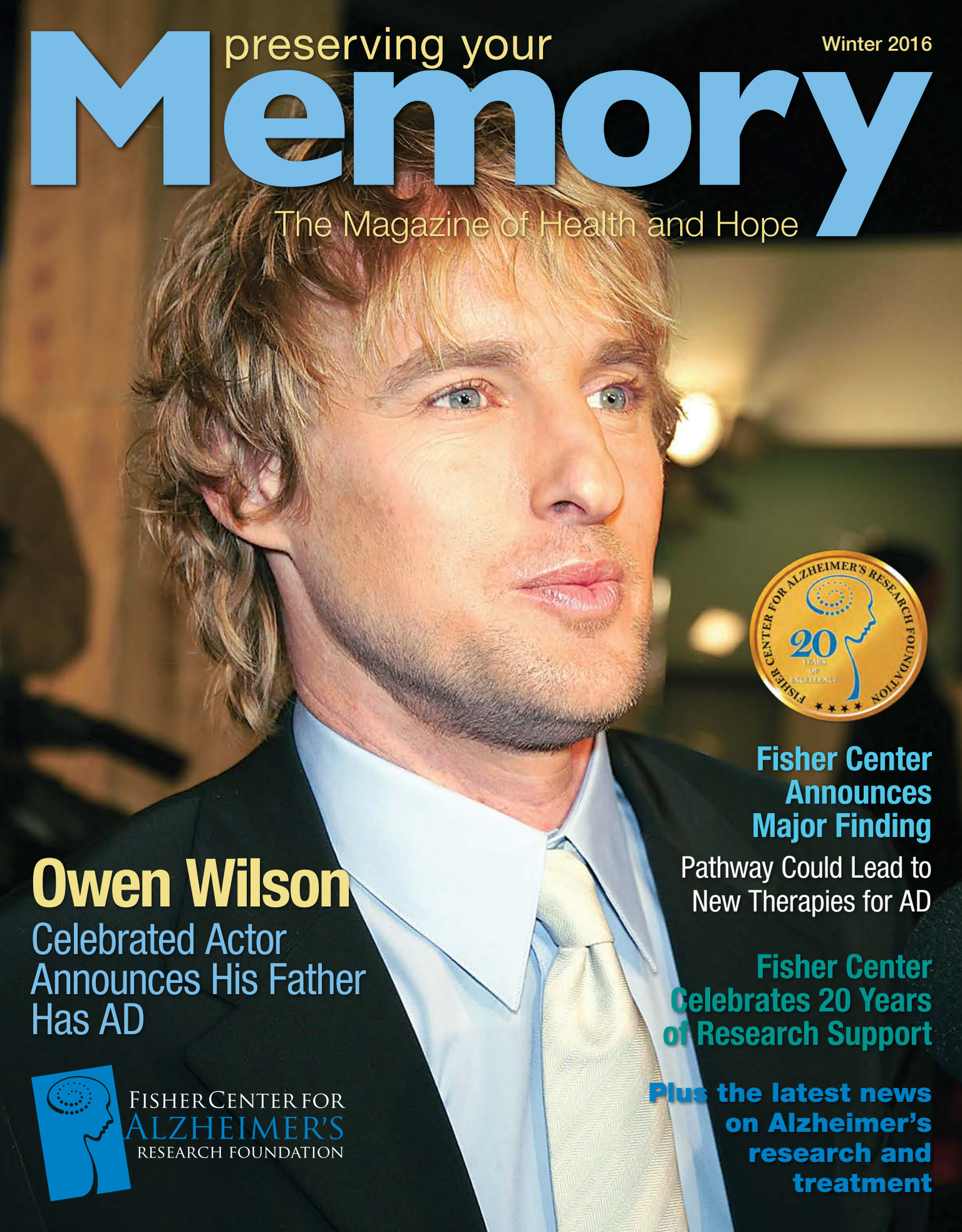


preserving your

Memory

Winter 2016

The Magazine of Health and Hope



Owen Wilson
Celebrated Actor
Announces His Father
Has AD

**Fisher Center
Announces
Major Finding**
Pathway Could Lead to
New Therapies for AD

**Fisher Center
Celebrates 20 Years
of Research Support**

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



FISHER CENTER FOR
ALZHEIMER'S
RESEARCH FOUNDATION

Thank You!

The Fisher Center Foundation is grateful to the generous donors who help make our funding critical research possible.

These contributions help bring us closer to finding a cure. For more detail on the discovery of a protective molecule that could lead to a new class of Alzheimer's medications, see page 8 in this issue.



All contributors of \$35 or more receive *Preserving Your Memory* magazine three times a year. Please use the envelope in this issue to donate or visit us online at www.alzinfo.org/donate.

We can end Alzheimer's

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Actor Owen Wilson talks about his father on TODAY.
(Photo: NBC's TODAY)

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The actor recently announced that his father has Alzheimer's.

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110 East 42nd Street, 16th Floor
New York, NY 10017
1-800-ALZ-INFO (1-800-259-4636)
www.ALZinfo.org

Kent L. Karosen, Publisher

Alan White, Managing Editor

Jaymie Arkin, Editor

Cory Ryan, Editor

William J. Netzer, Ph.D., Science Editor

Jerry Louis, Graphic Designer

Toby Bilanow, Bernard A. Krooks,

Contributing Writers



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StayWell

407 Norwalk Street

Greensboro, NC 27407

(336) 547-8970

Sam Gaines, Managing Editor

Traci S. Cossman, Design Manager

Erin McCarthy, Account Manager

Jan McLean, Creative Director

Traci Marsh, Production Director

Margie Monin Dombrowski, Tamekia Reece, Winnie Yu

Contributing Writers

Cover photo of Owen Wilson by Kevin Winter

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about Alzheimer's disease!

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smartphone at your phone's marketplace

It's Winter and It's Time to Celebrate

We're here to warm up your winter with good news from the Fisher Center. For starters, this year marks our 20th anniversary! We're celebrating with a look back at the Fisher Center's accomplishments and breakthrough discoveries of the last 20 years (page 11). With this anniversary comes the announcement of a new discovery from the Fisher Center Lab (page 8) that could open the door for new therapeutic treatments for Alzheimer's disease.

Our cover story for this issue is a profile of actor Owen Wilson (page 16), who recently announced that his father is battling Alzheimer's disease.

You'll also read tips on maintaining good communications with healthcare professionals (page 14) and an inside look at the health benefits of tai chi (page 20), the ancient martial art that is now enjoyed by millions of all ages all over the world.

We hope this new issue of *Preserving Your Memory* brings good things into your life!

Sincerely,



Kent L. Karosen
President & CEO



Kent L. Karosen

Please send your tips, stories or questions to:

**Fisher Center for Alzheimer's Research Foundation
110 East 42nd Street, 16th Floor
New York, NY 10017**

or by e-mail to info@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. The Fisher Center Foundation has earned Charity Navigator's highest 4-Star rating four years in a row for fiscal management and commitment to accountability and transparency. For more information or to make a donation, go to www.ALZinfo.org.

The Latest News on Alzheimer's Disease and Brain Health

How Brain Plaque Affects Your Memory

Two new studies point to the important role played by beta-amyloid, a toxic protein that builds up in the brain to form the telltale plaques of Alzheimer's disease.

In one study, researchers in the Netherlands found that risk factors for Alzheimer's disease, including symptoms of memory loss, advancing age and the presence of the APOE-E4 gene, tracked closely with rising beta-amyloid levels. They also noted that beta-amyloid buildup may begin 20 to 30 years before full-blown Alzheimer's develops, which, they say, may provide "a large window of opportunity to start preventive treatments."

In the second study, researchers in Amsterdam found distinct patterns of beta-amyloid buildup in the brain in some 88 percent of people with Alzheimer's disease. Both studies were published in *JAMA*, from the American Medical Association, and were based on reviews of earlier research.

By using diagnostic tests to look for signs of Alzheimer's damage in the brain, even decades before symptoms begin, researchers are moving closer to one day developing effective treatments for the disease. Targeting people at risk may also, someday, allow for preventing the onset of full-blown Alzheimer's in those most likely to develop the disease.



Almonds can be part of a brain-healthy diet.

At Risk for Heart Disease, At Risk for Alzheimer's

Scientists have uncovered more evidence that what's bad for the heart is bad for the brain. Researchers at the University of Southern California report that many of the risk factors for heart disease, such as excessive drinking, smoking, obesity and diabetes, are tied to shrinkage of brain regions critical for memory and thinking skills.

For the study, published in *Radiology*, researchers began by evaluating risk factors for heart disease in 1,629 men and women; about half were under 50

years old. Seven years later, the participants underwent brain scans and tests of memory to assess whether they were developing early signs of Alzheimer's disease.


The researchers found that alcohol consumption, smoking, diabetes and obesity were all linked to shrinkage in areas of the brain tied to Alzheimer's and low scores on tests of memory and thinking skills.

"We currently do not have effective treatments for Alzheimer's disease, so the focus is on prevention," said study author Dr. Kevin S. King. "In the future, we may be able to provide patients with useful and actionable information about the impact different risk factors may be having on their brain health during routine clinical imaging."

High Blood Pressure Ages the Brain

Here's more evidence that shows it's vital to keep your blood pressure in check. Researchers at Boston University Medical Center report that having high blood pressure in midlife reduces your ability to successfully complete mental tasks like keeping track of appointments or planning ahead in old age.

For the study, researchers analyzed data from 378 participants in the large and ongoing Framingham Heart Study. The investigators assessed blood



Keeping blood pressure in a healthy range may help stave off the symptoms of cognitive decline.

pressure when participants were in their 50s, then tested memory and thinking skills 30 years later.

Compared to their peers with healthy blood pressure, participants who had elevated blood pressure in middle age scored worse on tests of attention and the ability to plan and carry out tasks, skills that are typically severely compromised by Alzheimer's disease.

"Taking care of your health while you are younger may help you better preserve your cognitive health when you are older," said Rhoda Au, an author of the study, which was published in the *Journal of Alzheimer's Disease*. If your blood pressure is high, develop a plan with your doctor to bring it to healthy levels. Lifestyle measures like exercise and weight loss are typically recommended as first steps, and blood pressure medications may also be needed.

Nuts and Olive Oil May Help Keep the Mind Sharp

Can eating healthier help stave off Alzheimer's in old age? A rigorous new study suggests it might. Older men and women who ate a traditional Mediterranean-style diet, rich in fresh fruits, vegetables, fish and whole grains, supplemented with nuts or heart-healthy fats like olive oil, were less likely to suffer from the memory and thinking declines of advancing age.

For the study, conducted in Spain, researchers studied 447 older men and women whose average age was 67. All were at high risk for heart disease, but all had normal memory and thinking skills.

They divided them into three groups; each followed a different diet for four to five years. One group ate a Mediterranean diet, adding at least five tablespoons of extra-virgin olive oil a day. A second

group also ate a Mediterranean diet but added 30 grams of mixed nuts daily—about two tablespoons of walnuts, almonds or hazelnuts. The third group was instructed to eat a low-fat diet.

The researchers found that those eating the Mediterranean diet—supplemented with either nuts or more olive oil—scored higher on tests of memory and thinking skills at the end of the study period than those who ate the low-fat diet.

The results can't prove that eating a Mediterranean style diet will prevent Alzheimer's, but "suggest that in an older population, a Mediterranean diet supplemented with olive oil or nuts may counteract age-related cognitive decline," the researchers concluded.

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

Fisher Center Scientists Identify Protective Molecule

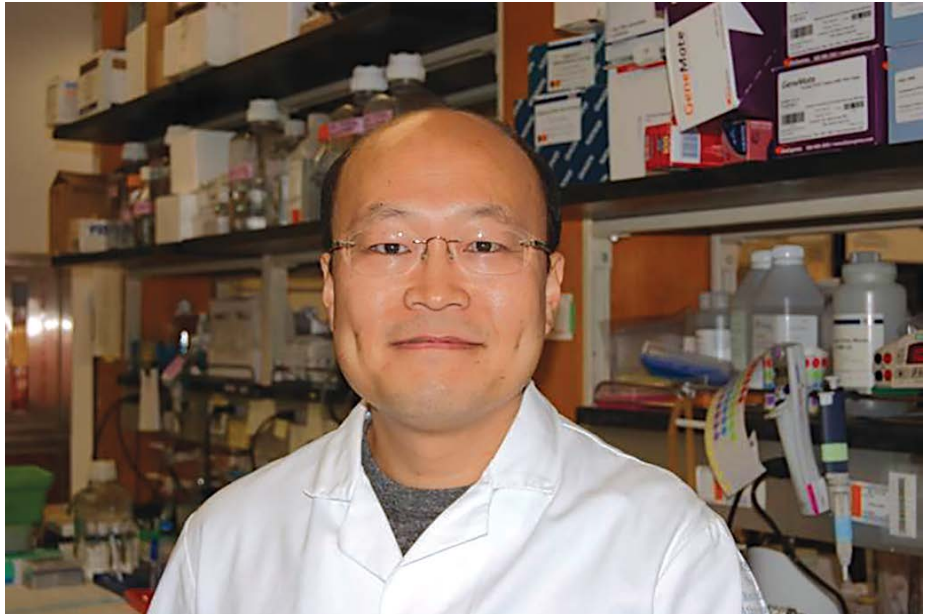
Discovery could lead to a new class of Alzheimer's medications

In August, scientists at the Fisher Center for Alzheimer's Research at The Rockefeller University in New York City announced a significant new finding in the process of beta-amyloid production—one that could lead to a new type of Alzheimer's medication.

The researchers uncovered a particular pathway in which a molecule called AICD regulates the gene expression of a protein called WAVE 1, a key component in the production of beta-amyloid. Beta-amyloid has been linked to the cognitive deterioration, including memory loss, which is a major symptom of Alzheimer's disease. This naturally occurring regulatory process prevents the overproduction of beta-amyloid, a process that Alzheimer's disease somehow overrides. In preventing the overproduction of beta-amyloid, reducing WAVE 1 appears to have a protective effect for brain health.

"Initially we found that WAVE 1 is down-regulated in brains overexpressing the APP protein. It turns out that one fragment of APP, called AICD, is responsible for the down-regulation. Our study showed that AICD inhibits WAVE 1 gene expression," says Dr. Yong Kim, a Fisher Center scientist at The Rockefeller University and one of the study's authors. "WAVE 1's down-regulation by AICD reduces the production of beta-amyloid."

In the study, published in *Nature Medicine*, Fisher Center scientists examined mouse and cellular models of Alzheimer's disease. They also



Dr. Yong Kim, a Fisher Center scientist at The Rockefeller University and one of the study's authors

"We are proud to fund the novel and exciting research done by one of the most notable research labs in the United States working to find a cure for Alzheimer's disease."

—Kent L. Karosen, President/CEO of the Fisher Center for Alzheimer's Research Foundation

looked at the brains of human patients. In these cases, they found that WAVE 1 levels were unusually low. Further reducing the WAVE 1 levels in mice decreased the levels of beta-amyloid, allowing the mice to perform better on memory tests.

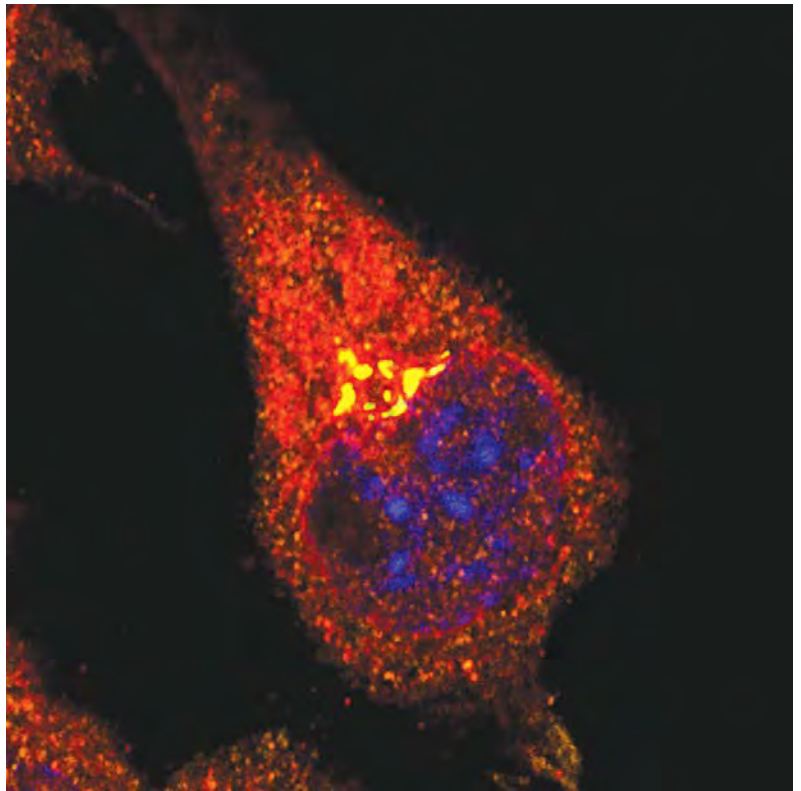
"At the beginning, we thought WAVE 1 regulation by AICD was exciting and important, but we did not anticipate the important role for WAVE 1 in the formation of beta-amyloid," says Dr. Kim.

“One of the most exciting points is that we found a new trafficking molecule for APP. We also found that the formation of beta-amyloid is controlled by WAVE 1,” says Dr. Kim. He also notes that the discovery of the WAVE 1 pathway is a naturally occurring regulatory mechanism for the control of beta-amyloid production.

“This finding is significant as it provides an opportunity to create new treatments that will protect the brain by activating the pathway we discovered, which will prevent beta-amyloid formation,” says Dr. Paul Greengard, Nobel Laureate and Director of the Fisher Center for Alzheimer’s Research. “This finding could not have been made possible without the ongoing support from the Fisher Center for Alzheimer’s Research Foundation.”

Dr. Kim says that further research is needed in order to develop therapies based on the Fisher Center’s findings. “Based on our research into this interaction, we expect that the chemical agent affecting this interaction between WAVE 1 and APP will be potentially promising,” he says. “What are the exact parts of APP and WAVE 1 targeted? That is an important question that needs to be answered.”

“I am so pleased to announce that with the help of the funding support we provide to the Fisher Center for Alzheimer’s Research Laboratory at The Rockefeller University, they have had a finding that will possibly pave the way for new Alzheimer’s treatments,” says Kent L. Karosen, President/CEO of the Fisher Center for Alzheimer’s Research Foundation. “We are proud to fund the novel and exciting research done by one of the most notable research labs in the United States working to find a cure for Alzheimer’s disease.” ■



Bright, yellow clusters are cellular concentrations of WAVE 1.

“This finding is significant as it provides an opportunity to create new treatments that will protect the brain by activating the pathway we discovered, which will prevent beta-amyloid formation. This finding could not have been made possible without the ongoing support from the Fisher Center for Alzheimer’s Research Foundation.”

—Dr. Paul Greengard, Nobel Laureate and Director of the Fisher Center for Alzheimer’s Research Laboratory at The Rockefeller University

Fisher Center Celebrates **20 YEARS** of Supporting Groundbreaking Research

Here's a look back at the first two decades of the Fisher Center's history.

In 1995, Zachary Fisher and David Rockefeller joined forces to establish the Fisher Center for Alzheimer's Research, in honor of Zachary's wife, Elizabeth. Since then, the Foundation has contributed tens of millions of dollars to support the ongoing research of the Fisher Center for Alzheimer's

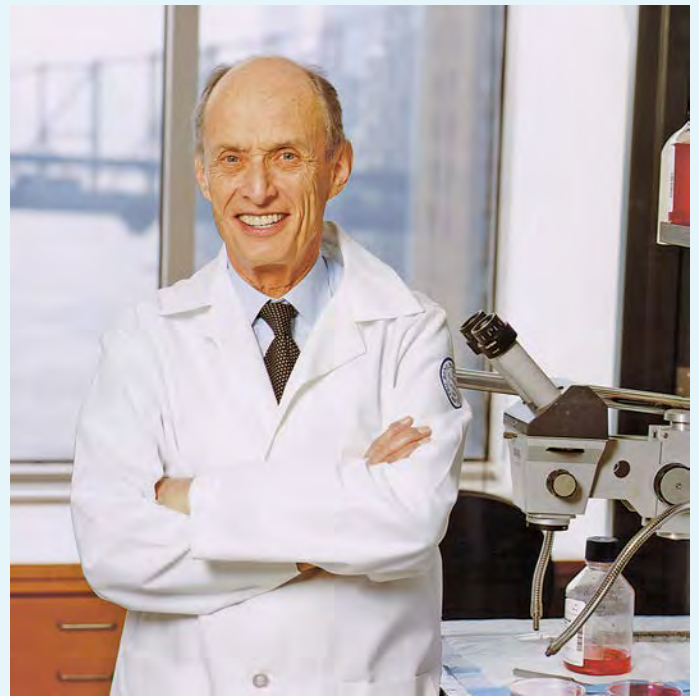


Zachary Fisher

Research at The Rockefeller University in their quest to find better treatments for Alzheimer's and, ultimately, a cure. The Fisher Center is celebrating the groundbreaking research conducted by the over 50 world-renowned Fisher Center scientists led by Nobel Laureate Dr. Paul Greengard.

The research conducted by the Fisher Center scientists, including the latest groundbreaking finding discussed in this issue, relies on the generous contributions their donors make each year.

To celebrate, the Fisher Center shares their 20 most significant accomplishments over the past 20 years. (See pages 12-13.)



Nobel Laureate Dr. Paul Greengard leads a team of world-renowned scientists at the Fisher Center for Alzheimer's Research at The Rockefeller University.



Mr. Howard Lutnick, Vice Chairman of the Fisher Center, Mr. Kent Karosen, President and CEO of Fisher Center, Dr. Marc Flajolet, Assistant Research Professor at the Fisher Center for Alzheimer's Research at The Rockefeller University and Mr. Murray Rubin, Secretary of Fisher Center unveil a donated window display at Rockefeller Center Plaza in NYC featured throughout Alzheimer's Awareness Month.



FISHER CENTER FOR
ALZHEIMER'S
RESEARCH FOUNDATION



Dr. Paul Greengard and the Fisher Center scientists



Dr. Paul Greengard and the
Nobel Prize in Physiology or Medicine

20th Anniversary
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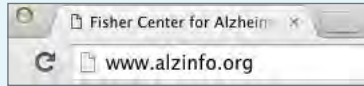
(l to r) Matt Lauer, NBC Anchor, interviews Tom Brokaw, NBC Anchor, Howard Lutnick, Vice Chairman of Fisher Center for Alzheimer's Research Foundation and Dr. Marc Flajolet, Assistant Research Professor at the Fisher Center for Alzheimer's Research at The Rockefeller University on the TODAY Show about Fisher Center's successes over the past 20 years and the need to continue raising funds to find a cure for Alzheimer's disease.



(l to r) Dr. Manny Alvarez interviews Dr. Marc Flajolet and Fisher Center's Trustee, Murray Rubin, for FOX News to talk about the Foundation and its research.

A LOOK BACK: 1995-2015

Philanthropist Zachary Fisher joins forces with David Rockefeller, donating a total of \$10 million to create the Fisher Center for Alzheimer's Research Foundation at The Rockefeller University.



Fisher Center branches into the Alzheimer's Information Program for caregivers and people with Alzheimer's with launch of website, ALZinfo.org.



Fisher Center scientists at The Rockefeller University discover the effect that the anti-cancer drug Gleevec has on reducing beta-amyloid plaques in the brain without affecting other cellular compounds, which could produce negative side effects.

The Functional Assessment Staging procedure (FAST), developed by Dr. Barry Reisberg, the director of the Fisher Education and Resources Program at NYU Langone Medical Center, becomes the U.S. Medicare-mandated standard for hospice care evaluation and admission.

Zachary Fisher, Founding Chairman, passes away.

1995 1995 1998 1999 2000 2002 2003 2003 2003 2005

Dr. Greengard receives the Nobel Prize in Physiology or Medicine for his revolutionary study on how cells communicate with one another in the brain.



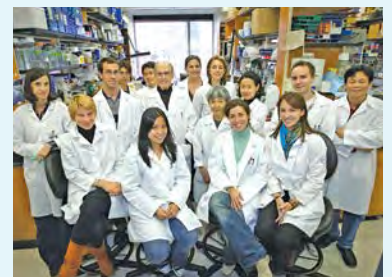
With Dr. Reisberg's study, memantine [Namenda] is approved by the U.S. FDA as the first medication for advanced Alzheimer's disease.

Dr. Paul Greengard and team at the Fisher Center at The Rockefeller University continue their effort to identify new signaling pathways involved in AD, and demonstrate the importance of a novel type of enzyme, phosphatases, PP1, which can regulate the amyloid precursor protein, APP, a product of which causes Alzheimer's.

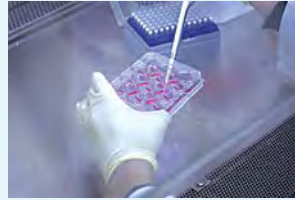


Dr. Greengard and team confirm that a protein previously identified by the lab binds to APP directly. This protein and APP co-localize in neuronal extensions that have an important role in learning and memory.

Dr. Greengard and colleagues demonstrate how the beta-amyloid peptide inhibits the synaptic plasticity, which prevents neurons from signaling and communicating correctly.



Dr. Greengard and team discover a novel cellular pathway involving the enzyme PLD1 linking, for the first time, a cellular function to Alzheimer's involved in neurite outgrowth, a process necessary for normal learning and memory. The team also found that PLD1 can act as a negative regulator of beta-amyloid formation.



Dr. Greengard is awarded the Karolinska Institutet's Bicentennial Gold Medal, the highest award conferred by the Karolinska Institutet during its 200th anniversary celebrations.



Dr. Greengard is commemorated by the *Proceedings of the National Academy of Sciences* during its 100th anniversary.

Dr. Greengard and team, pursuing their unique effort to identify novel therapeutic targets from the kinase family, identify the kinase CK1 as a novel target for Alzheimer's.

Kent Karosen becomes President and CEO of Fisher Center.

2006

2007

2007

2009

2010

2010

2015

2015

2015

2015

The Fisher Center lab discovers a previously unknown protein (GSAP) that inhibits beta-amyloid production without interfering with any other biological function.

The Fisher Center earns Charity Navigator's coveted 4-star rating for its financial responsibility and administrative transparency for the fourth year in a row.

Preserving Your Memory magazine launches. Key interviews of note include Sarah Polley, Maria Shriver and Diane Keaton.



Rockefeller scientists identify a protective molecule, WAVE1, which the scientists found to be important in the production of beta amyloid. This finding provides an opportunity to create new treatments.



The Fisher Center Foundation has given over \$35 million, to date, to support Alzheimer's research.

5 Keys to Improving Patient-Healthcare Provider Communication

With the recent changes to healthcare since the rollout of the Affordable Care Act, healthcare has become a much more fast paced and confusing environment for patients and families. These changes not only affect the way hospitals and healthcare providers function, but also the way patients receive care.

Hospitals earn more with higher patient volumes, which leads to a stronger focus on staff productivity. It also means less face time with doctors and nurses. While more people may have access to healthcare, making sure individual patient needs are appropriately addressed is an entirely different topic.

“Most patients and consumers have great difficulty navigating the healthcare system,” says Pamela D. Wilson of The Care Navigator, based in Lakewood, CO. “They have expectations of when they go to the doctor; what they’re hoping to get, and what they actually get, oftentimes, are two different things.”

Communicating Patient Needs

For an optimal health outcome, good communication between the patient and healthcare provider is vital, but often, there is a disconnect.



“Doctors and nurses often talk in a language that the patient doesn’t understand,” Wilson says, “and they either don’t want to ask questions because they feel silly, or they don’t know what questions to ask. That’s what causes what I call the ‘great divide’ between what patients expect and what the healthcare system offers.”

A doctor can’t effectively help a patient if they’re not able to communicate their specific health concerns, but the following tips will help make the most of a doctor visit.

Write it down: If you have specific issues to discuss or questions to ask, write them down on a small notepad before you go so you don’t forget anything. Keep in mind that time is limited, and you may not get to every item on your list, so be sure to prioritize them. Also, bring a list of all your current medications, allergies, the doctors you are seeing and your medical history. That will save time.

Respect their time: Hospitals and clinics typically are understaffed and short on time. Now more than ever, patients have to communicate clearly and succinctly when describing their symptoms. Avoid telling stories or sharing unnecessary details, and stick to the facts so that healthcare providers can focus on the task at hand.

Know what to ask: Ask follow-up questions to your doctor’s recommendations and don’t be afraid to ask why a treatment is being recommended, what its risks and benefits are, or if there are any other options such as lifestyle changes instead of taking medication. You can also bring along a family member who might be able to think of questions you might have forgotten to ask.

Speak up for yourself: If you think the doctor isn’t hearing you, don’t be afraid to say you aren’t being understood and then restate the problem with concise facts. Refer to your notepad as needed.

Follow up: Following through with your doctor’s recommendations is important, but not everyone does this. At the end of your appointment, ask for a visit note that explains everything you discussed, including the medications you were prescribed and what follow-ups are needed. If you have questions afterward, call back and speak with your nurse, who may be able to help, or at least, can ask the doctor for you.

Reaching Out for Help

Extra help is necessary when a patient can’t advocate for his/her own rights, and that’s when a patient advocate may be the right solution, whether it’s a family member or a hired professional.

“People hire a private patient advocate when they feel something isn’t quite right, their concerns are not getting addressed, they don’t feel they’re getting the best quality care, they want the best people taking care of their loved one, or the whole insurance and billing thing is a quagmire they can’t understand,” says Teri Dreher, RN, CCRN, iRNPA, Owner and CEO of North Shore Patient Advocates in Chicago, IL. “We basically help untangle messes, protect patient rights and prevent medical error.”

An advocate can attend doctor visits or the hospital with a patient to ask questions and even negotiate care—for example, if a doctor recommends a procedure such as a biopsy or thyroid removal, but the patient wants to seek other options or get a second opinion. When a doctor-patient relationship breaks down, typically, it’s because of a communication breakdown, which may be caused by a patient who consistently doesn’t listen to the doctor or complete follow-ups. That’s when an advocate can help the situation by speaking with the doctor directly and working out a course of action. According to Wilson, this may be a family member or a patient advocate stepping in to help the patient take their medications or follow-ups.

If problems persist, you may have to find a new doctor—and a patient advocate can help with that as well by researching a highly recommended doctor, hospital or clinic.

Effective communication with healthcare professionals empowers a patient to advocate for him/herself. With these helpful hints in mind, or a patient advocate at a patient’s side, a patient can take a proactive approach to their health. ■

Tips for Caregivers

Discretion

A patient with AD cannot be relied upon for remembering facts, but it’s important to keep their dignity intact. Speak with doctors before the appointment so they are aware of the important details.

Touch

Don’t forget the power of touch; it’s a simple, yet powerful, way of expressing love, especially during those difficult days.

Record

Stay on top of medical and legal records, preferably starting them while the patient still has some clarity. Log behavioral changes or safety issues in a journal and store it in a safe place.



Photo by Jon Kopaloff

Owen Wilson:

The actor's attempt to smile through life, his career and his father's Alzheimer's diagnosis

Though he is highly successful and undoubtedly one of the most recognizable actors of this time, Owen Wilson has had his share of difficulties. One that his family is currently facing is Alzheimer's disease: Wilson revealed earlier this year that his 74-year-old father is living with Alzheimer's.

"It's one of those things where if somebody had said 10 years ago, when my dad and I were joking around, having a putting match, that this is the position your dad's going to be in, where he basically needs 24-hour care, you'd think, 'Gosh, I won't be able to handle that. That's just not possible,'" he told the *Dallas Morning News*. However, as usual, Wilson tries to see the brighter side. "You just have to do your best to deal with it. You've got no choice but to accept it. And then, you sort of still look for the things to be grateful for. [My dad] is at home, taken care of, and he has people around that love him."

Known for his boyish charm, laidback drawl and twice-broken crooked nose, Owen Wilson is extremely good at one thing in particular: using subtle humor to make others laugh. The Oscar- and Golden Globe-nominated actor has taken on quirky roles in movies such as *The Royal Tennenbaums*, *Wedding Crashers* and *Midnight in Paris*.

Wilson's comic work continued apace with the release of the action comedy *Masterminds* in October. In February 2016, Wilson revives the character of Hansel, the pompous Euro-model, in Ben Stiller's sequel, *Zoolander 2*. A recent film, though, is a serious one. In *No Escape*, he played the role of an American father trying to protect his family overseas. While many would consider it a huge leap from the usual comedic characters he portrays, Wilson showed he isn't all sly grins and one-liners.

In 2008, he scored a number one, *Marley & Me*, alongside Jennifer Aniston. Over the next several years, he added a number of other movies to his oeuvre, including *The Fantastic Mr. Fox* (2009), *Midnight in Paris* (2011) and *Inherent Vice* (2014). He also did more voice acting for animated films *Marmaduke* (2010), *Cars 2* (2011) and *Free Birds* (2013).

In addition to acting, Wilson added a new job to his resume: father. In 2011, he had a son with his then-girlfriend Jade Duell. He became a dad again in 2014 when his one-time personal trainer Caroline Lindqvist gave birth to his second son.

Becoming a dad brought Owen closer to his own dad, and he continues to draw inspiration from his father. "For me and my brothers, there just wasn't a bigger influence on us," he told the *Dallas Morning News* upon the announcement of his father's illness. "Maybe it sounds trite

or something, but I really believe that his spirit gets carried on through me, the way I like to joke around."

"It's one of those things where if somebody had said 10 years ago, when my dad and I were joking around, having a putting match, that this is the position your dad's going to be in, where he basically needs 24-hour care, you'd think, 'Gosh, I won't be able to handle that. That's just not possible.' ... You just have to do your best to deal with it. You've got no choice but to accept it. And then, you sort of still look for the things to be grateful for."

The Overall Impact of Alzheimer's

Every 68 seconds another person is diagnosed with Alzheimer's and in 2015, it is expected that the treatment of Alzheimer's disease will have cost more than \$200 billion in health services. The financial impact of Alzheimer's disease in the United States could soar to more than \$1 trillion annually by 2050. In the next 30-40 years, the spiraling costs could threaten the very existence of the critical senior safety nets, Medicare and Medicaid, which presently cover more than one-half of these costs.

Yet the public funding from the National Institutes of Health for Alzheimer's research in 2015 is estimated at just under \$600 million dollars and lags significantly behind that which is spent annually to research new treatments and search for a cure for other similarly wide-reaching diseases. Thus, continued and increased private funding from interested organizations and individuals currently represents the best hope for finding essential new treatments. ■

Facing Caregiver Challenges

Owen Wilson's family will face challenges in providing care for their father, Bob. Caregiving can be stressful and demanding, even in the best of circumstances. But there are steps loved ones can take to keep stress at bay:

- Take time for themselves. They can't provide good care if they're not in a good place to do so.
- Ask for help when it's needed. A list of tasks where help is needed is a good place to start.
- Take advantage of social programs and support groups. Find out what community activities are offered in the way of social support.
- Help the people they're caring for develop a routine. The more predictable the day is for a person with Alzheimer's, the better the outcomes typically are.



Photo by Gareth Cattermole



Research is the Answer

Finding better treatments and a cure for the disease that afflicts Owen Wilson's father and more than 5 million other Americans requires more research.

By 2025, the number of people age 65 and older with Alzheimer's is estimated to reach 7.1 million—a 40% increase from the more than 5 million currently affected.

The Fisher Center for Alzheimer's Research is at the forefront of conducting breakthrough research in the quest to find a cure. The Foundation supports the work of the Fisher Center for Alzheimer's Research at The Rockefeller University and NYU Langone in New York City as well as the Karolinska Institutet in Sweden.

- Fisher scientists identified several proteins that regulate the amount of beta-amyloid produced in the brain. What's new is that these “regulator” proteins exert control over one or both of the enzymes that are known to produce beta-amyloid directly. Discovery of this “molecular fine-tuning” means that Fisher scientists can now search for, or design, new drugs for treating Alzheimer's. For more on this breakthrough, see story on page 8.
- Fisher researchers have also explored the formation of tangles in the brain by supplying a drug that blocks a type of protein known as a “chaperone” or “stress protein.” This could lead to treatments that prevent much of the devastating damage to brain cells that occurs in Alzheimer's.
- The scientists continue to investigate the causes of early-onset Alzheimer's in the hope of developing therapies and drugs to slow or reverse the disease.
- The Foundation also funds projects to support the family members and friends of those affected by Alzheimer's. A program developed by the scientists at the Fisher Center at NYU Langone allows Alzheimer's patients to regain basic skills of daily living and reduces the patient's dependence on a caregiver, thus improving the quality of life for all involved.

The disease is relentless and there is more work to be done in the quest to find a cure.

Tai Chi: Movement for Life

Originally an ancient Chinese martial art, tai chi has become a mind-and-body fitness practice for millions all over the world.

Consisting of slow, fluid movements in its most familiar forms in the West, tai chi is an aerobic, weight-bearing exercise that enhances the health of the mind and body. Because it is gentle and minimal in impact on the joints, tai chi is an ideal exercise for older adults.

An ancient Chinese mind-body movement called qigong is partly the precursor for the martial art movement systems we know now as the various tai chi forms. Still a martial art, tai

chi movement is practiced slowly to build energy or chi, so if called upon to move quickly (as in a martial situation), a tai chi practitioner will know and understand how to center and use his or her highest form of energy. There are many forms and variations of tai chi that have emerged throughout the centuries.

Tai chi's popularity is well established in the United States. According to the 2007 National Health Interview Survey, 2.3 million American adults participated in tai chi in the previous year. "Tai chi

is a very respected practice, a martial art that originated in China, and the Chinese have incorporated it into their society, as have many communities around the world," says Scott Cole, a tai chi expert and lecturer in more than 30 countries, as well as the creator of America's top-selling *Discover Tai Chi* DVD series. "It is beautiful to witness and practice a moving meditation."

Bill Douglas, founder of World Tai Chi & Qigong Day, as well as the tai chi meditation presenter at University

Among tai chi's benefits is improving balance.





Scott Cole, a tai chi expert and lecturer in more than 30 countries, as well as the creator of America's top-selling *Discover Tai Chi* DVD series.

“The great thing about tai chi in general is that you can practice with a group or on your own, any place, any time.”

—Scott Cole

of Kansas Hospital's Turning Point Program, and author of *The Complete Idiot's Guide to T'ai Chi & Qigong*, notes that tai chi's power to combat stress accounts for some of that popularity. “Stress is a modern plague, and causes or increases most of the common health challenges people face,” says Douglas.

A Bevy of Benefits

Tai chi's health benefits have long been proclaimed in the East, and Western medicine is rapidly catching up.

One of the most recent and comprehensive publications on the subject is the *Harvard Medical School Guide to Tai Chi—12 Weeks to a Healthy Body, Strong Heart & Sharp Mind*. This book lists randomized controlled trials, the gold standard for western medical research, which demonstrate the benefits of tai chi for balance and fall prevention, cardiovascular conditions, osteoporosis, arthritis and fibromyalgia, respiratory conditions, Parkinson's, MS, stroke, depression, anxiety, mood, cognitive function, cancer and sleep. Tai chi has also been shown to increase brain volume in some studies and improve cognitive function and memory.

“Additionally, there is a strong spiritual component to the long-term practice of tai chi,” says Tom Rogers, President of the Qigong Institute. “A strong spirit contributes enormously to health in many ways, such as providing a skill to meet the changes and challenges that come with the lives we lead.”

For all these reasons, tai chi is a wonderful practice for older adults but should also be taught to children because it can improve balance, self-efficacy and immune function.

Getting Started with Tai Chi

Before setting out to learn tai chi, consider how far you want to go with it. For some people, learning an entire form is the goal. This can take months or even years, however, and must be

learned from a Grand Master, a learned, skilled practitioner who has spent decades learning directly from a recognized “lineage” Grand Master. For many others, learning a simplified version is more than adequate. “Some of the simplified versions of tai chi for health, which in actuality are qigong or qigong with some tai chi structure added, can be learned from the combination of videos and books,” says Rogers. Rogers adds that traditional forms of tai chi must be learned from a master, and anything beyond the simpler movements will require some guidance from a qualified teacher or master. “However, the health benefits of tai chi, as recommended by the experts, can be made accessible to the general public by enthusiastic instructors trained in the basics of the practice,” he notes.

That’s where Cole comes in. Cole teaches the Yang form, a long form of traditional tai chi that can take months or even years to learn. But he also teaches a simplified, “blended” form of the art. “I put movements together that are therapeutic, effective and fun,” he says. “My *Discover Tai Chi* programs are designed to bring movements together that are fun, exciting and beneficial right from the outset.”

Douglas encourages people to visit WorldTaiChiDay.org, which provides a free global tai chi and qigong teacher/school directory to help people connect with local teachers. It is a free public service to both teachers and those seeking teachers that has connected over one million visitors to local teachers or schools. World Tai Chi & Qigong Day’s purpose is to expand global awareness of tai chi and qigong’s benefits, and to connect those learning about these mind-body sciences with teachers in their local areas in over 80 nations.

One more thing about tai chi: It costs very little or nothing at all, depending on how you practice. “The great thing about tai chi in general is that you can practice with a group or on your own, any place, any time,” says Cole. ■



Bill Douglas, founder of World Tai Chi & Qigong Day, tai chi meditation presenter at University of Kansas Hospital’s Turning Point Program, and author of *The Complete Idiot’s Guide to T’ai Chi & Qigong*

“Stress is a modern plague, and causes or increases most of the common health challenges people face.”

—Bill Douglas



Tom Rogers, President of the Qigong Institute

For More Information

- Scott Cole recently appeared on an episode of *The Doctors* to present the many ways tai chi-inspired exercises can be used to improve balance and prevent falls. You can watch that segment on YouTube: search for “Scott Cole.” Also, you can learn more about Scott and order his DVDs directly through his website, www.scottcole.com.
- World Tai Chi and Qigong Day is held the last Saturday of April every year. For more information on that (and a wealth of other tai chi- and qigong-related topics), visit www.WorldTaiChiDay.org.
- The Qigong Institute (www.Qigonginstitute.org) is a 501(c)(3) non-profit organization dedicated to promoting Qigong and energy medicine through research and education.
- *The Complete Idiot’s Guide to T’ai Chi & Qigong* (4th edition, Bantam/Penguin) is available at Amazon.com, Barnes & Noble, and everywhere books are sold. Author and founder of World Tai Chi & Qigong Day, Bill Douglas, was also commissioned to create *Prevention Magazine’s* tai chi tutorial. See his website, www.smartaichi.com.
- You can read a report on the amazing health benefits of tai chi for yourself at the Harvard Health Publications website: www.health.harvard.edu: search for “the health benefits of tai chi”. *The Harvard Medical School Guide to Tai Chi—12 Weeks to a Healthy Body, Strong Heart & Sharp Mind* is available at Amazon.com, Barnes & Noble and everywhere books are sold.

When A Person with Alzheimer's Has to Live Alone

Perhaps an elderly person's partner has just passed away. Or maybe a live-in companion has to go back to work. While waiting to move into a memory care center, some people with Alzheimer's are forced to live alone—a prospect that's certain to make any caregiver uneasy.

Approximately one in three people with Alzheimer's disease live alone.

"The first thing to do is to determine whether this person can live alone," says Francine Lederer, PsyD, a psychologist in Los Angeles who specializes in life transitions. There are a few questions that should be asked such as, can he/she function independently on their own? Is this person safe living alone? Are they able to clean or bathe themselves, handle their own money?

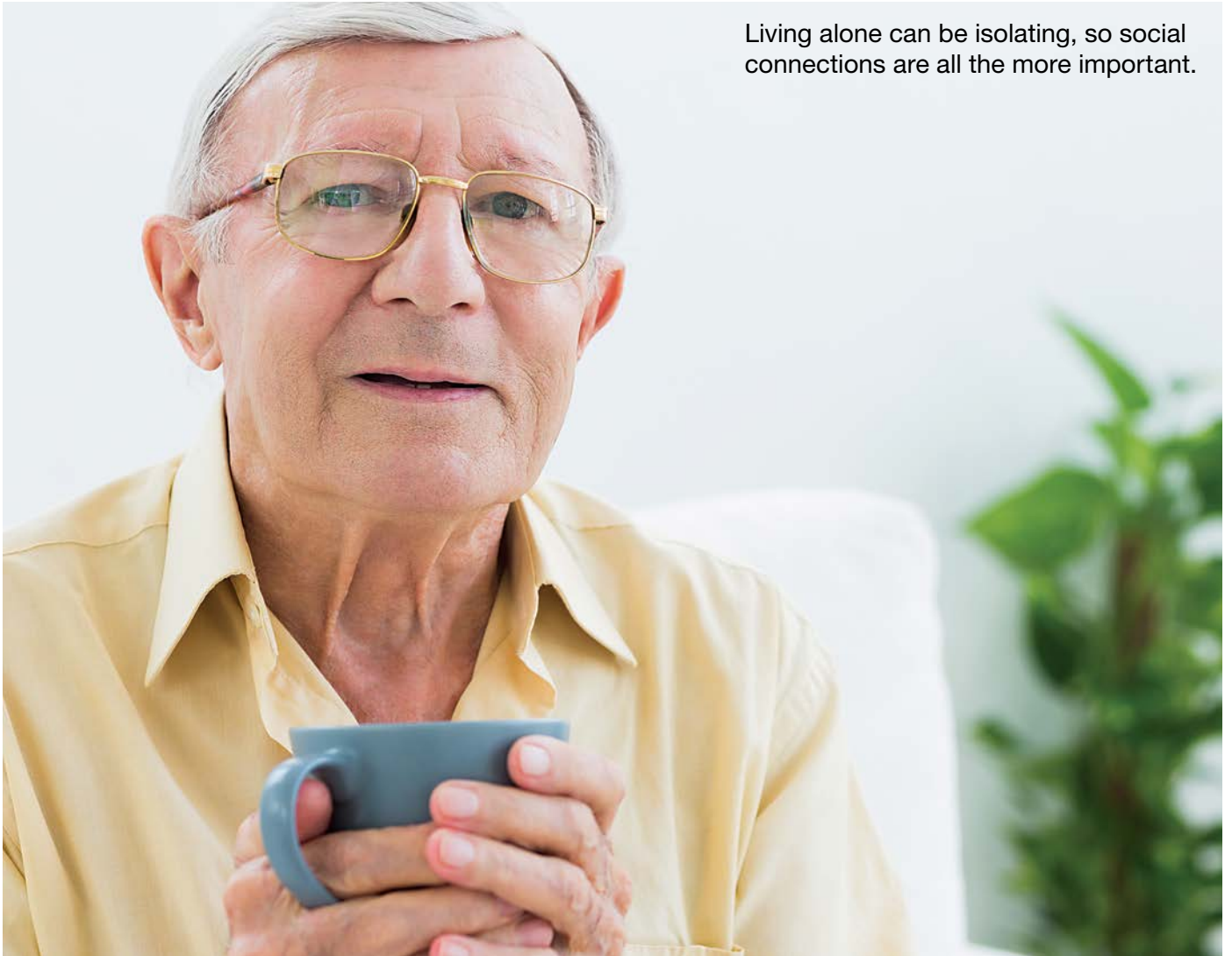
Creating a safe living situation takes careful planning. The issues that need to be addressed range from handling household chores and finances to making sure medication, meals and transportation are taken care of.

Start by consulting the person's doctor for an objective assessment of their capabilities. Once they give the green light to live alone, here are the next steps:



Providing aid with typical tasks like shopping can help an older person with Alzheimer's who lives alone.

- Seek outside support for household chores. Assess whether the person needs help with everyday chores, such as preparing meals, doing laundry, or cleaning the house. Consider enlisting Meals on Wheels or home cleaning service. Consider arranging for help with larger chores such as mowing the lawn or shoveling snow. Ask neighbors or a local senior center to recommend people who can help.
- Check the home for safety hazards, including anything that may cause a fall. For example, throw rugs, wires that extend into walking spaces and home furnishings with sharp edges should all be eliminated or relocated to where they're out of the way.
- Give special attention to hazards in the kitchen and bathroom. Disable a stove or oven if the person with AD is unable to use either one safely.
- Arrange for transportation if necessary. While some people with Alzheimer's can still drive, others may need help. Make sure to continuously assess their driving skills. If he or she needs help doing errands or going to doctor's appointments, arrange for someone to get him or her there.
- Be prepared for an emergency. Set up a life alert system in case they fall or get injured. Post a list of phone numbers on the fridge for people to call if there is an emergency. Let trusted friends and neighbors know that this person is living alone and ask if they're available to help, if needed.
- Manage money matters. Have pension checks and Social Security benefits directly deposited into checking accounts. Set up automatic payments for



Living alone can be isolating, so social connections are all the more important.

monthly bills. Enlist the help of a trusted friend or relative, if necessary.

- Create a system of medication reminders. Find a way to stay on top of his or her medications. Strategies may include using a pillbox or writing down any pills they take on a calendar or on a sticky note. Give them a call to remind them.
- Encourage social connections. Living alone can be isolating for anyone, but especially for someone with Alzheimer's. Sharing a meal or shuttling the person with Alzheimer's to a social event they enjoy can help build those connections. Look into a local senior center where they not only get socialization, but meals are usually provided.

Some people may benefit from early stage support groups or early stage engagement programs, where they can connect with peers. The Fisher Center for Alzheimer's Research Foundation offers a Community Blog (www.alzinfo.org/treatment-care/blogs) where people can read stories of those in similar situations.

While someone with Alzheimer's may live alone for a while, it's important to continuously reassess how he or she is doing. Each person is different, so assisting in areas where they need help is essential. ■

Bernard A. Krooks is managing partner of the law firm Littman Krooks LLP (www.littmankrooks.com). A certified elder law attorney, he is a past president of the National Academy of Elder Law Attorneys and past president of the Special Needs Alliance.

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 29)

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 | _____ |

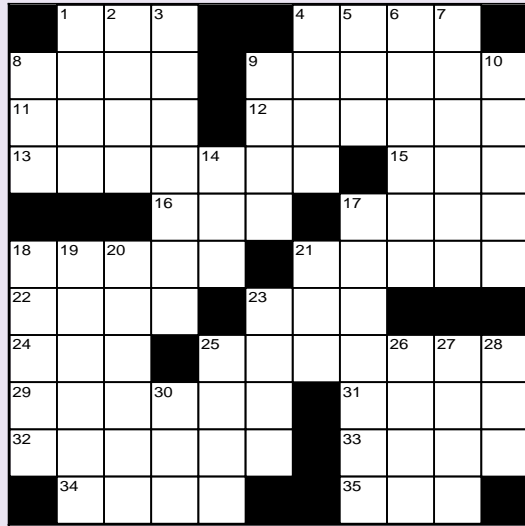


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BRAIN-BOOSTING CROSSWORDS

(Answers on page 29)

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 (2 wds.)
 - 29. Treater
 - 31. Roof edge
 - 32. Concealing
 - 33. Fruit rind
 - 34. Talk wildly
 - 35. Address
 - 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

Down

- 1. Hobbled
- 2. Comic Sandler
- 3. Santa ____, California
- 4. They're confessed at confession
- 5. Pounds (abbr.)
- 6. Remains
- 7. Early car (2 wds.)
- 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 ("Exodus" role)
- 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

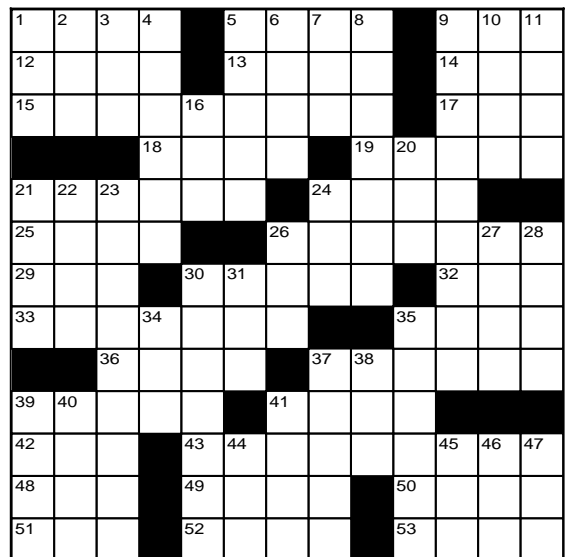
Talk to the Animals

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 Mulletts"
- 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

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.

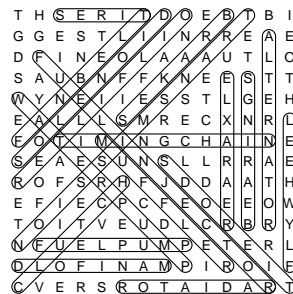
Crossword 1



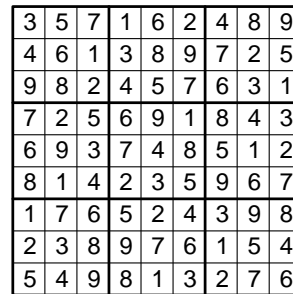
Crossword 2



Word-Find



Sudoku



YOU CAN MAKE A DIFFERENCE!

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Families Unite to Power Revolutionary Online Resource

It wasn't supposed to be this way. The forward-thinking experts at SeniorAdvisor.com, knowing the complexity of the senior living industry, had a goal of simplifying this labyrinthine industry for the average family. When they set out to create the largest and most user-friendly resource in senior living in early 2013, they knew they had their work cut out for them, but when approaching caregivers and families for feedback on the tool's effectiveness, they encountered something they never expected—an overwhelming response that would actually create the very foundation for this revolutionary resource.

The SeniorAdvisor team began to combat the well-documented difficulty of accessing assisted living records—not only can it take months for info requests, but only a few states update their records more frequently than every 60 days—by providing valuable information on nearly every senior community in the United States (currently over 105,000). Within weeks of beginning their quest, SeniorAdvisor provided detailed information on amenities, pricing and photos to the public—but, given the industry's overall lack of accessibility to assisted living records, the SeniorAdvisor team knew more had to be done in order to provide families with the equipment needed to make accurate decisions about the senior living options near them.

What quickly became obvious is that although many caregiving families may not know each other personally, the estimated 30 million caregivers in this country are more than just a statistic—they are a strongly bonded community. Overwhelmed by the response from families and their willingness to lend a hand, the SeniorAdvisor team published reviews and ratings from these families for as many senior communities across the country as possible, elevating the level of comfort for families in the senior care decision-making process. This willingness to go the extra mile for future care seekers has resulted



in families coming together to offer feedback for senior communities on over 45,000 separate occasions.

“We’re trying to concentrate on consumers and increase their confidence level. We want to make them feel more comfortable about their decision to move in to a community,” says Eric Seifert, President of SeniorAdvisor.

SeniorAdvisor’s personalized touch displays feedback from families on 5 categories—cleanliness, value, activities, quality of care and staff friendliness. Aside from these numerical ratings, families—either who toured the communities themselves or had a loved one as a resident—provide unique insight on specific experiences at these communities, illustrating the detailed data with a human element.

As a thank you to PYM readers and caregivers across the nation, SeniorAdvisor is giving away a free e-book on the Six Alternatives to Financing Senior Care & Assisted Living. By visiting <http://senioradvisor.com/p/pym>, you can grab the e-book, see what other families are saying about the senior communities in your area and even share your own experiences. You can also contact SeniorAdvisor 7 days a week by calling (866) 333-0742 to get assistance with your senior care search from a trained specialist.

An advertisement paid for by SeniorAdvisor.com



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For Questions or Assistance Please Call 1-800-ALZINFO (259-4636) or visit ALZinfo.org

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Fisher Center Reaches the Public With Important Message

Emphasizing the critical need of increased
funding for Alzheimer's research

In honor of Fisher Center's 20th Anniversary and Alzheimer's Awareness Month, the donated window display featuring the Foundation and Nobel Laureate Dr. Paul Greengard, appeared in Rockefeller Center Plaza in NYC – one of the busiest intersections in the world and seen by nearly 7.5 million people during the month of November.

Fisher Scientists Discover
New Ways To Rid Cells of
Alzheimer's Protein

www.Alzinfo.org

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Nobel prize winner Dr. Paul Greengard and
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