stimulated, Robin says. 28 of 31 They chose hobbies Margie Goldsmith of New York mixed-martial arts at age 65, the blues harmonica at age 67, and marriage at 68. I'm in the third act of my life, she says. 29 of 31 They have a sense of purpose People who make meaningful contributions to the world have higher 30 of 31 They have a childlike sense of wonder I approach life with the same curiosity I had as a child, and fight to keep it, says Maxine Rock of Atlanta. Atlanta. In her 70s, she and her husband David are avid cyclists living through Holland, Switzerland, France, and almost every major route into the U.S.

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