

Winter 2010

preserving your **Memory**

The Magazine of Health and Hope

Dr. Manny Alvarez

Fox News Health
senior managing editor
talks about Alzheimer's

Here Come the Baby Boomers

Our Aging Population
and Alzheimer's

Books for Caregivers

What We're Reading Now

**Plus the latest news
on Alzheimer's research
and treatment**



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Short Term Care	Name	Heidi	Oct 6, 2007	1	all 0:0 by Marc
new to alzheimer's	Name	lyn21	Oct 7, 2007	3	all 0:0 by Heidi
Help for Dementia Carers	Name	Adus	Oct 1, 2007	2	all 0:0 by Adus
my mom is driving me crazy	Name	jelle	Oct 4, 2007	2	all 0:0 by Adus
Other On Line Chat Sites	Name	Yae	Oct 4, 2007	1	all 0:0 by Marc
curious	Name	gimbea	Oct 5, 2007	2	all 0:0 by Yae
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preserving your Memory

The Magazine of Health and Hope



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Welcome to winter!



Betsey Odell

Welcome to winter and the new issue of *Preserving Your Memory*. This is the time of year when we spend the most time indoors, and with that in mind, we take a look at new books on caregiving you'll want to take note of (page 8).

You'll also want to read our cover story, an interview with author and Fox News' senior managing editor, Dr. Manny Alvarez (page 18).

While we're thinking of books, our story on author Gail Sheehy focuses on her most recent book, *Passages in Caregiving*, and all she learned from providing care for her husband (page 26).

Of course, caregiving will be a major concern for millions of Americans as the baby boomer generation begins to retire. Are we ready for greater numbers of Alzheimer's patients requiring care and caregiving? Find out beginning on page 10.

Just because it's winter doesn't mean we can take time off from taking care of ourselves. Toward that end, we learn how we can stay healthy even as we have fun at holiday parties (page 22).

I hope your winter includes time spent enjoying this issue of *Preserving Your Memory*!

A handwritten signature in blue ink that reads "Betsey Odell".

Betsey Odell
Editor in Chief



Please send your tips, stories or questions to the Fisher Center for Alzheimer's Research Foundation, West 46th St. & 12th Ave., New York, NY 10036, or by e-mail to betsey@alzinfo.org.

About the Fisher Center for Alzheimer's Research Foundation

Since 1995, the Fisher Center Foundation, a 501(c)(3) nonprofit organization, has been providing hope and help to the public by funding research into the cause, care, and cure of Alzheimer's disease and creating much needed educational programs. We are one of the world's largest research teams leading the battle against Alzheimer's disease. Our team of internationally renowned scientists, under the direction of Nobel laureate Dr. Paul Greengard, has been at the forefront of research that has provided a conceptual framework for modern-day investigations into Alzheimer's disease. Oprah's *O Magazine* listed us as the top charity to give to for Alzheimer's. For more information or to make a donation, go to www.ALZinfo.org.

The Latest News on Alzheimer's Disease and Brain Health

NIH Expands Neuroimaging Study

The Alzheimer's Disease Neuroimaging Initiative (ADNI), already in its first phase, is seeking volunteers for a second phase of tests to see how brain imaging might help detect AD and other forms of dementia earlier.

The second phase (ADNI2) will run over the next five years and will involve approximately 1,000 people between the ages of 55 and 90 at 55 sites in the U.S. and Canada. Using imaging techniques and biomarker measures in the blood and cerebrospinal fluid, researchers will seek to detect changes in the living brain that point to mild cognitive impairment (MCI), a common precursor to Alzheimer's disease, and to Alzheimer's itself.

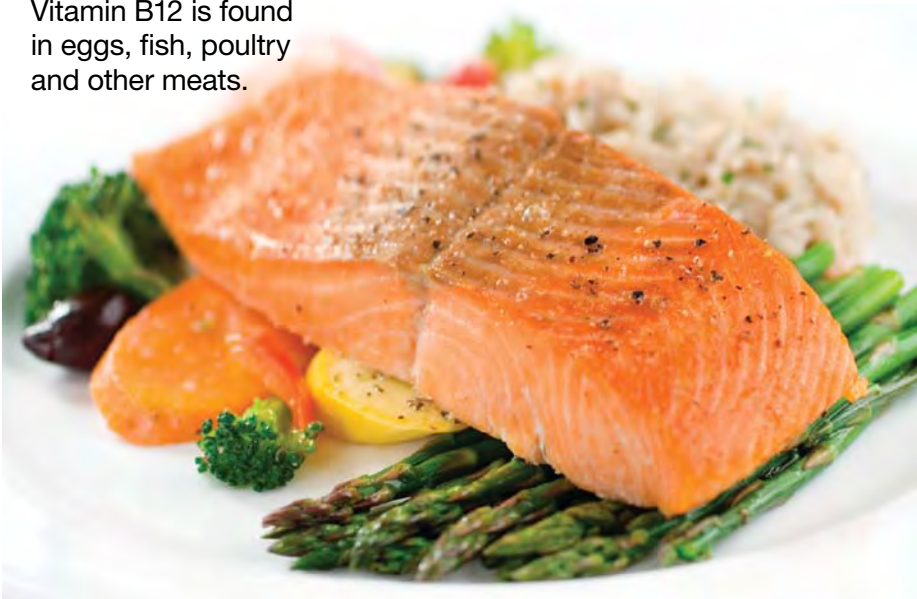
"ADNI2 will build upon the successes of this ongoing effort to identify the earliest signs of Alzheimer's disease, when damage to the brain may begin well before symptoms appear," said Richard J. Hodes, M.D., director of the National Institute on Aging (NIA). NIA, part of the National Institutes of Health (NIH), is leading the study.

Vitamin B12 May Aid in Lowering AD Risk, Study Finds

A small study indicates that a diet rich in vitamin B12 may help protect against Alzheimer's disease, according to findings published in the journal *Neurology*.

The study examined the levels of homocysteine, a protein that in high levels has been linked to stroke, in a group of 271 Finns age 65 to 79 who

Vitamin B12 is found in eggs, fish, poultry and other meats.



did not have dementia at the study's outset. The team also looked at levels of holotranscobalamin, a protein found in the blood that transports vitamin B12 to cells and is necessary for B12 to be active. Researchers found that increases in homocysteine modestly raised the risk of AD. However, an increase in holotranscobalamin dropped the risk of AD slightly. This could mean that prevention of B12 deficiency (which is common in the elderly) might reduce the risk of AD.

Researchers caution that more study is needed to draw conclusions on the role vitamin B12 plays in neurodegenerative diseases, such as AD. They also noted, that other studies of the role vitamins play in AD risk have yielded mixed results.

Vitamin B12 is found in eggs, fish, poultry and other meats. It is also available in supplement form.

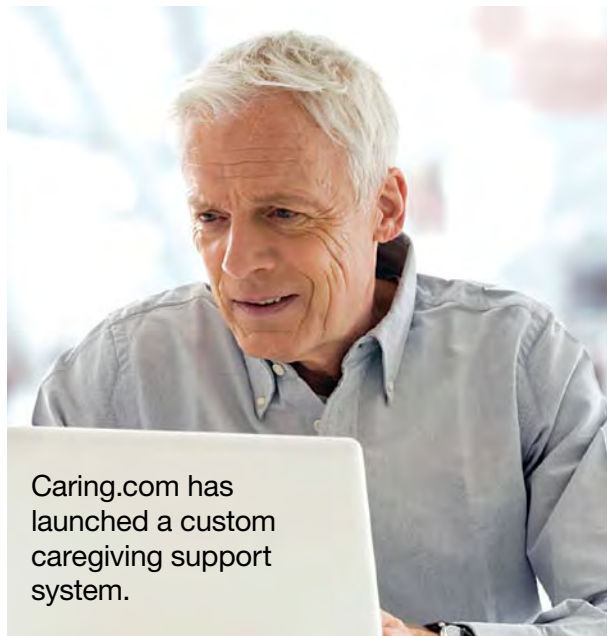
Caring.com Launches Custom Caregiving Support System

In October, the caregiving guidance website Caring.com launched Steps & Stages, a program consisting of an interactive guide, support system and customized e-mail newsletter that offers stage-specific caregiving advice for caregivers of people with Alzheimer's disease and other forms of dementia.

According to a survey conducted by Caring.com, 49% of caregivers identified that caregiving itself was their single biggest source of stress. The study identified a further problem: 61% of caregivers said that the actual diagnosis came one or more years after the symptoms first appeared, and nearly half said that even after diagnosis, they were unsure what stage of AD was affecting their loved one.

To use the program, caregivers begin by completing a stage assessment that

Caring.com uses to create a Custom Care Guide. The guide and weekly newsletters then provide guidance appropriate to the loved one's stage on how to handle symptoms as they arise.



Caring.com has launched a custom caregiving support system.

“We’ve created tools to help caregivers reduce stress and find comfort in understanding what they’re experiencing,” said Andy Cohen, co-founder and CEO of Caring.com. “Steps & Stages is about what they are experiencing today, along with guidance about what to expect next.”

For more information, visit www.caring.com/steps-stages/alzheimers.

Friends and Family May Be Best Alzheimer’s Screening Tool, Study Finds

New research published online in the journal *Brain* indicates that family members and close friends may detect the early signs of Alzheimer’s disease more effectively than traditional screening tests.

Researchers from Washington University School of Medicine in St. Louis found that those close to the person in question, when given the two-minute Ascertained Dementia 8 (AD8) questionnaire, were better able to provide an accurate assessment than other screening methods.

Researchers collected AD8 evaluations on 251 individuals, then tested them further using the Mini Mental State Exam, a traditional dementia screening test, and by evaluating biomarkers in spinal fluid assays and brain plaque scans.

“It’s not economically feasible to screen everyone for Alzheimer’s disease biomarkers,” said John C. Morris, M.D., director of the Charles F. and Joanne Knight Alzheimer’s Disease Research Center at Washington University School of Medicine. “The AD8 gives us a brief and very low-cost alternative that takes a few minutes of the informant’s time to screen for dementia and thus identify those individuals who need follow-up evaluations to determine if there truly are signs of Alzheimer’s.”

Docosahexaenoic Acid (DHA) May Not Help Slow AD Progression

Research published in the *Journal of the American Medical Association* found that DHA, a component of fish oil, also known as an omega-3 oil, did not slow the progression of symptoms in patients with early-stage Alzheimer’s. However, in addition to DHA, fish oil contains EPA (eicosapentaenoic acid), which is another kind of omega-3 oil. The current study tested only DHA. The study was funded by the National Institute on Aging. It is not known whether DHA could reduce the risk of developing AD in the first place.

Approximately 400 men and women with an average age of 76 were randomized to receive 2 grams of DHA daily, or a placebo. All study subjects had been diagnosed with mild to moderate AD. Participants in the treatment group showed increased amounts of DHA in blood and cerebrospinal fluid, but showed no difference in cognitive

decline compared with the control group.

“DHA supplementation did not slow the progression of Alzheimer’s disease,” said Dr. Joseph Quinn, assistant professor of neurology at Oregon Health and Science University in Portland. He cautioned that treating earlier may yet be found to help as prior studies have suggested. The effects of omega-3 oils vary, depending on other oils present in the diet, such as omega-6 oils. So testing of omega-3 supplementation in Alzheimer’s disease is not a simple matter.

Heavy Smoking Increases Alzheimer’s Risk, Research Shows

Smoking’s negative effects on health are well documented. A new study published in the journal *Archives of Internal Medicine* indicates that heavy smoking—at least two packs a day—in middle age increases the risk of developing Alzheimer’s disease later in life by 172%.

The long-term study followed a large group of participants over a period of years. Researchers tracked 21,123 California residents between the ages of 50 and 60 who completed a health survey from 1978 to 1985. Researchers followed up with participants again between 1994 and 2008, and found that more than one-quarter had been diagnosed with dementia, with 1,136 developing AD. Those who smoked two packs a day or more had a significantly higher risk of being diagnosed with AD than did those who smoked less (half a pack a day), former smokers, or non-smokers.

Researchers still aren’t sure how smoking impacts brain function. But smoking is known to cause inflammation and damage cells via toxic free radicals in the body, both of which conditions are associated with the onset of Alzheimer’s, said Rachel Whitmer, a scientist at the Kaiser Permanente Division of Research. ■

Check the Fisher Center website (www.ALZinfo.org) often for up-to-date and expert-reviewed scientific news.



Reading Alzheimer's

Whether you're looking for advice, inspiration or scientific knowledge, you're likely to find what you're looking for among our latest selection of books on Alzheimer's disease and caregiving.

If you know someone who's struggling with their loved one's diagnosis of Alzheimer's, we have several books listed here you might want to consider giving as a gift. If that person is you, take a look for the sake of your own personal library. One provides scientific detail of mental health and the aging process while another breaks down Alzheimer's caregiving into laymen's terms. Yet another takes a deep Buddhist approach to dealing with the disease, while a fourth book puts the journey in a more poetic light.

Staying Afloat in a Sea of Forgetfulness: Common Sense Caregiving,
by Gary Joseph LeBlanc

No one can fully understand the tough job of an Alzheimer's caregiver better than someone who has carried that same burden. Gary Joseph LeBlanc is one of those people.

As the primary caregiver of his father, who suffered with Alzheimer's disease for nearly a decade, LeBlanc sought every resource he could find on the illness. He noticed that much of the information was too technical for the average layperson. "When caregivers are looking for help, the last thing they need is medical text so complex they already forgot what they read by the time it's laid back down," he says. This led him to write a weekly common-sense caregiving column for the *Tampa Tribune* in which he broke down Alzheimer's care advice in a way that others in his shoes could easily relate to. LeBlanc, who is also a blogger for www.ALZinfo.org, made it his mission to provide "caregiver friendly" advice to those caring for loved ones suffering from Alzheimer's.

His columns evolved into *Staying Afloat in a Sea of Forgetfulness*. In this book, he shares triumphs and hardships from his 3,000-plus days of caregiving.

Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's,
by Olivia Ames Hoblitzelle

It's not every book on Alzheimer's caregiving that gets recommended by the Dalai Lama. In fact, Olivia Ames Hoblitzelle's *Ten Thousand Joys & Ten Thousand Sorrows* may be the only one. Like many other authors who write on the topic, Hoblitzelle was also a caregiver of a loved one with Alzheimer's disease.

But her book offers a unique perspective that most on the market dealing with Alzheimer's don't: a Buddhist approach. When Hoblitzelle's husband was diagnosed with the disease, the two made a pact to navigate it according to their Buddhist practices. *Ten Thousand Joys & Ten Thousand Sorrows* details how the couple managed this positive approach during the final, challenging phase of their marriage. Intimate accounts of their journey show how they chose to deal with the illness and its impact on their lives with peace, comfort and courage rather than letting the disease consume and define them.

Each chapter of the book closes with reflections and suggestions that teach others the path Hoblitzelle took with her husband. The suggestions include communication strategies for explaining Alzheimer's disease to others, activities for handling caregiving stress and meditation techniques for reconnecting with your loved one.

***The Long Hello, the Other Side of Alzheimer's,*
by Cathie Borrie**

How do you picture a typical Alzheimer's book? Maybe a guide that's filled with facts or advice? Perhaps a journal filled with personal anecdotes and experiences? Chances are a book of poetry wasn't what you imagined. That's what makes Cathie Borrie's book, *The Long Hello*, unique in the world of health and caregiving books. A lyrical memoir, the book shares both the joys and sorrows of coping with a loved one's Alzheimer's disease, while also highlighting the strength of a mother-daughter relationship. Excerpts of *The Long Hello* have been shortlisted three times in the Canadian Broadcasting Corporation Literary Awards, Canada's most notable writing competition for unpublished work. Borrie, who is a blogger for www.ALZinfo.org, is also the author of *Looking into Your Voice, the Poetic and Eccentric Realities of Alzheimer's*.

***Aging and Mental Health (Understanding Aging), Second Edition,* by Daniel L. Segal, Sara Honn Qualls and Michael A. Smyer**

The second edition of *Aging and Mental Health* has just been released. The first edition of this quintessential book on understanding the aging process was published in 1999.

The latest version has been fully revised and updated. It reviews current models of mental health and illness and their impacts on mental health treatments in older adults, highlighting case studies and assessing therapies. The new edition also includes information on the development and implementation of evidence-based protocols in mental health and aging, including a discussion on long-term




A good book on Alzheimer's caregiving is a great way to enhance your own experience as a caregiver.

care. You'll also find that this version addresses recent changes in the field. *Aging and Mental Health* is not a light read.

Its primary focus is to inform medical professionals, students and educators. However, it's worth checking out if you're interested in delving further into the subject. ■

All of the books listed above are available for purchase on Amazon.com and through booksellers everywhere.



The baby boom generation will expand the Alzheimer's population significantly, experts believe.

Ready or not ...

By Tamekia Reece

Alzheimer's will hit baby boomers hard, but are they prepared?

Baby boomers are known for being spirited, resilient and somewhat self-focused. Although those traits have helped boomers—people born between 1946 and 1964—achieve political, financial and personal success, many will soon face an enemy that, as of now, can't be defeated: Alzheimer's disease (AD).

The current estimate is that one out of every eight—or almost 10 million—American baby boomers will develop AD. And with the first boomers reaching their 65th birthday in January 2011, for some the hit will come sooner than expected. Even if the boomer himself doesn't get Alzheimer's, chances are a parent, spouse, sibling or other loved one will.

Are boomers prepared? Not even close. Boomers are in for a big surprise because the vast majority simply doesn't understand Alzheimer's, says Donahue Vanderhider, M.S.G., a gerontologist in Los Angeles and CEO of DementiaCareSecrets.com. "They know it involves loss of memory, and that's about it. I think few boomers realize that Alzheimer's is a progressive, irreversible, fatal illness that not only robs people of their memories, but everything else controlled by the brain," he explains.

Here are some of the effects Alzheimer's may have on the boomer generation.

Changes in career/retirement plans.

While some middle-age people are determined to continue their careers for decades to come, many are anxiously awaiting the golden years of retirement. An Alzheimer's diagnosis can crush both dreams. "When Alzheimer's strikes, all other planning goes out the window," says Sanford J. Mall, an elder law attorney in Farmington Hills, Mich. "Retirement plan money is often exhausted just compensating for lost wages (when a wage earner is stricken) and care services," he says. Boomers who have a loved one with Alzheimer's may have to delay retirement or get a second job (to help pick up the financial tab), or they may have to stop working altogether if they're the primary caregiver. If the boomer himself develops dementia, he'll likely be forced into early retirement as the disease progresses.

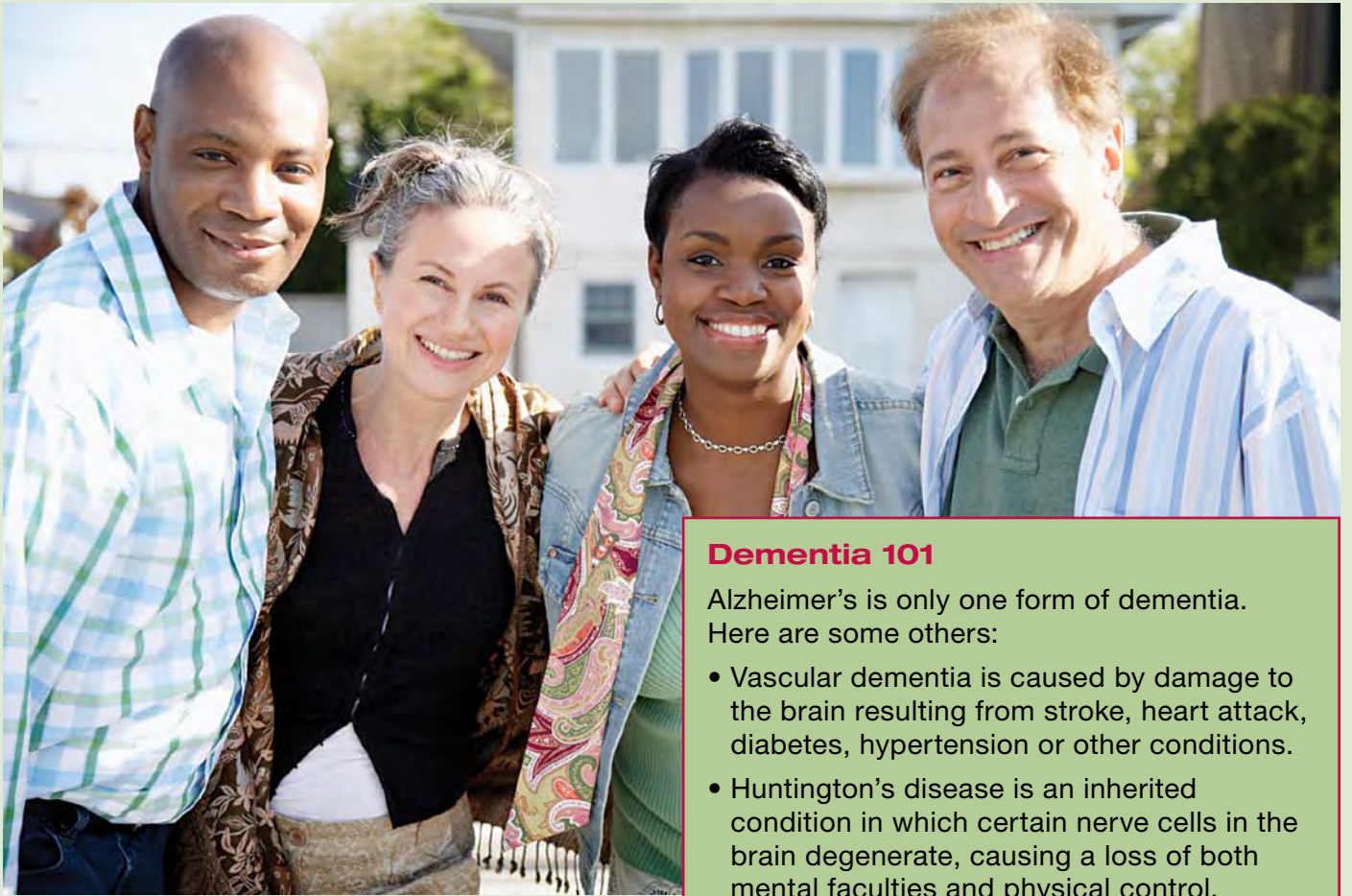
The toll of caregiving. As difficult as it is to cope with an Alzheimer's diagnosis, the demands of caregiving can quickly overshadow those emotions. "Someone suffering from Alzheimer's needs around-the-clock care," Vanderhider says. That means, caregivers experience huge bouts of stress, feelings of anger, resentment and guilt, social isolation and, in many cases, the caregiver may neglect his or her own needs. "An often quoted statistic is 50% of caregivers die before the person they are caring for," Vanderhider says. He attributes the high death rate to long-term stress.

While some caregivers are part of the "sandwich generation"—responsible for caring for an aging parent and their own children—the forthcoming Alzheimer's boom will produce a different "sandwich effect." "As unpleasant the thought, the reality is a significant number of families will be dealing with intergenerational Alzheimer's—when the illness spans two or more generations in the same family—a phenomenon that until now has been rare," says Vanderhider. So, in addition caring for a parent with Alzheimer's, a caregiver may find herself having to cope with a sibling's diagnosis—or even her own.

Financial turbulence. Alzheimer's deals a tremendous financial blow to families. Most aren't able to self-finance the high cost of Alzheimer's care services. And, unfortunately, many don't realize that standard health insurance, short-term or long-term disability insurance or even Medicare doesn't cover the cost of care, Mall says. The financial impact may hit even boomers who aren't directly affected by the disease: The costs of health care are going to increase rapidly as boomers age. At present, \$172 billion is spent annually on caring for Alzheimer's patients. By 2020, the cost of AD care is expected to be \$2 trillion and by 2050, almost \$20 trillion, a price tag that could overwhelm and even bankrupt our health care system.

The new health care reform law has a number of Alzheimer's provisions that will help ease the crunch a little for some families. "Under the new law, beginning in 2011, Medicare will pay for every Medicare beneficiary to have an annual wellness visit that includes tests for cognitive impairment," says Steven J.J. Weisman, an elder law attorney and author of *A Guide to Elder Planning* (FT Press, 2003). To encourage more states to provide home- and community-based care for dementia patients, federal Medicaid payments will increase for states that do provide those services, allowing many early-stage AD patients to be cared for in their homes longer. Additionally, a new voluntary insurance program, called the CLASS Act, will help some people pay for non-medical services they require for daily living. "People will pay premiums while employed and then be eligible for cash payments if they become impaired," Weisman says. Payments can go toward home modifications, accessible transportation, assistive technology and other non-medical uses.

Legal hurdles. Overwhelmed by financial issues, many families don't consider the legal complications of dementia until it's too late. "From a legal perspective, being prepared means having well-drafted and up-to-date medical and financial powers of attorney," Mall says.



A new “sandwich effect” may begin developing among boomers, in which caregivers provide care for a parent and a sibling.

(continued from page 11)

Statistically, most Americans fall short in these areas. They either don't have these documents at all, didn't include specific emphasis on living with AD or their legal documents aren't up-to-date, Mall explains. Being unprepared legally can mean facing time-consuming and expensive court procedures to work out the details of assets, beneficiary designations, treatment and placement decisions, and other important matters.

To reduce the chance of legal difficulties, boomers should prepare in advance by consulting with an estate planning/elder law attorney to design a plan that, among other things, addresses what happens in the event of Alzheimer's, Mall says. Then, commit to keeping the plan updated so that it keeps pace with personal, financial and legal changes.

While no amount of planning can prevent Alzheimer's altogether, some careful preparation can reduce the overall devastation the diagnosis can have on a person and his family. ■

Dementia 101

Alzheimer's is only one form of dementia. Here are some others:

- Vascular dementia is caused by damage to the brain resulting from stroke, heart attack, diabetes, hypertension or other conditions.
- Huntington's disease is an inherited condition in which certain nerve cells in the brain degenerate, causing a loss of both mental faculties and physical control.
- Mixed dementia is dementia caused by more than one medical condition. For instance, dementia caused by both Alzheimer's and vascular disease.
- Lewy body dementia (LBD) results when abnormal protein deposits—called Lewy bodies—develop in the “thinking” and “movement” areas of the brain. People with LBD experience declines in mental and physical abilities.
- Frontotemporal dementia occurs when the frontal and temporal lobes of the brain—the areas associated with behavior, personality and language—shrink (the cause is unknown). This dementia may cause socially inappropriate behavior, lack of empathy, language problems, and concentration and thinking difficulty.
- Parkinson's disease isn't a form of dementia; it's a movement disorder. However, many people with Parkinson's disease also develop dementia (PDD).

The Gift of Music for the Holidays

As a caregiver for someone with dementia, you may be wondering what gift to give your loved one for the holidays. Have you considered the gift of music this holiday season?

In my 15 years of experience as a therapeutic musician, I have led countless musical sing-along programs for those with Alzheimer's disease and other forms of dementia. During these programs I often witness music's power to unlock memories. My students remember the melody and lyrics of old familiar songs as well as the life experiences that the music evokes. I find this to be true for all stages of the disease and current research confirms my experience.

One of my students, Edie, is 85 and has mid- to late-stage Alzheimer's disease. She rarely speaks, but when I played "Home on the Range" on the piano, she went from sitting quietly to becoming quite animated. Edie shouted, "I had a horse named Buddy." This type of reaction to familiar music no longer surprises me. Music can bring dramatic behavioral changes, encourages socialization, and improves the overall well being of those with dementia.

Research confirms the benefits music has for Alzheimer's patients. It has been reported that singing on a daily basis can raise the brain chemicals melatonin, epinephrine and norepinephrine in our blood levels, thus positively affecting our mental state. Testing of patients with dementia who sing daily shows that these elevated blood chemicals help them to become more active, more cooperative and less agitated, and often improves their ability to sleep.

With the strong evidence of the positive benefits of music and singing, wouldn't it be wonderful if your loved one could sing every day? There are a variety of ways to bring old favorite music into their lives. Your local public library is a good resource for borrowing free musical CDs



Music has demonstrated benefits for Alzheimer's patients and caregivers.

and old movies or operas on DVD. There are a number of music and sing-along programs on the market that can be purchased through senior product catalogs and Web sites. You might also consult your local skilled nursing facility's activity director for suggestions and ideas about their favorite musical activity program.

As the holidays approach, I encourage you to consider a musical gift for your loved one. I know you will be happy you did, as it will be beneficial and enjoyable for them, and it may give you some well-deserved respite time.

Happy Holidays! ■

Barbara Jacobs, M.S., is a therapeutic musician who has taught music classes at long-term care facilities for 15 years. You can e-mail her at barbara@customvideosf.com. Her sing-along DVD programs are available at www.FrontRowSeatVideos.com.

There is no age limit on learning to play an instrument, and the benefits are enormous.



Celebrating Senior Sounds

Playing an instrument is not an activity that must end with one's youth. Two innovative programs are showing the way to keep older adults engaged with music.

For Jim Valentino, a 67-year-old retiree, the clarinet called him back. "I was one of the millions of kids who played in high school, but later in life let it go," he recalled. "I remembered what it felt like when you made music with other people, and I realized I could go back to it without worrying about becoming a great musician as a senior."

For 68-year-old Cal Johnson, it was the tuba. "When I was in a private boys' band in high school, I marched in the Tournament of Roses parade about five times, carrying a sousaphone about 7 miles," Johnson said. "It was a great experience, but that all sort of ended after high school. About 40 or 50 years went by, and I retired as a mathematician. My wife did not want me sitting around the house, so she got me involved in a couple of choral groups and this band. And now that I am retired, I consider this my activity."

Jim and Cal are members of the New Horizons Band, a performing group organized and led by the Third Street Music School Settlement in New York City and sponsored by MetLife Foundation. The band is one of several catering primarily to older adults that Third Street hosts.

As our population ages, more older Americans are finding they need to take positive steps for their overall health. Making music provides a wonderful outlet for mental engagement, while strengthening social connections through the many informal musicians' communities across the country.

Engaging Older Adults

The oldest community music school in the United States, Third Street Music School Settlement primarily serves young musicians throughout the years of their formal education. But in 2007, the administration saw

an opportunity to reach older adults in the local area through an international program called New Horizons International, which was started by Eastman School of Music professor Roy Ernst. "The cornerstone of our adult-engagement initiative is the New Horizons program," said Nancy Morgan, director, School & Community Partnerships for Third Street. "We started in the fall of 2007 and were the first New Horizons band in New York City." Third Street launched their band through a grant from the National Endowment of the Arts.

"We started with a single band that year and had 15 to 20 students by the end of the year," Morgan added. "Most of the musicians had not played a lot. It was a little slow getting started. We even helped people rent instruments if they could not afford to."

The program has since expanded to include more bands, a chorus for people age 60 and above, and much more. There is an adult chamber music program, which is a 90-minute session for practice and coaching. Third Street also offers individual and group instruction for older adults. "Doing group work is very important with the older adults because of the social aspect," Morgan pointed out. In addition, there's Season Pass, in which adults can purchase 6 hours of instruction with a Third Street faculty member, and an Adult Performance Workshop, which is an evening program as well.

All told, the Third Street adult engagement program includes between 150 and 200 adults, Morgan said. The program is sponsored by grants from the National Endowment for the Arts, the Jean and Louis Dreyfus Foundation, and MetLife Foundation. "MetLife Foundation has been extremely supportive of this program, giving us major grants last year and this year as well," Morgan said.

Some of the New Horizons musicians even come after school to work with younger students. “Some of the work we do with the New Horizons Band is intergenerational, so we will bring the public school kids here and have them read and play the same piece with the adult band, where they are sharing stands,” Morgan explained. The kids love it, too. “These sessions have been described as ‘an explosion in a spaghetti factory.’ Just a delightful thing for the school to have the adults come during the day.”

For the Joy of Music

The musicians of the New Horizons Band describe their participation in the most enthusiastic terms. In part, the enthusiasm lies in the pleasure of playing together. “Everyone here is so motivated. They are here because

they want to be here,” said Marianne Ledwidge, a 59-year-old clarinetist. “Because of that, it adds to the speed of the learning curve because everyone is so relaxed about learning and playing together.”

Indeed, the New Horizons Band has not only grown together, but also grown very good in the process. The band has played a number of public concerts in the past couple of years and continues to do so. But it did not necessarily start out that way. The band had to learn how to play together, and to dust off old skills in the process.

But not everyone in the band has prior experience. “I have seen people come here with no prior experience, and within a year, they are sitting in with the band,” said Valentino. “At the end of the second or third year, they are playing as good as anyone else. The ability to learn

**New Horizons Band,
Winter 2008.**



an instrument later in life works. You can learn starting in your 70s, even, in the right environment.”

One of the most common objections band members hear from those they try to encourage to participate is this: “I am too old to start learning something new.” 74-year-old clarinetist Larry Hellenberg is having none of that. “A lot of people I try to encourage to join us wonder, ‘How can I start now, at my age?’ And I try to explain to them that yes, you can because we are all doing it,” he said.

Then there’s the joy of playing music in and of itself. “You come together to play a song, and it feels great when you come together to play a song,” Valentino said.

Another benefit: Being together among other people who love music. “It is wonderful being part of the community that may not have come together in any other way,” said Ledwidge.

A Seat on Stage

On the opposite coast, the Pacific Symphony is starting an initiative all its own to open the stage to the community’s amateur musicians: The Side-by-Side program.

Open to all musicians over the age of 24, the Side-by-Side program seats up to 60 community amateur musicians with the professionals of the Pacific Symphony for two one-hour sessions on stage at the René and Henry Segerstrom Concert Hall in Santa Ana, Calif. The sessions will consist of a 45-minute rehearsal, followed by 15 minutes of performance of selected movements from Mussorgsky’s “Pictures at an Exhibition.” The performances are free and open to the public.

“There are many, many terrific and dedicated community ensembles which are comprised mostly or entirely of adults,” said Molly Buzick Pontin, manager of arts-X-press and community engagement for the Pacific Symphony. “So there are generally opportunities for people of all ages to play in some great groups. But the special events—the chances to learn from or work with master musicians—are something that become much rarer once one has finished college or grad school.”

The Side-by-Side program is designed to address that need, she says. “This is something we have wanted to do for a very long time, because when you are a kid and in youth ensembles, there are all kinds of opportunities to play and train with master musicians,” said Pontin. “But those opportunities dry



Carl St. Clair and the Pacific Symphony.

up once you are an adult, so we saw this as an opportunity to engage older adults who are amateur musicians.”

The performances are scheduled for May 16, 2011.

Pontin is anticipating a big response from the community’s amateur musicians. “We are talking to conductors of community ensembles of Orange County to spread the word. They have been hugely enthusiastic, as the musicians have an opportunity to play with the symphony and are energized by the opportunity,” she said. “The conductors have been very excited. I am a former conductor of a community ensemble myself, and an opportunity like this is a terrific tool for maintaining vitality in any adult setting. There are mental, physical, intellectual and social benefits to a program like this.”

Key to the program’s launch is MetLife Foundation’s support. “We could not do without them,” says Pontin. “We are a per-service orchestra, so our players are paid for each performance. The more work they do, the more we pay them. We also pay rent to the concert hall whenever we play there. So MetLife Foundation’s support enables us to keep the participation fee low so everyone can participate, while still putting on a really great program.” ■



Ask Dr. Manny

Manny Alvarez, M.D.—better known as Dr. Manny to his millions of readers and Fox News viewers—is an advocate of Alzheimer’s disease research. We talked to Dr. Manny about his advocacy and the importance of maintaining good health throughout one’s life.

Dr. Manny is indeed a “real” doctor. He’s the Chairman of Obstetrics, Gynecology and Reproductive Science at Hackensack University Medical Center in New Jersey, and an adjunct professor of obstetrics and gynecology at New York University School of Medicine in New York City.

He’s also the author of *The Checklist*, a comprehensive guide to good health for all ages, and *The Hot Latin Diet*, his newest book, which is a diet plan and more for Latina women. But Dr. Manny is perhaps best known as the senior managing editor for the Fox News Channel, where he is a frequent on-screen contributor for many of Fox News’ daytime broadcasts.

We spoke with Dr. Manny about Alzheimer’s, and health in general.

You have talked about aging and Alzheimer’s disease on the air. Why is AD an important subject to you?

It’s an important subject because we still don’t have a cure, and we still need to do a lot of research to understand the mechanics of the disease and find a cure. For someone like me, from a clinical perspective—I’m in women’s health—I’m also dealing with breaking health news every day, with my other position. Alzheimer’s comes up with any relationship in a family; it affects so many people. If you look at the national stories that come up year after year, AD is always a topic of conversation. The aging population continues to grow, and the physical conditions of the present population, metabolically speaking, are not good—1/3 of Americans are overweight, high cholesterol is a problem, and we still have large populations of people who are smoking—so we may see more and more cases of

AD. It’s a disease I’m fascinated with. This is something that could happen to me, and it’s incredible that there is so little emphasis on research at the federal level.

As individuals, what can we do to reduce our risk of developing AD?

I think that there are some basic things one must do. First, everyone must be very familiar with their family history. It’s very important to sit down with your parents and ask about the family’s past. Many diseases have significant genetic predispositions.

Second, no matter what age you are, you have to think about living a well-balanced, healthy life. There’s a great difference between your chronological age and your metabolic age. You may see someone who’s 50 years old, but they’ve taken care of themselves the right way, with moderate exercise, balanced meals, getting preventive health care physicals—and their metabolic age is much younger than their physical age. That’s one way to prevent any disease process that might be evolving in your body.

Third, especially if you have a loved one who has AD, you must begin to understand that AD is best detected in the early stages. There are current treatments that may slow down the progression of AD. So the sooner you get into some sort of treatment, the better your chance of slowing down progression.

Exercise is important to healthy aging. What do we need to understand about the impact exercise can have on us as we get older?

People need to understand that physical activity does not stop, from the moment we’re born to the moment we



Dr. Manny Alvarez (right)
on the Fox News set.

die. The human body was not made for sedentary status; it was made to move. Our metabolism is predicated on moving, on balancing calories in and calories burned. We are not animals who hibernate; we always need to be on the move. Exercise must always be a part of our daily routine, so that if you continue to be active, that's going to improve your overall health. Even if you've never exercised before, you can start now because your body is very forgiving. Moderate exercise should be introduced, just ½ hour 3 times a week, and your body will thank you for it. After that, the more physical exercise you do, the more you'll have the appetite to do more.

Likewise, diet plays a role in healthy aging. Why is diet so important? What are some foods that contribute to healthy aging?

Diet is very important, but unfortunately the American diet has changed over the last 20 years. We have gone from

a society that went for fresh and organic products, from cooking with things that are in season, and gone to view food as something prepared and ready to go. We are paying the price for that. Processed food is high in calories, sugar content, fat content, etc., and this has led to the obesity problem we see nationwide. The best diet in the world is, number one, home cooking, which is a must. Americans must cook more at home, and more in season with freshly grown produce, which tends to be of highest quality and best nutritional value. You have lean proteins, complex carbohydrates, good fats, all blended together in a very balanced way. You don't want to be too high in carbs, and we eat too many carbohydrates as is. Balance is key.

But also, portion control is very effective. You can manage that by having good eating etiquette. Instead of eating on the go all the time, sit down at a dining room table and create a nice plate for yourself, and chew your food slowly. Take your time. That will reduce the size of your portions because you give your body a chance to understand that it's full.

As our nation ages, AD will be a growing concern for us all. What do we all need to know and understand to better prepare as the baby boomers enter their senior years?

We need to be informed. Information is a powerful tool, especially if you're doing the things I mentioned earlier, so you're doing your part by taking care of yourself. Staying on top of the right information can make a huge difference, too. One of the encouraging things about the Fisher Center Foundation is that their website is a great source of information. Caregivers can get all the info they need to deal with the disease as it stands now, and stay up to date with the latest research there.

Many of us are or are going to be caregivers for loved ones with AD or other forms of dementia. How can we prepare ourselves to be better caregivers?

I always say that AD is a family disease because it affects the whole family. Just the other day I interviewed a 16-year-old girl, a very lovely young lady who lost her father at 40 to AD. You can see that even though we think of AD affecting older folks, it can strike people in middle age, too. She was 10 years of age when her father was diagnosed. It was heartbreaking to her to see her father forget what a fork was for, how to use it correctly, and she had to help him use the fork properly so he could eat. One of the things about AD that is so devastating is that you begin to lose contact with the reality around you. Adults understand it, and it's hard for them, but little kids often don't. So having resources to explain all this, information resources, can help us prepare as families for the ramifications of AD, and give us all we need to know to prepare to provide care.

What role can Fox News Health play in helping AD caregivers and patients?

Fox News Health is a project that has grown over the years to a very massive audience, over a million viewers. AD is one of the diseases that our viewers are most interested in. Fox News Health's viewership is one that is naturally interested in AD, and that is one of the topic pages at the forefront of our website, too. We have a lot of info there, as well. Our mission is to help folks decipher all the medical news and stories that are circulating out there, and to balance that with accuracy, with fairness, and with a straightforward approach so people get the help they need so they can go to their doctors with the right questions.



Dr. Manny on the Fox News set.

What are the challenges faced by immigrant families, minority populations and others who may be less familiar with the workings of our health care system? How can we as a nation do a better job of making health resources more available to them?

Immigration is something we always talk about. When you get into a hospital, everyone is treated equally. For a doctor or nurse, it doesn't matter where you come from or what language you speak—you are the patient. But there is a distinction in the kind of information people can understand. The whole industry needs to learn how to explain especially to newly arrived immigrants the issues involved with disease processes they're facing (or their families are facing).

If you look at Latino families that come to this country, their weight may be normal, but after they've been here 5 years, there's an obesity problem. So we need to reach them with important information, especially with an eye toward cardiovascular disease and stroke prevention.

With AD, it is a perfect message to give. Many families don't understand AD, confusing it with natural aging, and they don't understand what AD is. The health care system must engage in outreach to these communities with clear explanations in their cultural framework, in their language, to educate them. ■

Therapies Other Than Medication Improve Outcomes for AD Patients, Fisher Center Study Finds

Non-pharmacological therapies (NPTs), such as physical activities, behavioral interventions and cognitive training, can improve outcomes for people with Alzheimer's disease (AD), according to new research published in September by Barry Reisberg, M.D., and an international team of researchers.

Dr. Reisberg, the Director of the Fisher Alzheimer's Disease Education and Resources Program at the NYU Langone Medical Center, and his team reviewed previous worldwide studies to assess which therapies proved most effective in helping Alzheimer's patients. They found that such outcomes as improved thinking and behavior, as well as delay in institutionalization of patients with Alzheimer's, resulted from the use of NPTs. They also noted that NPTs could prove cost effective as interventions in Alzheimer's care.

"Patients with Alzheimer's can't live without care, especially in the later stages," says Dr. Reisberg, who is also the Clinical Director of the NYU Silberstein Aging and Dementia Clinical Research Center, and a member of the Steering Committee of the Center of Excellence on Brain Aging at NYU Langone Medical Center. "If we don't intervene with cognitive, behavioral and physical therapies, patients will develop physical problems, and ulti-



Dr. Barry Reisberg, Director of the Fisher Alzheimer's Disease Education and Resources Program at the NYU Langone Medical Center

mately, deformities as well as agitation. We must help patients through the various stages of Alzheimer's so that their needs are managed."

A meta-analysis revealed that a multi-component intervention developed by Mary Mittelman, D.P.H., research professor in the Department of Psychiatry at NYU Langone Medical Center, showed the most evidence of efficacy of any NPT. These include improving caregiving intervention skills, mobilizing the support of fam-

ily networks and caregiver counseling. Dr. Mittelman's research was honored with the first global award for best evidence-based intervention for patients with dementia and their caregivers by Alzheimer's Disease International and the Fondation Mederic Alzheimer in 2009.

Dr. Reisberg, who developed the Global Deterioration Scale and the Functional Assessment Staging scale to determine the level of decline in people with Alzheimer's, noted that the interventions can be tailored to a patient's particular stage of cognition and functioning, ranging from "very mild decline" to "very severe decline."

"Comparatively little has been done to investigate non-pharmaceutical resources and care strategies," Dr. Reisberg says. "But it is the caregiving that patients with Alzheimer's disease rely on as the disease progresses. For the first time, we have comprehensively and systematically looked at these types of interventions and find them to point to efficacy for both patient and caregiver. Although current research is promising, much more research needs to be done, which should result in very large payoffs in reduced societal burden and improved patient well being." ■

For more information or to read the full finding, please visit www.ALZinfo.org.

Holiday Healthy

You can keep your winter feasts healthy by following a few tips.

It's holiday time, and an extravaganza of food is rolling at you like a freight train. Cookies, ham, buttery potatoes, eggnog, and a questionable amount of cocktails—how do you handle this kind of abundance? Your taste buds yell, yes! But your waist and your entire cardiovascular systems says, whoa, nelly! It's time to turn to a professional to establish a game plan for what to eat and how much to eat as you head into the most wonderful time of the year ... for food.

Mostly Good Food That's Mostly Good for You

First, the good news. "Holiday meals are actually pretty healthy," says Tim Harlan, M.D., Medical Director of Outpatient Clinics at Tulane University School of Medicine in New Orleans—aka Dr. Gourmet. Take Thanksgiving. As far as meats go, you can't get any better than turkey. Oftentimes people eat it with wild rice, yams, Brussels sprouts, beets and other root vegetables. "All of these things are really good for you. The problem is that we tend to go back over and over again," Harlan says.

Of course, some foods are healthier than others. Many folks' mouths water at the thought of a ham sitting front and center on the dinner table. But ham, and other highly processed meats, may have been the real culprit during our years of fearing red meat. Research now shows that red meat high in saturated fats, when consumed in moderation and in combination with monounsaturated and polyunsaturated fats, aren't bad for us—but highly processed meats are.

So, when choosing the centerpiece of your meal, look to good-quality meats, like roast tenderloin, roast loin of beef, top round or London broil. And go for the grass-fed beef whenever possible. "We are seeing some interesting research that animal proteins that are grown in large factory farms and are fed a diet of mostly corn and soybeans exhibit a change in the quality of fat," says Harlan. "With animals that are fed more naturally, like, say, grass-fed beef, the fat is made up of better quality mono-unsaturated and polyunsaturated fats as opposed to higher amounts of lower-quality-type fats."

"Plus, the recipes that go with these types of meats are a little fancier, they taste great, and people will just forget that they ever ate ham," says Harlan.

Plate It Up Right

Once you've created an amazing meal, dish out reasonable servings. Harlan points to two practices that can help limit intake. For one, you can plate foods in the kitchen rather than going buffet style. Fill that plate up with your favorite foods, but don't overfill it. Once you've chowed down, exhibit a little self-control. Observe the one-plate rule, and don't go back for seconds. Remember, you can still indulge in leftovers over the coming days.

Treats Are a Treat

The holidays are a special time of year, and special times call for desserts. Don't beat yourself up about indulging in pie at family gatherings. This is the time to

do it. "But you shouldn't have dessert for no good reason on October 2," advises Harlan. "It's reasonable to have dessert once a week or so, but remember that they're desserts. They're added calories."

You can rein in the calories by baking individual tarts instead of pies. Choose healthier versions when possible. "Stonyfield Farms makes some of the most amazing mint chocolate chip frozen yogurt, and it's 125 calories, whereas Haagen-Dasz is 300," Harlan says. And when it comes to cookies and candies, house them in tins or opaque jars rather than transparent containers, and place them in a cabinet—out of sight, out of mind. Studies show that while you will still eat them, you won't eat them as quickly.

Party Time

'Tis the season for cocktail parties. Before you rush out the door, set yourself up for success by pre-eating. Grab a big pear, apple, dried apricots, a 100-calorie bag of popcorn, or a handful of nuts. You'll create a cushion to absorb that first glass of wine you're handed when you step into the party. Alcohol diminishes inhibitions and makes you hungry. "This is the single best piece of advice I ever give to people, and I do it for myself," says Harlan.

At the party, you will face many choices: pigs-in-a-blanket or shrimp, cheese or mini-quiche. Before you choose, consider this: One cube of cheese is about 25 calories. So, you can grab three or four cubes of cheese, some cherry tomatoes, some carrots, some celery, some broccoli, and a little bit of dressing. Add

on a few delectable shrimp and some cocktail sauce, which add up to about 100 calories. This entire plate of fresh, delicious food equals two 150-calorie pigs-in-a-blanket. So, choose wisely.

Last the Whole Year Through

Put these principles into practice during the holiday season, and you'll have a jump on your New Year's resolutions. And resolution No. 1 should be to ditch any fad diets you may be contemplating. "Fad diets, like Atkins and South Beach, are silly," says Harlan. "But we have the best evidence in the world that following a Mediterranean-style diet is great for you."

The Mediterranean diet—that of the countries like Greece that sit on the Mediterranean—consists of some basic principles:

- Eat more fruit and nuts, more vegetables, and more great-quality whole grains.
- Prepare foods with good quality oils, like olive oil and grapeseed oil, which are high in monounsaturated and polyunsaturated fats. Also, have a balanced ratio of 1 to 1.6 for saturated to unsaturated fats, i.e., for every one tablespoon of butter, eat 1.6 tablespoons of olive oil.
- Eat leaner quality meat, and less of it.
- Eat more fish.
- Eat more legumes.
- Consume less dairy, and get more in the form of cheese and yogurt than milk.
- Enjoy a glass of wine with your meals.

You're still getting abundant flavor, and in many cases, more of it. That's hardly a painful decision. Just a little bit of willpower and some good choices, and you're on your way from the "naughty" to the "nice" list. "Everything we do that becomes successful takes a plan," says Harlan, and eating right—whether at the holidays or any other time of the year—is no different. ■



By observing a few rules and making wise selections, you can enjoy holiday eating in a healthy way.

Healthy Recipe

Source: drgourmet.com

Roasted Acorn Squash

Serves: 2 | Serving size: 1/2 squash | Cooking Time: 30 Minutes

Ingredients

- 1 acorn squash (about 1 pound)
- 1 tsp butter
- 2 tsp brown sugar

Directions

Preheat oven to 400°F.

Halve the squash lengthwise. Scoop out the seeds and discard them. Make shallow cuts in a grid pattern along the inside of the squash.

Place 1/2 tsp. butter and 1/2 tsp. brown sugar in the cavity of each squash.

Set the squash in the preheated oven and reduce the heat to 350°F. Roast for approximately 30 minutes. Using a spoon occasionally baste the top and inside of the squash with the sugar/butter mixture.

Remove and serve after allowing to cool for about 5 minutes.

Shiitaki and Cranberry Stuffed Pork Loin

Serves: 6 | Serving size: 4 oz pork | Cooking Time: 90 Minutes

Ingredients

2 tsp grapeseed oil	1/2 cup low sodium chicken or vegetable broth	1 1/5 lbs pork loin
2 1/2 lbs shiitaki mushrooms (thinly sliced)	1/4 tsp salt	1/4 cup tawny port
2 large shallots (minced)	fresh ground black pepper	1/2 cup low sodium chicken or vegetable broth
1/2 cup dried cranberries	1 Tbsp maple syrup	1/2 cup water
1/4 cup tawny port	1 Tbsp fresh rosemary leaves	2 Tbsp cornstarch

Directions

In a large skillet heat 1 teaspoon of the grapeseed oil over medium-high heat. Add the shiitaki mushrooms and, tossing frequently, sauté until they turn a dark roasted brown.

Heat the other teaspoon of grapeseed oil in a medium skillet over medium heat. Add the minced shallots, stirring frequently until they are soft and translucent. Add the cranberries, port, chicken stock, salt, pepper and maple syrup.

Increase the heat slightly and cook until all but about 1 tablespoon of the liquid has evaporated. Remove from the heat and set aside to cool.

When the mushrooms are done fold them into the cranberry mixture. Add the rosemary and toss until well blended. Refrigerate at least 30 minutes.

Preheat the oven to 400°F.

Trim the pork tenderloin of all excess fat. Stuff the pork loin using about 3/4 of the cranberry/shiitaki mixture.

Place a large non-stick skillet in the oven to heat. After about ten minutes lightly spray with olive oil and add the pork loin to sear. Turn about every 4 minutes for the first 15 minutes as to sear the outside.

Place the remaining cranberry/shiitaki mixture in a non-reactive sauce pan with the tawny port and 1/4 cup chicken stock over medium heat. When the sauce is simmering reduce the heat to medium-low. As the sauce reduces add the water about 2 tablespoons at a time.

While the sauce is cooking place the 2 teaspoons of cornstarch in the remaining 1/4 cup chicken stock and stir well until blended. Set aside.

The roast will take about 45 minutes to cook to an internal temperature of 160°F. Remove to a cutting board to rest for about 3–5 minutes.

While the meat is resting increase the heat under the sauce to medium and add the cornstarch/chicken stock mixture. Stir well to blend and thicken the sauce.

Cut the pork loin into 6 slices of equal thickness. These will be about 1 – 1 1/2 inches thick. Remove the trussing twine as you slice.

Serve over mashed potatoes with the thickened sauce.

Up High

Sam Kass is a fundraiser for the Fisher Center for Alzheimer's Research Foundation, one who aimed high in creating a buzz about his efforts.

Many people who raise funds for the important work of the Fisher Center for Alzheimer's Research Foundation find innovative ways to draw attention to their efforts. One such person is Sam Kass, a New Yorker who decided to take on a world record while raising funds.

Kass, a sales manager who lives in West Nyack, N.Y., wanted to make a difference for Alzheimer's research into treatment and a cure. "My father-in-law has Alzheimer's disease," he explains. "He was first diagnosed about 10 years ago. It is just brutal to see someone go through that, someone you're close to."

A fresh idea struck Kass back in March 2010, when he was reading an issue of *Sports Illustrated* which featured an article about the "high-five," the ubiquitous hand-slap popularized by athletes years ago and now commonplace. Turns out there was a record number of high-fives in a 24-hour period—3,131—recognized by the *Guinness Book of World Records*, set by a man outside Dunkin' Donuts Center in Providence, R.I. "I thought, if he could get that many in Rhode Island, how many could I get in Times Square?" Kass says. And so the dream was born.

Kass had to do a lot of legwork to pre-



Sam Kass, right, high-fives his way into the *Guinness Book of World Records*.

pare for the big day. In addition to city permits, there is a lot of paperwork to be done for the Guinness recognition. "It's a very involved process to get certified by the Guinness people," Kass says. "They sent me a huge envelope full of information about what they require." Kass carefully went through it all, made all the arrangements, then, set his date for an August weekend.

The weather wasn't cooperating—it rained on and off throughout the 24-hour period Kass had scheduled—but he didn't let that stop him. With an official counter and even a friend with a megaphone drumming up business like a carnival midway barker, Kass high-fived all the passers-by who felt led to help him break the old mark. He wore a golf glove to protect his hand and used a hand sanitizer to assure his fellow New Yorkers that it was safe to slap hands. "Some people are very concerned about that, so I made sure I had plenty of the sanitizer there with me," Kass says.

There were plenty of hands to be slapped, too. "I was averaging about 700 high-fives an hour," Kass says. "I stayed very busy." He stayed at it, too, and reached the record-breaking 3,132nd hand on Sunday evening, Aug. 22, at 8:02 p.m., according to the *New York Daily News*. His final total: 7,669

Kass also had a donation bucket nearby to remind people why he was doing this. "People kept tossing dollars and change into the bucket," he says. "It was great."

Kass is particularly thankful to the Fisher Center Foundation for supporting his effort. "I hope this helps make a difference," he says. "I would like to continue raising money to help find a cure."

As for the world record, Kass won't rule out another try to raise the bar. "My younger son believes we should keep the record a Kass family tradition," he says. "So I may try it again some day to see how many I can get, hopefully with more cooperative weather." ■



Gail Sheehy and Clay Felker's wedding,
with guest, David Frost (left).

The Most Perplexing Passage

In her new book, *Passages in Caregiving: Turning Chaos into Confidence*, bestselling author Gail Sheehy offers a first-hand look at the challenges and opportunities faced by those who care for others.

When *Passages* first hit the bestseller lists back in 1976, author Gail Sheehy became known as an expert on what she referred to as the predictable phases of adult life. She followed this smash hit with several other books that guided men and women through additional issues commonly encountered by members of the Boomer generation. But even Gail Sheehy failed to predict the role that occupied her for 17 years of her own adulthood: serving as caregiver for her ailing spouse.

In her latest book, *Passages in Caregiving*, Sheehy poignantly details her experiences caring for her husband, renowned magazine editor and publisher Clay Felker, from the day of his initial cancer diagnosis in 1991 until the day he passed away in 2008. Using her personal narrative as a backdrop, she presents a comprehensive overview of the various steps most people take during the caregiving odyssey. The book is packed with advice from medical, legal and elder-care professionals along with practical tips from many caregivers whose true stories are woven throughout the pages.

“We should all be prepared for the caregiving role, but it’s built into our nature to fear and deny the ideas of decline and death so we don’t see it until it hits us in the face,” Sheehy says. “Caregiving is very much on the continuum of predictable passages in our lives.”

Finding Yourself in the Labyrinth

In the book, Sheehy uses a labyrinth metaphor to describe the confusing, chaotic journey typically traveled by caregivers. She refers to eight specific “turnings” that caregivers take and devotes an individual chapter to each of them. While *Passages in Caregiving* is designed to support all categories of caregivers, it contains plenty of information that applies to the unique demands placed on those caring for individuals with Alzheimer’s disease (AD) or other forms of memory loss.

Here, Sheehy describes the eight turnings and how they might apply to the AD caregiver:

- 1. Shock and Mobilization.** Unlike other life-changing diagnoses, memory loss involves a more gradual transition from health to illness. “The passage into dementia is a creeping crisis,” says Sheehy. “Most caregivers I interviewed who were dealing with Alzheimer’s realized it had been evident for quite some time before they acknowledged it. And it would be even more time before they could get on the same page with their loved ones about needing to address it.”
- 2. The New Normal.** Embracing the realities of memory loss requires adjusting expectations and preparing for change. “Sometimes dealing with illness is a sprint and other times it’s a marathon,” explains Sheehy. “In the case of Alzheimer’s, it’s always a marathon because of the long onset and long period of decline.”
- 3. Boomerang.** In this chapter, Sheehy discusses what happens when things change, either due to disease recurrence or to a sudden shift in caregiving duties. For AD families, the boomerang often hits when the original caregiver (such as a spouse) becomes incapacitated and responsibilities fall instantly on other relatives (such as adult children). Sheehy offers tips on how to deal with these urgent adjustments to the “circle of care.”
- 4. Playing God.** It’s easy for AD caregivers to assume the all-knowing role in their loved ones’ lives because they have to monitor so many levels of change. “There are physical, emotional, spiritual and social changes

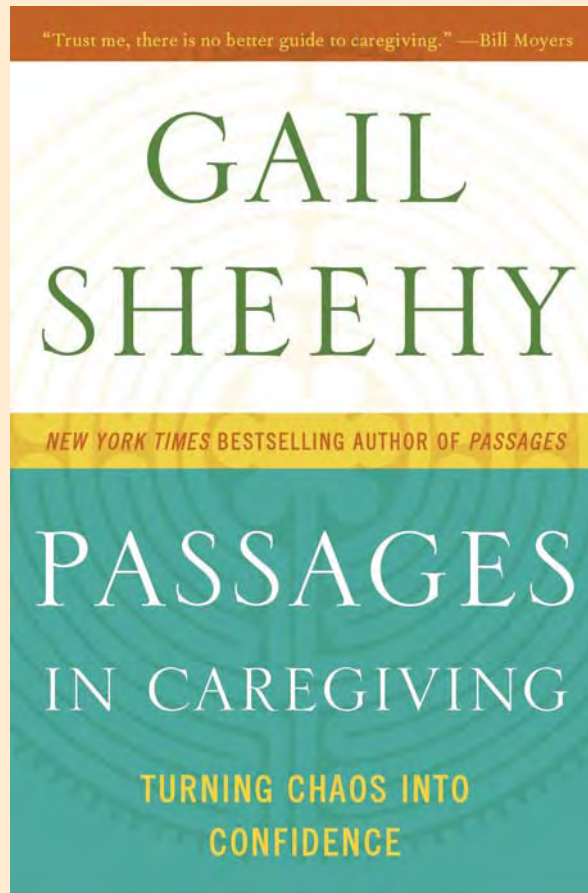
to deal with, along with denial and fear,” Sheehy warns. Caregivers, she says, must remember not to lose themselves to their attempts at controlling the uncontrollable. She writes of a man who tried to deny the seriousness of his wife’s AD until he became little more than her shadow. “It became apparent to him that he wasn’t God and that he wasn’t making it better by having no life of his own. He gradually gave himself permission to resume his former activities,” she reports.

5. “I Can’t Do This Anymore!”

Here, Sheehy acknowledges the frustration that most caregivers experience—sometimes numerous times—along the way. For loved ones of AD sufferers, this stage is excruciatingly common. “This isn’t a startling phase for people dealing with memory loss; they may come to this place several times,” she notes. “It becomes repetitive, as do the needs and demands of the Alzheimer’s patient.”

6. Coming Back. This turning must be interpreted differently by AD caregivers, since there is little to no possibility that the individual will return to his or her former place of cognitive health. “Here, it’s clearer that caregivers have to let go and detach while still being present and compassionate,” Sheehy advises. “When caregivers become more and more attached to the point where there is very little separation between themselves and the ones they care for, it’s a recipe for going down with the patient.”

7. The In-Between Stage. Many caregivers and patients facing life-threatening conditions must make important decisions about whether to pursue treatments—both medical and palliative—in the latter stages of illness. Families dealing with AD approach this



Gail Sheehy's latest book, *Passages in Caregiving*.

turning from a slightly different perspective, Sheehy says, since there is no known cure for Alzheimer’s dementia. Accordingly, there is virtually no conflict for AD caregivers about how to manage palliative treatment at this stage other than to continue to provide as much physical and emotional comfort as possible.

8. The Long Goodbye.

All caregivers want answers to the burning questions surrounding time and prognosis. “The long goodbye is often very long with an Alzheimer’s patient,” Sheehy points out. “The caregiver in this case has absolutely zero control over how long and very little control over what he or she can do to shape the situation. The best idea is to enjoy communication while it’s still possible before the final stages of the disease set in.”

Understanding Dependence

Although her husband never suffered from substantial cognitive impairment, Sheehy watched as his physical limitations began to affect him in other ways. “As Clay lost some of his robust physical capacities, he also lost some mental capacities,” she recalls. Several years before he died, he reluctantly admitted to her that he could no longer read. “He’d been reading all of his life; it was the single activity he spent doing more than anything else,” she says. “It was a shameful, terrifying thing to him to lose that ability, but the effort of concentrating fatigued and frustrated him in much the same way it does for Alzheimer’s patients.”

That, Sheehy says, is when she first realized the connections among mental, emotional and physical dependence. “With Alzheimer’s patients, caregivers need to find ways to keep them connected to life and to action as their physical mobility and cognitive abilities decrease,” she says.

Caregiving for Caregivers

Caregivers must also remember to treat themselves well, Sheehy asserts. Throughout the book, she reminds her



Gail, her grandson, Clay, and daughter Maura, in 2008.

readers that “caregivers need caregivers.” For those taking care of individuals with memory loss, this is especially true. “Alzheimer’s caregivers must connect as often as possible with the rational thinking world,” she says. “They need that contrast to the diminishing faculties of their loved ones.” Seek out old friends, extended family members or companions for activities, she advises. The point is not to get buried inside the world of memory loss. “Counteract the frustration of being with a person with whom you used to have full communication,” she urges.

During the years of her husband’s illness, Gail Sheehy learned a lot about taking care of a loved one. In the years since his death, she has learned a bit about taking care of

herself. “I’m trying to learn how to be more concentrated on self-care,” she says. “Not selfishness, but self-care, which are two very different things.”

Sheehy writes in *Passages in Caregiving* that a primary goal for the book is “to redefine the role of caregiver from solitary sacrificial lamb, shouldering the whole burden alone, to compassionate coach who learns how to attract and assemble a circle of care.” The good people who tend to individuals with Alzheimer’s disease and other forms of memory loss will likely recognize themselves in Sheehy’s characterization. More importantly, they will find empathy, community and direction in the pages of her book—one that can shed light on an often dim passage. ■

It's Never Too Late to Give

If you are in a giving mood, there are many different options available to you, including gifts of cash, appreciated property, and real estate. You can make gifts while you are alive, or you can make gifts after you pass away. Watching someone else enjoy your gift and tax considerations are some of the reasons why many of us make lifetime gifts. However, the truth is many of us hesitate to part with our assets while we are alive for fear of outliving our money.

Gifts after death may be made in several ways, including gifts in a will, revocable trust or via a beneficiary designation. These options are all revocable decisions, which means that you can change your mind or adjust amounts and beneficiaries up to the point that you die or become legally incapacitated. This flexibility enables you to enjoy full use of the assets during your lifetime and to distribute these assets after your death in a way that is advantageous to your beneficiaries. However, keep in mind that keeping assets in your name during your lifetime will affect your ability to obtain governmental assistance in connection with long-term care for Alzheimer's disease or other chronic illnesses.

A Special Bequest

Assuming you decide that a testamentary (after death) gift is right for you, one option is the traditional bequest in either a will or a revocable living trust. A bequest is achieved by naming a specific



Bequests make sense for those looking to let their assets benefit others after they pass away.

party, which can be a charitable organization or another individual, in your will along with an amount or item to be given to that charity or person. Bequests can be of any asset that you own, and can be made for a specific item, amount, percentage of your estate, or can be of the “rest, residue and remainder” of your estate. This is the value of your estate that is left after all of your debts

and taxes have been paid and your other wishes have been carried out. Bequests to charitable organizations can be either restricted or unrestricted, meaning that they can be designated to be used for a stated purpose or can be given to the organization to use in a way that the organization deems best.

Bequests can be made outright to others or in trust for their benefit. If



An elder-law attorney can help you navigate the many legal considerations that come with aging.

you make a gift outright to someone, then they may do as they choose with those assets after you pass away. While this may sound like a good idea at first blush, consider the following: (1) We live in a litigious society and any outright gifts you make to others will be subject to the claims of their creditors. So, your hard-earned assets may potentially be used to satisfy your loved one's legal obligations and debts if they are a defendant in a lawsuit and have a judgment against them. (2) The divorce rate in our country is over 50%. By leaving assets outright to someone, they may be subject to a matrimonial action now or in the future. Now, I know we all love our sons- and daughters-in-law, but how comfortable would we be knowing that

they received some of our assets and were no longer married to our children? Get the picture?

There are other reasons, including taxes, for not leaving assets outright to others. For many of us, the preferred way of making a bequest is to make the bequest in trust. You don't have to be rich to set up a trust to protect your assets for you and your family. This is not a technique reserved for the Rockefellers. Trusts have become a truly effective part of mainstream estate planning for the middle class. There are different kinds of trusts, and one size does not fit all. So, make sure you work with an experienced elder law attorney in your area who understands the nuances of trust and estate planning.

Getting an Attorney's Help

Selecting an attorney for any purpose can be challenging. Selecting an attorney in a field as specialized as elder law can be overwhelming, since you will likely be dealing with many more pressing non-legal issues at the same time. In addition to being an expert in wills, trusts and estate planning, an elder-law attorney must be knowledgeable in Medicare, Medicaid, senior housing, tax law and health care decision-making, to name a few. Elder-law attorneys take a holistic approach when representing their clients and focus on the needs of the elderly client as opposed to one particular area of the law.

While there is no shortage of attorneys, in general, it may not be so simple

to find the right law firm for you in your area.

You need to make sure you select an elder-law specialist. People go to specialists for a very good reason: Specialists limit their practice to one or a couple of practice areas. The legal field has become very specialized in recent years and elder law is a very narrow niche within the trusts and estates bar—so narrow that many lawyers hire an elder-law specialist when it comes to their own family's elder law issues. The law firm you select may impact not only your legal affairs, but also those of your spouse and other family members.

In fact, the American Bar Association has recognized the need for specialization in elder law by accrediting the National Elder Law Foundation (NELF) as the only certifying entity for elder-law attorneys in the coun-

try. There are currently approximately 450 certified elder-law attorneys in the United States. NELF is a non-profit organization dedicated to the development and improvement of the professional competence of lawyers in the area of elder law. The certification process attempts to identify those lawyers who have the enhanced knowledge, skills, experience and proficiency to be properly identified to the public as certified elder-law attorneys (CELAs). There are substantial practice and experience requirements that must be met in order to become certified, including an exam that must be passed. Moreover, CELAs must be re-certified every five years. While certification does not necessarily mean that a particular attorney will be more qualified than someone who is not, it is certainly something for you to consider in making your decision. You

can go to www.nelf.org to see if your attorney is a certified elder-law attorney.

As you can see, there is a lot to think about when making bequests to your family members or others, including selecting the right attorney. For your benefit, the attorney should be selected prior to a crisis and while the family is not under stress. This will allow you to develop a relationship with the law firm so that when a crisis strikes, all parties will be in a position to move swiftly so that assets can be protected and your wishes carried out. ■

Bernard A. Krooks, J.D., CPA, LL.M (in taxation), CELA, is past president of the National Academy of Elder Law Attorneys and past president of the Special Needs Alliance and is a nationally known, widely quoted expert on elder law. For more information, visit the firm's website at www.littmankrooks.com.

Benefactor Makes Generous Bequest to Fisher Center

Sara Jane Owen Torquato made doing good a priority for her life. Her beneficence extends to the Fisher Center for Alzheimer's Research Foundation, as well, to whom she has given a very generous bequest to continue the search for a cure and more effective treatments for Alzheimer's disease.

A lifelong educator, Sara Jane Torquato (known as "Sally" to friends) taught at Johnstown High School and later went on to work in the office of the Director of Guidance, where she influenced thousands of young people over the years.

Along with her sister, the late Elvina Jane Owen, and her husband, the late John Torquato, Mrs. Torquato's generosity was already well known in her native Johnstown, Pa. The Elvina Jane and Sara Jane Owen Library at the University of Pittsburgh at Johnstown bears both their names, thanks in part to a very generous donation from her sister. In 1985, Mrs. Torquato founded the Sara Jane and John Torquato Scholarship Fund at UPJ through a charitable remainder trust agreement.

Mrs. Torquato provided care for her sister Elvina, who was afflicted with Alzheimer's disease, for years before she passed away about 8 years ago. Mrs. Torquato's giving nature extended beyond her own life, as she bequeathed almost everything she accumulated during her life to charitable institutions, primarily those like the Fisher Center Foundation, that are engaged in Alzheimer's research.



Sara Jane Torquato and friend.

Living with Alzheimer's Disease

Products That Make Life Easier, Simpler, and Safer

Every 72 seconds, someone in the United States is diagnosed with Alzheimer's disease. There are now more than 5 million Americans living with the disease. What is not widely known—even by some physicians—is that there are products available that are made especially to help make Alzheimer's patients' lives better with the disease, and, in some cases, to help them remain living at home longer and safer.

The Alzheimer's Store is dedicated to providing unique products and information for those caring for someone with Alzheimer's disease. Every product in the store has been carefully selected to make living with Alzheimer's disease as easy as possible. The store also provides a rating system for products that tells potential buyers whether a particular product is for the early, middle, or late stages of the disease. For example:



- ❖ A clock that will automatically remind an Alzheimer's sufferer of the day and date. This easy-to-read, battery-operated wall clock displays the day of the week and date, and automatically changes at midnight.



- ❖ A medication dispenser that prevents accidental double-dosing. This automatic medication dispenser beeps at the right time, provides the right meds, and is lockable so no more pills can be taken until the next dose time. This dispenser should not be used by a person with Alzheimer's without supervision, but it can be very useful for people with milder forms of memory or cognitive impairment.



- ❖ A telephone that allows the user to push the picture of the person they want to call. For those who may be a little forgetful or who have difficulty seeing the numbers, this phone is a blessing.

With over 200 products that address various activities of daily living and caregiver challenges, the Alzheimer's Store is dedicated to finding and providing products for people with Alzheimer's disease and those caring for them.

**For more information and many more helpful products,
go to www.alzstore.com or call (800) 752-3238.**

Brain-Boosting Puzzles

“Use it or lose it.” The message is simple. If you don’t use your muscles, they will no longer be as effective as they should be. Of course, the brain is not a muscle; however, it has recently come to light that “mental workouts,” such as solving crosswords and other puzzles, can help ward off Alzheimer’s. In these pages, we offer a variety of different types of puzzles that will work out your various skills involving memory, deduction, and letter manipulation, and, we hope, also provide you with a ton of fun!

(Answers on page 37)

MATCH THESE

Can you identify these film titles by filling the appropriate city into each one?

- | | |
|---------------------------------|-----------------|
| 1. ___ “Is ___ Burning?” | a. Detroit |
| 2. ___ “Sleepless in ___” | b. Shanghai |
| 3. ___ “The Purple Rose of ___” | c. St. Louis |
| 4. ___ “Flying Down to ___” | d. Moscow |
| 5. ___ “Doctor ___” | e. Las Vegas |
| 6. ___ “In ___” | f. Rio |
| 7. ___ “The ___ Story” | g. Philadelphia |
| 8. ___ “Moon Over ___” | h. Bruges |
| 9. ___ “Meet Me in ___” | i. Miami |
| 10. ___ “Leaving ___” | j. Paris |
| 11. ___ “___ on the Hudson” | k. Seattle |
| 12. ___ “___ Surprise” | l. Cairo |

DROPLINE

Take the letters in the top half of each column below and distribute them in the blanks of the bottom half so that the letters spell out a thought from Kenichi Ohmae about navigating through life. The black squares are the spaces between words. One letter has been dropped in place to start you off.

N	T	W	I	E	G	E	H	I	R	D	T	R	E	D	N	O	S
R	O	R	H	N	L	P	D	D	R	D	E	I	I	O	B	E	E
T	W	I	S	N	H		A	I	E	E	C	T	N		T	H	A
			O	G			A	F			H						O
R																	

LEAPFROG

Here’s a list of companies named after founding partners — one company for each number. The letters of the two halves are in the correct order, but they overlap. All you have to do to find the place names is separate the letters.

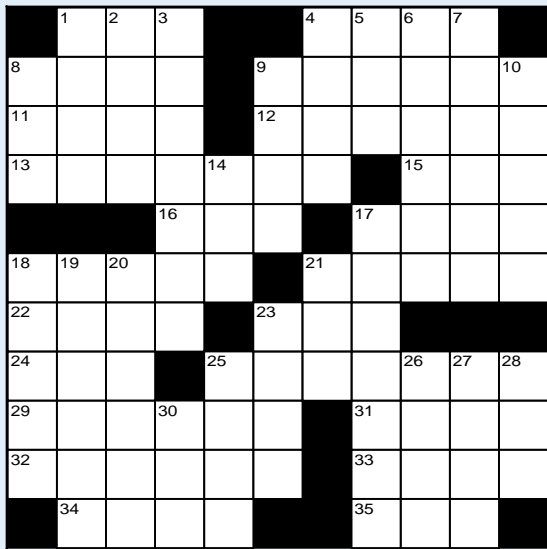
Example: FAWERLGLSO — WELLS, FARGO

- | | |
|----------------------------------|-------|
| 1. J O D O N E W S | _____ |
| 2. R R O O L Y L C S E | _____ |
| 3. B R A O B S B K I I N S N | _____ |
| 4. W I S L H L E I R A W M I S N | _____ |
| 5. F P I R I S C H E E R | _____ |
| 6. B P O I W E T N S E Y | _____ |
| 7. P H E A W C L K E A T R T D | _____ |
| 8. B A N U H S E C U S E H R | _____ |
| 9. D H A V A I R D L S O E N Y | _____ |

•VISIT US AT KAPPAPUZZLES.COM•

(Answers on page 37)

We have provided two crosswords here to sharpen your puzzle skills. Start with the one on the left, which is the easier puzzle. In this one we have provided solving aids, such as the number of words in multi-word entries. The puzzle on the right is a medium-level puzzle and the number of words in the answers haven't been given. The second puzzle is also a thematic puzzle: the title "Talk to the Animals" is a hint. Have fun testing your knowledge while doing something that's good for you!



Across

- 1. Scientist's rm. of leather
- 4. Close forcefully
- 8. Toddler word
- 9. Type of ape
- 11. General Bradley
- 12. Within
- 13. Dues payers
- 15. Last mo.
- 16. Every bit
- 17. Last name in Champagne Music
- 18. Pier
- 21. Organizing tools
- 22. "Arrivederci, ___"
- 23. Cartoonist Keane
- 24. ___ glance (2 wds.)
- 25. Sold
- 29. Treater
- 31. Roof edge
- 32. Concealing
- 33. Fruit rind
- 34. Talk wildly
- 35. Address

Down

- 8. ___ Perignon
- 9. Young woman
- 10. Giraffes' features
- 14. Will Ferrell Christmas movie
- 17. Most savage
- 18. "The Grapes of ___"
- 19. Braggadocio (2 wds.)
- 20. Blake of "Gunsmoke"
- 21. Jar cover
- 23. Mass of floating ice
- 25. Cooped (up)
- 26. Erie, e.g.
- 27. Devilish
- 28. Lair
- 30. Diarist Anaïs

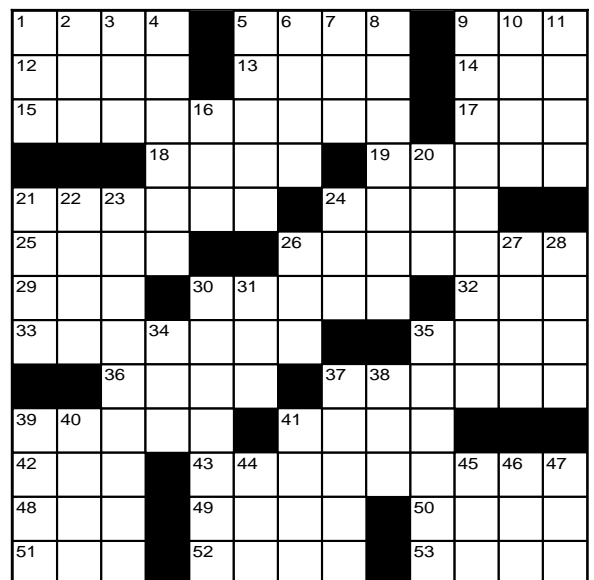
Talk to the Animals

Across

- 1. Difficult
- 5. Rice-a-___
- 9. Exclude
- 12. Pennsylvania's third-largest city
- 13. ___-Neisse Line
- 14. Bullfight shout
- 15. Runt
- 17. Squeezing snake
- 18. Crops
- 19. Cossack's weapon
- 21. Bombshell Marilyn
- 24. Madonna's daughter's nickname
- 25. Follow rules
- 26. Comments
- 29. No. of weeks per annum
- 30. Stockholm resident
- 32. Unassembled purchase
- 33. Ambassadors
- 35. Greek letter
- 36. Put on the payroll
- 37. Country carriage
- 39. Paloma's papa
- 41. Anderson of "The Mullets"
- 42. Long follower, in a tale
- 43. Spot for a scenic seat
- 48. Lightning McQueen, e.g.
- 49. Aquatic bird
- 50. Auctioneer's last word
- 51. Sounds of hesitation
- 52. Transmit
- 53. Germ
- 11. Close
- 16. Status ___
- 20. Birmingham's st.
- 21. Richard of "Night Court"
- 22. Drama award
- 23. Flintstones and Rubbles, e.g.
- 24. Wielded a baton
- 26. Legal point
- 27. Sky sight in March
- 28. Remain
- 30. Disco lights
- 31. Itsy-bitsy
- 34. Feel crummy
- 35. Fetches
- 37. Did a spring farming job
- 38. Cycle or verse prefix
- 39. Work off nervous energy
- 40. Algae product
- 41. A Redgrave
- 44. "You ___ So Beautiful"
- 45. Forest female
- 46. Billfold bill
- 47. Took to the altar

Down

- 1. Kind of cat
- 2. ___ Ben Canaan ("Exodus" role)
- 3. Tear
- 4. Perceive a distant object
- 5. Driver's choice
- 6. Poems by Horace
- 7. Gp. that provides patronage to painters
- 8. Annoying
- 9. Long-time host of "The Price Is Right"
- 10. ___ vera



BRAIN-BOOSTING PUZZLES

HIDDEN-MESSAGE WORD-FIND™

Cars are a big part of American life, but there are more than a few drawbacks to that. Circle the words below, and the unused letters will spell out an apt sentiment.

You are looking for a 55-letter phrase.

- ALTERNATOR OIL FILTER
- BEARINGS RADIATOR
- BRAKES REAR AXLE
- CLUTCH SOLENOID
- FAN BELT TIE RODS
- FLYWHEEL TIMING CHAIN
- FUEL INJECTOR TIRES
- FUEL PUMP TRANSMISSION
- MANIFOLD WATER PUMP
- MUFFLER

T H S E R I T D O E B T B I
 G G E S T L I I N R R E A E
 D F I N E O L A A A U T L O
 S A U B N F F K N E E S T T
 W Y N E I I E S S T L G E H
 E A L L L S M R E C X N R L
 F O T I M I N G C H A I N E
 S E A E S U N S L L R R A E
 R O F S R H F J D D A A T H
 E F I E C P C F E O E E O W
 T O I T V E U D L C R B R Y
 N F U E L P U M P E T E R L
 D L O F I N A M P I R O I F
 C V E R S R O T A I D A R T

SUDOKU

To complete the puzzle below, fill in the squares so that each digit 1 through 9 appears exactly once in each row, in each column, and in each enclosed nine-unit block.

3		7				4	8	
			3					
			4	5	7			1
	2	5		9		8		
		3	7		8	5		
		4		3		9	6	
1			5	2	4			
					6			
	4	9				2		6

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PUZZLE ANSWERS

Match These

1j, 2k, 3l, 4f, 5a, 6h, 7g, 8i, 9c, 10e, 11d, 12b.

Dropline

Rowing harder doesn't help if the boat is headed in the wrong direction.

Leapfrog

1. Dow Jones; 2. Rolls-Royce;
3. Baskin-Robbins; 4. Sherwin-Williams;
5. Fisher-Price; 6. Pitney-Bowes;
7. Hewlett-Packard; 8. Anheuser-Busch;
9. Harley-Davidson.

Hidden Message

The biggest need in auto safety is the recall of defective drivers.

Crossword 1

L	A	B		S	L	A	M			
D	A	D	A	G	I	B	B	O	N	
O	M	A	R	I	N	S	I	D	E	
M	E	M	B	E	R	S	D	E	C	
		A	L	L		W	E	L	K	
W	H	A	R	F		L	I	S	T	S
R	O	M	A		B	I	L			
A	T	A		P	E	D	D	L	E	D
T	A	N	N	E	R		E	A	V	E
H	I	D	I	N	G		S	K	I	N
R	A	N	T			T	E	L		

Crossword 2

H	A	R	D		R	O	N	I		B	A	N		
E	R	I	E		O	D	E	R		O	L	E		
P	I	P	S		S	Q	U	E	A	K		B	O	A
			C	U	T	S		S	A	B	E	R		
M	O	N	R	O	E		L	O	L	A				
O	B	E	Y			R	E	M	A	R	K	S		
L	I	I		S	W	E	D	E		K	I	T		
L	E	G	A	T	E	S		B	E	T	A			
		H	I	R	E		S	U	R	R	E	Y		
P	A	B	L	O		L	O	N	I					
A	G	O		B	A	Y	W	I	N	D	O	W		
C	A	R		E	R	N	E		G	O	N	E		
E	R	S		S	E	N	D		S	E	E	D		

Word-Find

T	H	S	E	R	I	D	O	E	B	T	B	I		
G	G	E	S	T	L	I	N	R	R	E	A	E		
D	F	I	N	E	O	L	A	A	A	U	T	L	O	
S	A	U	B	N	F	F	K	N	E	S	T	T		
W	Y	N	E	I	E	S	T	L	G	E	H			
E	A	L	L	S	M	R	E	C	X	N	R	I	D	
F	O	T	I	M	X	I	N	G	C	H	A	I	N	E
S	E	A	E	S	U	N	G	L	L	R	R	A	E	
R	O	F	S	R	O	F	J	D	A	A	T	H		
E	F	I	E	C	P	C	F	E	D	E	E	O	W	
T	O	I	T	V	E	U	D	L	C	B	R	Y		
N	E	U	E	L	P	U	M	P	E	T	E	R	L	
C	L	O	F	I	N	A	M	P	I	B	O	I		
C	V	E	R	S	R	O	T	A	I	D	A	B		

Sudoku

3	5	7	1	6	2	4	8	9
4	6	1	3	8	9	7	2	5
9	8	2	4	5	7	6	3	1
7	2	5	6	9	1	8	4	3
6	9	3	7	4	8	5	1	2
8	1	4	2	3	5	9	6	7
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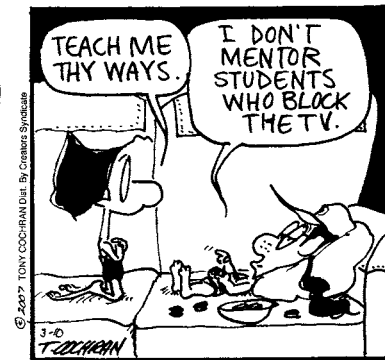
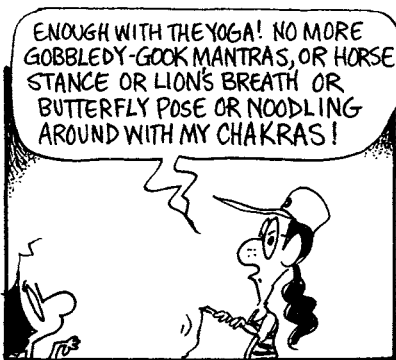
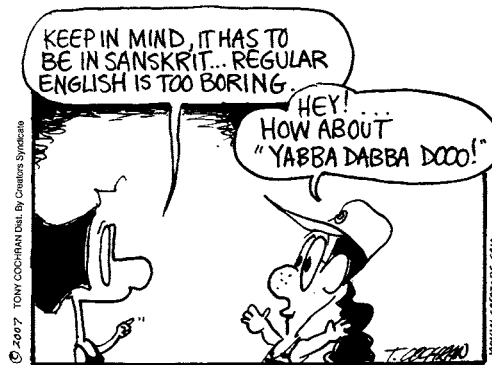
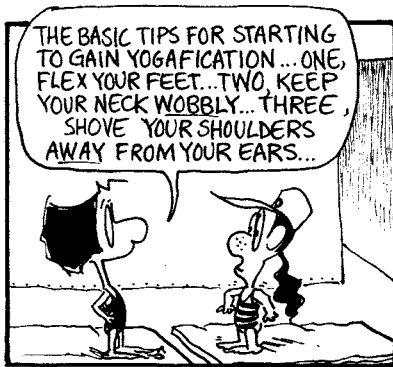
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