

# MEMORY

PRESERVING YOUR

SUMMER 2021

Planning for the Care  
of **Your Pets**

Smart Tech for a  
**SAFER HOME**

Learn to Spot  
**Depression**

Stress Less  
with an **ANTI-  
ANXIETY DIET**

WE WANT  
YOUR FEEDBACK  
ON THIS  
MAGAZINE!  
SEE PAGE 5

## NILE RODGERS

SUPERSTAR MUSICIAN/PRODUCER  
HAD A SPECIAL BOND WITH HIS MOM



FISHER CENTER FOR  
ALZHEIMER'S  
RESEARCH FOUNDATION



# Courage TO TAKE ACTION

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The Courage to Take Action campaign was created to highlight the courage it takes to live with Alzheimer's and to be an advocate in the fight against the disease.

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[ALZINFO.ORG/FUNDRAISING](https://alzinfo.org/fundraising)

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# ON THE COVER

## Nile Rodgers

He's produced music's top stars, but the CHIC mastermind's late mom might have been the most unique character he's known.

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# MEMORY



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# A Summer Medley

Photo by Jodi Jones

**G**reetings! As COVID-19 restrictions begin to lift, folks are ready to have some summer fun. One way is incorporating movement into your healthy meal preparation. We have some easy exercises (page 26) and a delicious summer recipe (page 25) to get you started.

If you like to cook to music, I highly recommend the tunes that Rock & Roll Hall of Fame and Grammy Award-winning musician, songwriter, record producer and arranger, Nile Rodgers, has produced! The CHIC founder shares his experience with his late mother, his “kindred spirit,” who suffered from Alzheimer’s disease (page 16).

Close bonds aren’t only formed with people. If you have a furry family member, you can read about how to plan for your pet’s ongoing care (page 8). If you need to release treasured possessions before moving into assisted living, learn how to downsize (page 12). Moreover, you can equip your home with cool assistive technology that’s way beyond the clap-on/clap-off sound-activated electrical switch from the ’80s (page 10).

Meanwhile, in the Fisher Center Lab, our researchers continue to work nonstop on the causes and cure for Alzheimer’s disease! We expanded our partnership with The Rockefeller University and created the Zachary and Elizabeth

M. Fisher Professorship in Alzheimer’s and Neurodegenerative Disease. Meet the inaugural professor, Dr. Sidney Strickland (page 27), get an update on research from Dr. Marc Flajolet (page 14) and learn about Deb Poulter, who retired after 15 years as the lab’s executive assistant. Like Deb, our webmaster/graphic designer, Jerry Louis, has been with the Fisher Center Foundation for 15 years! We will celebrate his years of service in July and will highlight him in our fall issue. You may not be familiar with his name, but you have certainly seen his work.

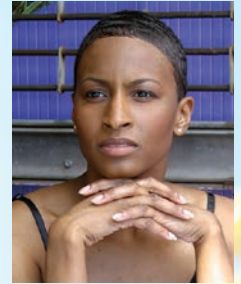
Finally, thank you for your continued support of our mission and summer Courage to Take Action campaign. Your generosity is making a difference in our research and the quality of our programs. To learn how you can participate, visit [ALZinfo.org/courage](https://ALZinfo.org/courage).

I encourage you to complete our reader survey so we can continue to provide you with meaningful information and resources.

Warmest regards,



*Lucretia Holden, SHRM-CP*  
**Executive Director**



## About the Fisher Center for Alzheimer’s Research Foundation

Since 1995, the Fisher Center Foundation, a 501(c)(3) nonprofit organization, has provided hope and help to the public by funding research into the **cause**, **care** and **cure** of Alzheimer’s disease and creating much-needed information programs. Our internationally renowned scientists are at the forefront of research that provides a conceptual framework for modern-day investigations into Alzheimer’s disease.

The Fisher Center Foundation has earned Charity Navigator’s highest 4-Star rating for nine consecutive years for fiscal management and commitment to accountability and transparency.

To read back issues of this magazine, go to [ALZinfo.org/pym-archive/](https://ALZinfo.org/pym-archive/).

## Your opinion matters.

Complete our online reader survey by August 20, 2021, for a chance to win one of three Visa gift cards, valued at \$250, \$150 and \$75!

Go to **memory2021.questionpro.com**.

# CHOCOLATE MAY BE GOOD

Good news, chocolate lovers: Healthy adults who consumed a cocoa drink performed better on tests of memory and thinking skill. Brain scans showed that the chocolate drink improved oxygen delivery to frontal areas of the brain critical for complex cognitive tasks.

The drinks were rich in flavanols—compounds found in most fruits and vegetables, including berries, grapes, apples, tea and chocolate. Other studies have shown flavanols improve heart health by helping make blood vessels more supple, allowing them to expand when oxygen demands increase.

This study, published in *Scientific Reports*, suggests that flavanols have a similar benefit for blood vessels in the brain. Though the researchers used cocoa in their experiment, the results suggest that a variety of foods rich in flavanols may be beneficial for brain and vascular function.

Earlier studies have likewise suggested that chocolate can be good for the aging brain, including one that found that men and women in their 50s and 60s who consumed a cocoa drink performed as well on memory tests as someone 10 years younger. Another study tracking more than 900 men and women whose average age was 81 found that those who consumed a diet high in flavanols were less likely to develop Alzheimer's disease in their later years than those who ate diets low in these compounds.



## FOR YOUR BRAIN

**MOST PEOPLE  
WITH ALZHEIMER'S  
HAVE MILD OR  
MODERATE DISEASE**

Just more than half of people with Alzheimer's disease have mild illness, according to a new analysis; 30% have moderate disease; and about 20% have severe disease. Those are the findings from researchers at Boston University School of Medicine, who analyzed medical records of thousands of people 50 and older.

The findings are important because interventions for Alzheimer's are most effective in the earlier stages of the illness. For example, numerous studies suggest that lifestyle choices, such as eating a heart-healthy diet and getting regular exercise, may help to slow disease progression in people with early Alzheimer's. Likewise, people

## CAREGIVING IS AN EXTENDED FAMILY AFFAIR

Researchers at Virginia Tech are turning their attention to a group of caregivers that hasn't previously received much attention—extended family members of people with dementia. Their research will focus on grandchildren, nieces, nephews, siblings and stepchildren rather than spouses or adult children. They hope to learn whether these relatives face unique barriers or have any special needs compared with other caregivers.

Karen Roberto, one of the researchers, points to the example of a student of hers who was juggling work, school and caring for an older uncle—a role that few people would have guessed a student was performing. Roberto says that the research team isn't sure what they might uncover, but the findings could be used to help build community resources to support these caregivers' particular needs.

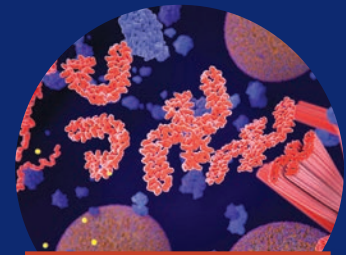


with mild or moderate Alzheimer's may benefit from programs such as art or music therapy, or day care services that can provide social outlets and help ease anxiety.

Because most cases of Alzheimer's are mild to moderate, most people with the disease can benefit from such actions. Lifestyle changes

and self-care measures may also help those with mild cognitive impairment (MCI), a brain disorder that often progresses to full-blown Alzheimer's.

Experts also believe that many of the new Alzheimer's treatments being tested may be most effective in the earliest stages of the disease,



## SECRETS OF THE SUPERAGERS

What keeps someone mentally sharp into their 70s, 80s, 90s and beyond? Researchers at Northwestern University School of Medicine report that people who remain free of serious memory and thinking problems in old age seem to be resistant to the formation of tau, a distorted protein that builds up in the brains of those with Alzheimer's disease, forming telltale spaghetti-like tangles that might choke off healthy neurons.

In the study, published in *Cerebral Cortex*, the researchers found that men and women who remained mentally intact into old age—a group that the research team called cognitive SuperAgers—had threefold fewer tangles in their brains than their peers who were aging normally.

The researchers plan follow-up studies to learn more about why brain cells become vulnerable to tangles in the first place and why people who remain mentally young are protected from tangle buildup.

Other research from the group has found that SuperAgers seem to maintain strong social and family ties and active engagement in work, hobbies and cognitively stimulating activities, all of which have been linked to a reduced risk for Alzheimer's.

before damage to the brain becomes extensive and irreversible. The findings underscore the urgency of discovering effective new treatments to reverse, halt or slow the progression of Alzheimer's.

# Everlasting Love

Don't leave the future care of your beloved pets to chance. Decide now what will happen if you can no longer care for them. by Cindy Kuzma

**F**ood, water, regular vet visits, that special chin scratch: You know what your pets need to thrive. But what happens when you can no longer fill their dish or snuggle by their side? When pet parents get sick or hurt, move to assisted living or pass away, animals' lives can hang in the balance.

Fortunately, just as you plan for your own future, there's a lot you can do to secure your beloved companions' ongoing care. As a responsible pet owner, you've committed to care for the life of your pet—even if that life extends beyond your own. Here's how to do it.

## SHORT-TERM HELP

Start by identifying two trustworthy friends or relatives who could immediately help your pet in an emergency. Provide these temporary caregivers access to your home, basic feeding and care instructions, and the name of your veterinarian.

Then, create a wallet card informing medical authorities you're a pet owner. Include your emergency contacts' names and numbers.

Also, assemble a larger pet portfolio for each of your nonhuman family members. Include:

- Veterinarian contact or records
- Medical conditions and any medicine they take

- Food preferences
- Typical habits and behavior, especially around other animals and children

Keep copies where you store other important paperwork and distribute them to anyone who might be involved in your pet's future plans.

## FINDING A NEW 'FOREVER' HOME

Once you have people who can step up in a pinch, put some thought into appropriate permanent caregivers. Think about people who already know your pet and have had animals in the past—perhaps a partner, adult child, parent, sibling or friend.

Talk with these people about what you want for your pet and if they're willing to provide it. If possible, designate a first choice and alternate. That way, if one person's circumstances change, there's another option.

If you have multiple pets, you might wish to keep any who have bonded together. This makes planning ahead even more crucial.

For those without friends or family willing to play this role, consider connecting with your local animal shelter or rescue groups. Often, if they have a heads-up, these types of organizations can help with placing your pet.

## MAKING IT LEGAL

While many people rely on informal agreements, it's important to know conversations aren't legally binding. For more assurance, you may want to consult with an attorney and draft documents to specify your wishes.

You can add language to your will designating where your pet should go. However, wills often take time to execute, and these instructions might not be carried out until finalized. What's more, after your estate is closed, the court doesn't have to find a new home for your pet if the first one falls through.

So, while a will is a good place to leave some funding to your caregiver for ongoing pet needs, other options may be better for arranging the specifics, including:

- **Letter of instruction.** This flexible format allows you to name a caregiver and leave guidelines for your pet's care. However, it has less legal sway than other agreements.
- **Pet trusts.** With trusts, you



set aside money to care for your pet and choose a trustee to control the funds. Trusts are legally enforceable arrangements that can include certain stipulations, such as brands of food or timing of walks. They take effect anytime you choose, including when you're sick, hurt or immediately after your death.

- **Power of attorney.** Here, you'll designate someone else to make decisions about your pet if you're unable. However, this works only during your lifetime.

State laws on these agreements vary, so talk with an attorney in your area for details. In every case, leave copies with both the executor of your will and anyone who might play a role in your pet's care. That way, no one will have to guess the life you'd want for your companion.



# TECH SOLUTIONS



## FOR A SAFER, MORE SECURE HOME

by Linda Wasmer Andrews

A new generation of user-friendly products is making life easier—and safer—for aging adults.

**W**e've all seen the ads for a wireless help button on a pendant that you can push if you've fallen and need help getting up. But today's tech options for the home have evolved well beyond that. From smart lighting to video doorbells, you'll find a vast array of options designed to make life safer, simpler and more secure.

These products may be particularly helpful if you are an older adult or

are helping care for an older relative. The right ones can offer support for people who want to age safely and independently in their own homes.

With so many new options out there, however, you might not be sure which type of tech solution best meets your needs. Here is a quick rundown of some products you might want to consider. And if you didn't grow up on smartphones and tablets, you'll appreciate that many of these products are user-friendly.



### SMART SPEAKERS

**Problem:** You want to access the benefits of technology without having to use a smartphone's tiny touch keypad and screen.

**Solution:** Voice-controlled smart speakers, such as Amazon Echo and Google Nest, may be a good option. They're among the most versatile and popular home tech products; nearly one in five adults age 65 or older owns one. With a smart speaker and an internet connection, you can use hands-free voice commands to check the weather, catch up on the news, create reminders, play music and more. Plus, your speaker can double as a control hub for other connected objects in your home.



### SMART LIGHTING

**Problem:** You're stumbling around in the dark during late-night trips to the bathroom.

**Solution:** One easy option is to buy a smart light bulb that connects to your smart speaker. This allows you to turn the light on and off with a simple voice command. You could also install smart light switches, which work with a variety of lighting fixtures and ceiling fans. Among other things, some switches can be set to turn lights on and off randomly while you're away, making it look like someone is home.



### VIDEO DOORBELLS

**Problem:** You want to keep a close eye on what's happening outside your front door.

**Solution:** A video doorbell is a compact camera that allows you to livestream package deliveries and video chat with visitors using your smartphone or other device. Many brands offer a limited amount of video storage for free. Some provide additional storage with a paid subscription.






### FALL DETECTORS

**Problem:** You need a way to summon help for yourself or a loved one in case of a fall.

**Solution:** The new generation of wearable medical alert products have sophisticated capabilities, such as fall and movement sensors, cellular connectivity and GPS. Some can call emergency services automatically if you are immobilized after a fall. Choose a product that is comfortable, unobtrusive and waterproof so that you can wear it all the time, even in the shower.

Of course, you don't need to splurge on every new gadget out there. But a little tech can go a long way toward giving you peace of mind.

## 3 INTELLIGENT OPTIONS FOR YOUR HOME

PRODUCT	WHAT IT CAN DO
 <p><b>SMART PLUG</b></p>	<p>This adaptor for a regular power outlet lets you plug in an object—such as a lamp, fan or coffee maker—and control it via a phone app or smart speaker. For example, you can create a schedule to automatically turn it on at a set time.</p>
 <p><b>SMART GARAGE HUB</b></p>	<p>This system notifies you on a phone app if your garage door is left open and allows you to close it from anywhere.</p>
 <p><b>SMART SMOKE AND CARBON MONOXIDE ALARMS</b></p>	<p>Interconnected alarms can let you know if fire or carbon monoxide is detected anywhere in your home. Instead of just blaring a loud noise, some alarms use voice alerts to tell you exactly what and where an emergency is.</p>

# MAKING YOUR MOVE INTO Assisted Living



It's normal to feel emotional—but there are ways to honor your past while embracing your future. by Cindy Kuzma

**A**ny big change requires adjustment. The move from your home to an assisted living facility is no exception.

Even if you've chosen it as the best option for your health and safety, you'll likely experience a wide range of emotions as the process unfolds. Grief about your loss of independence is common. So is fear of leaving family and friends, and practical worries about finances and belongings.

Planning, patience and support can help you navigate this period of change. Remember: No matter where you reside, there are ways to feel at home. Some are tangible, such as meaningful possessions you bring with you. Others involve attitude—for instance, staying open to new relationships and routines.

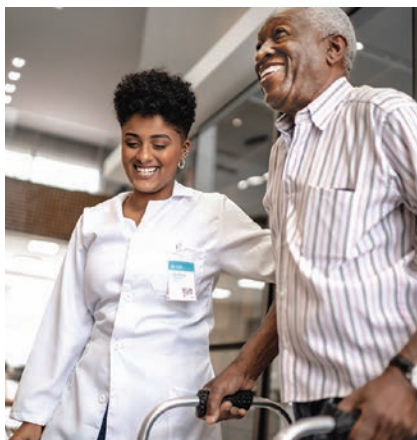
## LAYING THE GROUNDWORK

From the beginning of the planning stages, take an active role. Make your wishes known to your family members and health care team. If questions or problems arise, work together on solutions.

One big decision is what to do with your existing home. In some cases, selling it can provide funds for your care. In others, you might be able to use home equity instead. Consult with a financial adviser or elder law attorney for advice specific to your situation.

Review the contract and any other paperwork you've received from the assisted living facility. You'll likely find helpful details about policies and procedures—for instance, what furniture is provided and how much help you'll get on moving day.

Visit your room or apartment in advance, if you can, and take measurements. Your space will likely be smaller, so you'll need to think



**Everyone adjusts at a different rate. Give yourself plenty of time and grace as you settle into your new environment.**

carefully about what to bring with you and what to leave behind.

## SORTING YOUR TREASURES

Downsizing often has a negative connotation. It may feel helpful, instead, to view this as an opportunity to pass along important items. Choose mementos to give to children, grandchildren and friends, and watch these heirlooms take on new life.

Ask yourself, honestly, what you'll need to be happy and comfortable. Multiple coats might not squeeze into a smaller closet. However, artwork and photographs can make your new abode feel like your own. Put a special emphasis, too, on tools that make daily tasks easier, such as reading aids or kitchen gadgets.

You don't have to make permanent decisions immediately. You can ask family members to temporarily store

some items or you can rent a storage facility. That way, you'll be able to retrieve them later if you miss them.

One item that often holds special emotional resonance is your car. While it can feel like giving up your freedom, handing over the keys doesn't have to mean an end to outside activities.

Make a list of places you typically go and plan how to meet those needs. You might have groceries delivered instead of going to the store and carpool to religious services. Speaking with others who've stopped driving can offer ideas as well as reassurance.

## CONNECTING TO COMMUNITY

You might not be used to living so close to other people. To prepare, make sure you understand exactly how much personal space you'll have. Your room may be semiprivate, or you might have your own unit or apartment.

While this might be less real estate than you've enjoyed in the past, consider this: Social relationships are linked to improved health and well-being. Making an effort to connect with your neighbors, while keeping ties to family and current friends, allows your support network to grow.

Take a look at any activities scheduled at the facility. Choose at least two or three to take part in and introduce yourself to other residents when you go. Know that it's also OK to seek out privacy and personal space when you need it.

Everyone adjusts at a different rate. Give yourself plenty of time and grace as you settle into your new environment. Also, remember that reaching out—to a friend, clergy person or social worker—can help if you're struggling.

# DNA-Encoded Libraries Are Revolutionizing Drug Research

by Marc Flajolet, PhD

**T**he mid-1980s saw the birth of high-throughput screening, or HTS, a breakthrough in the drug discovery process. It started in large pharmaceutical companies like Pfizer, grew quickly as a result of modern biochemistry and molecular biology, and greatly helped in identifying novel classes of therapeutic targets, especially oncogenes (cancer genes).

HTS transformed the field by allowing the testing of large numbers of compounds in much less time, using automated techniques and robots, in 96-, 384- or even 1,536-well plates (testing 1 million compounds requires 1 million wells). However, the increasing number of new therapeutic targets and pathways, combined with HTS limitations, were asking for even more screening power.

**What if it were 1985 all over again, and we had another watershed? What if one could test 100 times more druglike compounds than HTS, even 1,000 times more, all in a single tube, all at once, in a very short amount of time?** This is what the newest drug discovery technology can offer. This technology is called DNA-encoded library (DEL) or DNA-encoded chemical library (DECL).

This technique was conceptualized by Drs. Richard Lerner and Sidney Brenner a while back; Dr. Lerner was a close colleague and friend of Dr. Paul Greengard, the Fisher Center Lab's founding director. Dr. Greengard quickly became a strong enthusiast of DEL, and this is how we initiated the work three and a half years ago at the Fisher Center to build our own drug discovery platform. It was like discovering a new continent—we had to start from scratch, invent protocols and sometimes take chemical avenues that nobody in the lab or anywhere else had taken before.

Today, we have made significant progress, and we are happy to report that a number of DEL libraries of chemicals have been built; we now have access to over 100 million entirely new compounds. Typically, research labs will screen 0.1 to 1 million compounds maximum. Now our screening power exceeds this highest limit by 100 times. It is important to note that these compounds are highly diversified and can be used for any biological target, for all the Alzheimer's projects that we have at the Fisher Center and many more. Creating one of these DEL libraries was like conducting a cooking experiment that would last 12 to 24 months, alternating between molecular biology and chemistry protocols, using about 45 recipes (most of them needing to be created) and taking advantage of highly sophisticated instruments.

The uniqueness and prowess of this technology is that the 100 million molecules generated are each tagged (attached) with a unique piece of DNA that is used to barcode each molecule. This is the reason why all can be mixed in a single tube, incubated with the target (e.g., protein, enzyme, receptor), and after several washes, it is possible to deduce what molecule binds to the target by reading the DNA tags. This one molecule is then called a hit molecule and will require further validation to become a lead molecule, and then a drug candidate in clinical trials, and then finally an approved drug eventually if everything goes well. We are currently optimizing the screening protocols while we are producing our first DEL-compatible Alzheimer's disease-related targets. The drug screenings will start soon after that.

To support the Fisher Center's groundbreaking Alzheimer's disease research, donate using the envelope inside this issue.



## SAYING FAREWELL TO

# Deb Poulter

The executive assistant cherished her time at The Rockefeller University. by Jennie McKee

**D**ebra (Deb) Poulter recently retired from her position as executive assistant at The Rockefeller University. She served in this role for 15 years, first providing support to the late Nobel Laureate Dr. Paul Greengard, founding director of the Fisher Center Lab, and later to Dr. Marc Flajolet, interim laboratory head.

Deb's duties ranged from handling administrative matters to assisting with manuscript submissions—and even walking Dr. Greengard's Bernese Mountain dog, Alpha. In later years, Dr. Greengard asked Deb to write first drafts of correspondence and brief scientific pieces.

“Everyone should have the opportunity to learn from and work with a genius like Dr. Greengard, who

had a killer sense of humor, and was also very kind and generous,” she says. “I was blessed with this experience until the day he passed away.”

Deb will also miss her fellow office mates and the lab's scientists.

“It is very rewarding to spend so much time with women and men who are so smart and also so personable,” she says. “It was a very special village of folks under Paul's mentorship, and it remains a very special community under Dr. Flajolet's guidance.”

Deb has a background in music education and voice performance, and plans to “revisit some musical adventures and perhaps look into doing voice-overs” in her retirement.

“I can already tell that my life will be full and my time well-spent,” she says.

# Kindred SPIRITS

When his mom died in December 2020 after years of living with Alzheimer's disease, musician and producer Nile Rodgers lost not only a parent but a lifelong friend.

by Charlotte Robinson



Beverly  
Goodman  
holding infant  
Nile Rodgers

Photo courtesy of Nile Rodgers Productions

Anyone who has read Nile Rodgers' 2011 memoir, *Le Freak: An Upside Down Story of Family, Disco, and Destiny*, knows that his story is colorful to say the least. It's a tale peppered with tragedies and triumphs; vagabonds and superstars; substance abuse and overwhelming success.

The musician and producer is known for hits like "Good Times" and "Le Freak" with his band CHIC, plus a decades-long career producing artists such as Diana Ross, David Bowie, Madonna, Duran Duran and Daft Punk. But despite working with some of the biggest personalities in the music business, his own mother is probably the most captivating character he's known.





His long recording career has earned Nile Rodgers three Grammy Awards and seven nominations.

## A DIFFERENT KIND OF NORMAL

Beverly Goodman was just 14 when she gave birth to Rodgers in September 1952. Growing up, the boy bounced back and forth between his birthplace of New York City and Los Angeles, living with his mom and stepdad, relatives and family friends, plus a stint in a children's convalescent home due to severe asthma. Much of this nomadic existence was attributable to his mom's and stepdad's addiction to heroin.

It might sound like Rodgers had a troubled childhood. But despite the challenges, as he explains, "I didn't see it as uncomfortable or disturbing or anything like that—

what people would normally think it would be. It was just our lives."

To some extent, the instability taught him to take charge of his own destiny at a young age. "I had to create order from chaos. The ability to do it was maybe organic. I honestly don't know. But I just had to do it. I created my own little world within the world that I lived in, because it was changing all the time."

The family's unconventional lifestyle could be fun and liberating, too. Goodman and Bobby Glanzrock, her husband throughout most of Rodgers' childhood, were what he calls beatniks. An endless parade of fascinating characters made their way

through the couple's door, and made an impression on Rodgers. Art, literature, music and stimulating conversation surrounded him.

"I never had any restrictions because my parents knew that I would come home when there was nothing to do," he recalls. "I'd come home because there was nothing interesting going on, but at home, there was interesting stuff all the time."

## CLOSE BOND

Despite her nontraditional parenting, Goodman was exceptionally close to the eldest of her five sons. "Because we were so close in age, we were sort of kindred spirits. We saw the world

**“Even when she was older, she didn’t see herself as an octogenarian. She just didn’t see the world that way.”**

in a very similar way,” he says. “She was fun and entertaining and charming and jovial and beautiful. It just made for a great relationship.”

A self-described workaholic, Rodgers got his first job at age nine and hasn’t let up since. His first professional musical gigs included playing in a *Sesame Street* touring band and in the house band at Harlem’s Apollo Theater. But even after he joined forces with the late Bernard Edwards and their band CHIC’s career took off, Rodgers and his mom remained close, emotionally if not geographically.

“For a person who’s a musician and I’m traveling all the time, even if my mom and I lived in the same city, I would rarely see her because I’m working. So, I didn’t really see her that often, but we were extremely close,” he says. “It’s like one of those great friends that you have: You call them up, you haven’t spoken to them in 30 years, and it’s just like you’re still in high school or something. It’s like not one day has passed. My mom and I could just pick up where we left off and it just felt really close.”

### **HIDDEN SIGNS**

In 1995, Goodman settled in Las Vegas. Rodgers says he saw her much more during the later years of her life, especially as he conducted interviews

with her as background for his memoir. Her recollections at that time were sharp, and despite their close relationship, Rodgers didn’t spot the initial signs of Alzheimer’s disease in his mom, who was diagnosed in her mid-60s. Alzheimer’s has also affected his aunt, uncle, grandmother and great aunt. “I didn’t notice it at all because my mom had this incredible gift. People called it acting,” he says.

“In the moment, she could talk for hours and it would be stimulating, intellectual, fantastic and incredible. Then as soon as the person she was chatting to left the room, she would say to the people that she knew, ‘Who was that?’ But in the moment, you thought she was right there with you. She was able to do this for years.”

In time, though, her cognitive function declined to the point that Goodman could no longer take care of tasks like paying bills. Rodgers took legal action to obtain power of attorney. At first, his mom continued to live somewhat independently. A close friend asked if she could move Goodman into her home, and



Photo courtesy of Nile Rodgers Productions

**Beverly Goodman's flair for fashion was one of many traits she shared with her eldest son.**

Rodgers agreed. But after a few years, the friend’s vision failed, and driving Goodman to medical appointments was no longer possible (among other medical needs, she was treated for and cured of hepatitis C stemming from her earlier drug use). Goodman then moved into assisted living.

### **ENDURING TRAITS**

It was important for Rodgers to find a facility with some diversity, given his mom’s personality. “She could relate to anyone. But my mom was a beatnik, so she was cool. Even when she was older, she didn’t see herself as an octogenarian. She just didn’t see the world that way,” he reflects.

“The last time I was out with my mom, she was wearing like some totally hot outfit, and I get it. That’s who she was as a person, and that’s who I am. I will not wear uncool clothing,” he laughs.

His mom's personality remained intact in other ways, too. After she transitioned to the memory care unit where she spent her final days, the staff noticed that she liked to help other residents. "This is her natural instinct, to bring home strays, bring home strangers, find a person on the street, give them food, things like that. So, inside the unit, she would do that," Rodgers notes. "If somebody was having a tough time, she'd go over and try to help them perform their task—even though my mom herself couldn't perform a task that had a real beginning, middle and end."

She also retained a sarcastic sense of humor. "She'd kind of make fun of her surroundings," Rodgers recalls. She jokingly offered to swap homes with her son, telling him, "I'll move into your place. I'll have the gold records on my wall."

### A SUDDEN TURN

During the COVID-19 pandemic, video chats replaced their in-person visits. "Whenever we'd Zoom call, she thought she was on television.

She was thrilled," Rodgers laughs. But Goodman's bubbly personality helped disguise her declining health.

Rodgers recalls that their last conversation in December was full of joking and laughter. So, it was a shock when, a day later, one of his younger brothers said he thought he'd just seen their mother alive for the last time. "I knew she was deteriorating, but certainly not at some incredible pace," he says. "Well, that's actually what had happened."

At the height of the holiday rush and knowing his mom's life was ending, Rodgers nabbed a private flight to Las Vegas to see her. "For four days, I would just lie next to her and play songs and I could see her trying to dance and trying to sing with me," he recalls. "I purposely played songs from her teenage years that she'd know all the lyrics to and because she had internalized them." On December 27, 2020, Beverly Goodman died in her sleep at age 82.

### WORKING HARD, KEEPING SHARP

Rodgers has been open about his grief, but it has not slowed the breakneck pace of his work. Having faced two bouts of cancer while his mom was living with Alzheimer's, he's recovered and come out stronger. "I feel

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amazing. The amount of energy I have right now, the amount of work that I'm doing. Whew!" he observes. "It's incredible to me, because I'm amazed that I can keep this pace, but I also am thrilled that I'm still employable."

His recent and upcoming projects, which include festival dates, producing other artists, writing music for London's Royal Philharmonic Orchestra and hosting a songwriters' show (*Deep Hidden Meaning*) on Apple Music, keep his mind sharp, he says—especially since he still writes down musical pieces with a pencil on paper, to the amusement of his assistant. "I guess maybe the extra difficulty that I impose upon myself by doing it that way makes me retain it," he says.

"I love to work," he adds. "I think working keeps my mind very agile and very stimulated."



Photo courtesy of Nile Rodgers Productions

Nile Rodgers as a teenager

# How an **Elder Law Attorney** Can Help

You may need specialized legal expertise to prepare for the challenges of growing older.

by Bernard A. Krooks, JD, CPA, LL.M, CELA

**L**ife is full of surprises—including ones as unwanted as they are unexpected. That's why it's always wise to be ready for whatever might lie around the next corner.

An elder law attorney can help you and your family prepare for unexpected challenges you may encounter as you age. Elder law is a specialized area of legal practice that focuses on the concerns of aging adults. That might include making a will, setting up a trust or navigating the probate process. It may also involve dealing with uncomfortable issues like the following two scenarios that often come up for families affected by Alzheimer's disease.

## WHAT IF YOU BECOME INCAPACITATED?

We all want to think that the day will never come when we can't make our own decisions. But the truth is, it could happen to anyone, whether due to dementia, a coma or a severe illness or injury. An elder law attorney can help ensure that your medical and financial wishes will be respected in that situation. Often, this involves drafting legal documents, including:

- **Health care advance directives.** These documents allow you to appoint someone to make medical decisions on your behalf if you can't speak for yourself. They also let you spell out your preferences for health care decisions near the end of life. For example, you can specify whether you would want to receive CPR, tube feeding or ventilator care if you become terminally ill or are in a persistent vegetative state.
- **Financial power of attorney.** This document designates someone to act on your behalf in financial matters. It's not uncommon, though not required, to choose a different person from the one you pick to make health care decisions.

If you become incapacitated and don't have these documents in place, a family member can go to court and ask to be appointed as guardian for you and/or your property. That can be a lengthy and expensive process, however. By executing these documents now, you can avoid putting your family in a difficult position later.

## WHAT IF YOU NEED LONG-TERM CARE?

Alzheimer's is just one of many conditions that can lead to moving into an assisted living facility or nursing home. Often, the move is prompted by the need for long-term help with daily activities, such as eating, bathing and getting around. That's when many families get a nasty surprise: Medicare and Medicare supplemental plans don't cover this kind of care, which can cost \$100,000 to \$200,000 per year.

With such a hefty price tag, most people end up relying on Medicaid to pay for long-term care. But there's a catch: Medicaid is a needs-based program, so individuals often must spend down their financial assets in order to qualify. An elder law attorney can help you craft a plan to preserve more assets for your family.

The best strategies for you depend on your family's needs and the state where you live. They often include transferring some assets to a family member or to a trust. It's important to get legal advice, however. In many cases, giving away property within the last five years can lead to a period of ineligibility for Medicaid coverage.

Ideally, Medicaid planning should start long before you need it. But it's never too late to begin. Recently, I met with a client whose mother was already in a nursing home. After a thorough analysis, I was able to help her save a significant portion of her mother's assets—but not as much as could have been saved if the family had sought legal advice sooner.



## HOW TO FIND AN ELDER LAW ATTORNEY

The legal issues that come up as you age are often different from those you faced earlier in life. To find an elder law attorney with expertise in these issues:

- Search the National Elder Law Foundation attorney directory at [nelf.org](http://nelf.org) to find a certified elder law attorney (CELA). To earn the CELA designation, attorneys must meet rigorous qualifications.
- Call your local bar association.
- Ask for a referral from another professional, such as your financial planner or the attorney who handled your house closing or another legal matter.

Schedule an appointment to meet in person and see if the attorney is a good fit for you. The best elder law attorneys are more than just legal experts. They are caring individuals who are dedicated to improving the quality of life for older adults and their families.



The Fisher Center's Resource Locator at [ALZinfo.org/resource-locator](http://ALZinfo.org/resource-locator) can help you find an elder law attorney and many other professionals and services.

*Bernard A. Krooks is managing partner of the law firm Littman Krooks LLP ([littmankrooks.com](http://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.*



# BLUES Clues

Caregivers should learn to spot the signs of depression in their loved ones—and themselves.

by Linda Wasmer Andrews

**B**eing a family caregiver for someone with Alzheimer's disease can be a tough job. Chances are, you often find yourself dealing with too much stress and trying to get by on too little sleep. And that might be raising your risk for depression.

One study in the *Journal of Applied Gerontology* analyzed data from more

than 16,000 older adults, looking for signs of depression. Having a partner diagnosed with Alzheimer's or a related dementia was associated with a 30% increase in depression symptoms, compared with people whose partners did not have such a condition.

You're not the only one at risk, either. Depression is also common in people with Alzheimer's.

Fortunately, there are treatment options available for both of you. But first, you need to spot the problem. Contrary to what many people believe, depression isn't always experienced as overwhelming sadness. Here's how to recognize depression in yourself or your family member—and what you both can do to feel better.

## COMMON SIGNS OF DEPRESSION

Depression is more than just feeling down occasionally. It's a health condition that seriously hinders your ability to function in daily life. People who are depressed experience several of these symptoms, which persist for weeks at a time:

- Long-lasting feelings of sadness, emptiness, hopelessness or anxiety
- Loss of interest in hobbies or other activities once enjoyed
- Feelings of worthlessness or guilt
- Tiredness and decreased energy
- Restlessness and irritability
- Trouble concentrating, remembering details and making decisions
- Changes in eating or sleeping habits
- Thoughts of death or suicide
- Unexplained aches, pains or digestive problems that aren't eased by treatment

## DEPRESSION AND ALZHEIMER'S DISEASE

Depression can have similar effects on a person who has Alzheimer's. However, certain symptoms—such as impaired concentration, memory and decision-making—are indistinguishable from those of Alzheimer's itself. For that reason, they are not usually noted as symptoms of depression when they occur.

People with Alzheimer's who are depressed may be particularly prone to losing interest and pleasure in socializing. They might pull away from others and become socially isolated. In addition, some may become more irritable.

## HELPING YOURSELF

If you think you might be depressed, talk with your health care provider about how you're feeling. Depression-like symptoms can also be caused or worsened by a variety of other conditions, so it's important to get a professional diagnosis. Treatment for depression usually involves antidepressants, talk therapy or both.

Beyond that, it's important to set aside time for self-care. Make a conscious choice to do some of the things you used to enjoy. Even if you don't expect to have much fun, research shows that going through the motions may lift your mood.

Try to take regular breaks from your caregiving duties. Even a few hours of respite care per week may boost your well-being. Reach out to family, friends, nonprofit groups and community agencies for help with arranging respite care.

If you ever think about hurting yourself, seek help without delay. You can call the National Suicide Prevention Lifeline at **800-273-8255**

for support and resources. The service is confidential, free and available 24/7.

## ADVOCATING FOR YOUR LOVED ONE

As the caregiver for a person with Alzheimer's, you may need to speak up on your loved one's behalf. Let your family member's health care provider know if you suspect depression.

The primary treatment options are still antidepressants and/or therapy. However, there are specific approaches to mental health and behavioral therapy that may be especially beneficial for someone with Alzheimer's who also has depression. Look for a therapist with expertise in treating people who have both conditions.

Depression can cause serious disruption and distress—but it's also treatable. So, don't hesitate to act if you spot signs of depression in yourself or your family member. The earlier you get help, the sooner you can start enjoying life again.



# STRESS LESS WITH THE Anti-Anxiety Diet

Would you pump your sleek new sports car full of low-octane gas? By the same logic, if food is fuel for your body, are you filling up on the premium stuff, or sputtering along on fumes?

## Foods to Fight Anxiety

What you eat directly affects your brain—and your mood. If you struggle with anxiety, a diet rich in the right foods can help. Some research shows that the following ingredients may have a positive effect on reducing anxiety:

### □ ANTIOXIDANTS:

beans, berries, turmeric, ginger



### □ OMEGA-3 FATTY ACIDS:

salmon, walnuts, chia seeds, flaxseeds



### □ PROBIOTICS:

yogurt, pickles, sauerkraut, kefir



### □ MAGNESIUM:

leafy dark greens, whole grains, nuts, seeds

### □ ZINC:

legumes, beef, cashews, egg yolks



## Best Practices for Beverages

1. Stay hydrated with plenty of water.
2. Reduce or eliminate your alcohol intake.
3. Cut back on caffeine.

## Food for Thought

You may need to adjust more than your diet to deal with anxiety. If your symptoms feel severe or last for more than two weeks, talk with a health care provider.



## Asian Quinoa Chop Salad

### Ingredients

- ½ cup dry quinoa
- 1 cup water
- ½ cup diced red bell peppers (about ½ medium red bell pepper)
- ½ cup diced carrots (about 2 medium-sized carrots)
- ½ cup chopped pea pods (about 8 to 10)
- ¼ cup chopped green onions (about 2 to 3)
- 2 tbsp. rice vinegar
- 1 tbsp. sesame oil
- 1 tbsp. tamari soy sauce
- 1 tbsp. honey
- ½ tsp. grated fresh ginger
- 1 garlic clove, minced
- 2 tbsp. minced cilantro
- 6 large romaine lettuce leaves or 6 cups mixed greens



### Directions

In a medium saucepan over high heat, bring water to a boil. Add quinoa, stir, cover and reduce heat to medium-low. Simmer for about 30 minutes or until quinoa is soft and water is absorbed. (If you have a rice cooker, you can cook quinoa as you would cook rice.)

Meanwhile, in a large bowl, combine red peppers, carrots, pea pods and green onions. In a medium bowl, whisk together rice vinegar, sesame oil, soy sauce, honey, ginger, garlic and cilantro. Set aside.

Pour cooked quinoa into a large bowl and let cool for at least 10 to 15 minutes (it chills faster in the refrigerator). When the quinoa is no longer steaming, mix in chopped vegetables, and then stir in dressing. To serve, place one large romaine lettuce leaf or 1 cup of mixed greens on a plate, then top with ½ cup of salad.

### Nutrition Information

Serves six; serving size is ½ cup and lettuce leaf. Per serving: 100 calories; 3 g fat (0 g saturated fat, 0 g trans fat); 0 mg cholesterol; 178 mg sodium; 15 g carbohydrate; 2 g fiber; 4 g sugars; 3 g protein



## One Smart Cookie

**A Florida teen turned her love of baking into a way to fight Alzheimer's disease.**

Jameson Shaw, 14, always had a close relationship with her grandfather, James Shaw. They both loved to laugh, draw and eat cookies. So, when her beloved “Poppy” was diagnosed with Alzheimer’s disease in 2017, Jameson wanted to help him.

In mid-2019, the Ponte Vedra, Florida, teen started Kükidoodle Baking Company to raise money for Alzheimer’s research. Initially, she baked and sold her homemade cookies to friends and family. But when local businesses in St. Augustine and Jacksonville heard about her efforts, they offered to sell her cookies in their stores, too.

To date, Jameson has raised and donated more than \$2,000 to the Fisher Center for Alzheimer’s Research Foundation. Her goal is to raise \$25,000 before she goes off to college.

Sadly, Poppy, a 30-year employee of BellSouth and the first president of Sulzbacher Center for the Homeless in Jacksonville, passed away on December 10, 2019. But he surely would be proud of Jameson’s sweet success as a baker and fundraiser.

To learn more about Kükidoodle Baking Company, visit [kukidoodle.com](http://kukidoodle.com) or [facebook.com/kukidoodle](https://facebook.com/kukidoodle).

# GET MOVING WHILE DINNER'S COOKING

Regular physical activity and healthy home cooking are two of the best things you can do for your body. But how do you find more time for both? Combine them! With these cook-friendly exercises, you can squeeze in some extra activity while waiting for the veggies to steam.



## SOUP-CAN ARM RAISES

- Grab two cans of soup (or use 2- to 5-pound bags of dried beans or rice).
- Sit in a chair with your feet flat on the floor. Bend your elbows and hold the cans up and at your sides, a little above shoulder height. Keep your palms facing forward.
- Slowly press both arms upward.
- Slowly return your arms to their starting position.
- Repeat 10 times.
- Rest. Then do another set.



## KITCHEN-SINK CALF RAISES

- Stand in front of the sink with your feet shoulder-width apart. Hold on to the sink for balance, if needed.
- Slowly raise up onto your tiptoes as high as possible.
- Slowly lower your heels to the floor.
- Repeat 10 times.
- Rest. Then do another set.



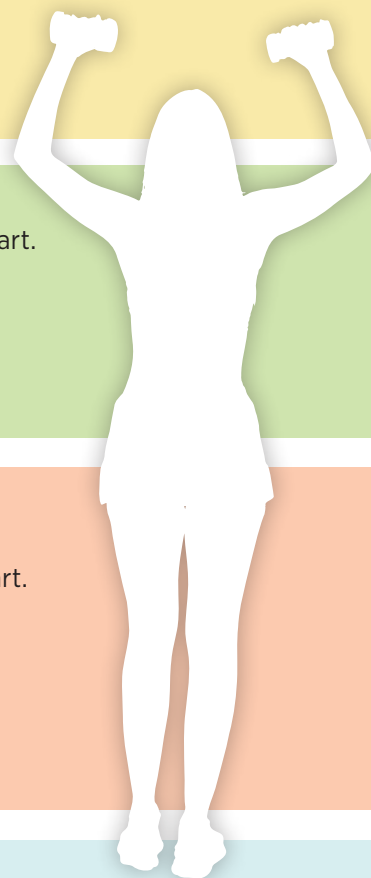
## MILK-JUG SQUATS

- Grab a full jug of milk (or fill an empty jug with water).
- Stand with your feet a little wider than shoulder-width apart. Hold the milk jug a few inches in front of your chest, using both hands.
- Bend your hips and knees as if to sit down in a chair.
- Press your feet into the ground to stand up again.
- Repeat 10 times.
- Rest. Then do another set.



## TOWEL STRETCH FOR TWO

- Sit on the floor with your legs stretched in front of you and your feet flexed. Ask a partner to sit the same way, facing you with the soles of your feet together.
- Grasp one end of a towel and give your partner the other end. If one towel feels too short, tie two together.
- Slowly pull the towel toward you as your partner bends forward and you lean back. Hold for 10 to 30 seconds.
- Return to sitting upright.
- Do the same thing with you bending forward and your partner leaning back.
- Repeat three to five times.



# FISHER CENTER Scientist Spotlight

## Dr. Sidney Strickland

*Zachary and Elizabeth M. Fisher Professor in  
Alzheimer's and Neurodegenerative Disease*

by Lauren Arcuri



**D**r. Sidney Strickland has been named the inaugural Zachary and Elizabeth M. Fisher Professor in Alzheimer's and Neurodegenerative Disease. The new professorship will align with the Fisher Center for Alzheimer's Research Foundation's mission to find a cure for Alzheimer's disease by supporting Dr. Strickland's research in this area.

Dr. Strickland heads The Rockefeller University's Patricia and John Rosenwald Laboratory of Neurobiology and Genetics. His research focuses on the molecular mechanisms of nerve cell death and regeneration, with a specific focus on Alzheimer's disease.

Trained as a biophysicist, Dr. Strickland began working in biological systems early in his career, studying proteins involved in vascular biology. Then, he read a pivotal paper that suggested that the proteins he was studying were highly expressed in the brain's hippocampus, an area involved in memory. He and his colleagues began studying these proteins in the brain, which led them to realize that the vascular system plays a significant role in neurodegenerative diseases. "Ever since, we've been studying the idea that the vascular system is a

contributing factor to the pathology of Alzheimer's disease," he says.

Dr. Strickland earned his Bachelor of Science degree from Rhodes College in Memphis and a Doctor of Philosophy in biochemistry from the University of Michigan. He came to The Rockefeller University in 1973. In 1983, he left for an appointment as an associate professor at the State University of New York at Stony Brook, where he was promoted to full professor in 1987 and leading professor in 1996. There, he also served as director of the program in genetics and as associate director of the Institute of Cell and Developmental Biology. He returned to The Rockefeller University in 2000 as dean and vice president for educational affairs.

The new professorship will support Dr. Strickland and his team's work on Alzheimer's disease directly and will also facilitate collaboration and connection with other scientists working in the field. Dr. Strickland says this is a critical part of his mission. "This is a very complex disease with multiple pathologies and pathways, so you need to collaborate. The professorship will enable us to interact with other scientists and make faster progress."

The exceptional work of Fisher Center's world-renowned scientists is bringing us closer to a cure for Alzheimer's disease. You can read more by visiting [ALZinfo.org/research](https://www.alzinfo.org/research).

# 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 31)

## MATCH THESE

Can you match these American cities with their nicknames?

- |                     |                                     |
|---------------------|-------------------------------------|
| 1. ___ New York     | a. Big Easy                         |
| 2. ___ Boston       | b. Big D                            |
| 3. ___ Chicago      | c. Music City, U.S.A                |
| 4. ___ Philadelphia | d. Mile High City                   |
| 5. ___ Dallas       | e. Big Apple                        |
| 6. ___ Denver       | f. Biggest Little City in the World |
| 7. ___ New Orleans  | g. Rain City                        |
| 8. ___ Atlanta      | h. City of Brotherly Love           |
| 9. ___ Seattle      | i. Beantown                         |
| 10. ___ Nashville   | j. Motor City                       |
| 11. ___ Reno        | k. Big Peach                        |
| 12. ___ Detroit     | l. Windy City                       |

## 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 humorous observation. The black squares are the spaces between words. One letter has been dropped in place to start you off.

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

## LEAPFROG

Here’s a list of famous playwrights. The letters of their names are in the correct order, but they overlap. All you have to do to find the names is separate the letters.

**Example:** siNmEoInL — NEIL SIMON

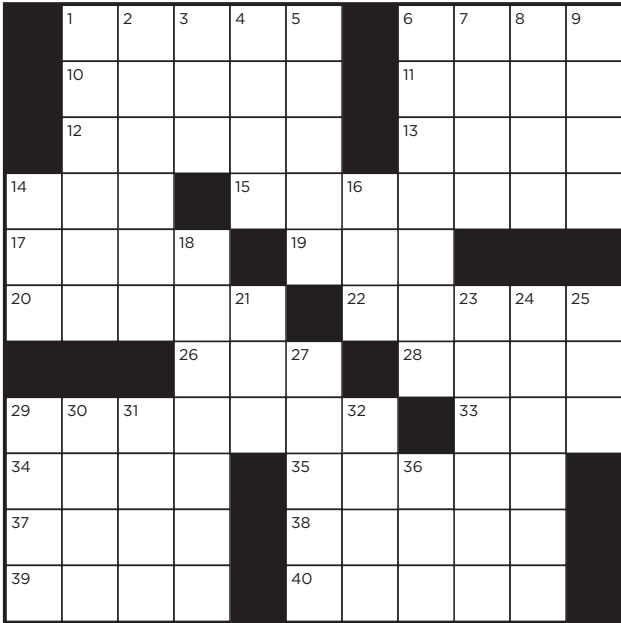
- MARITHLURLER \_\_\_\_\_
- MADMAEVITD \_\_\_\_\_
- PHIANROTLED \_\_\_\_\_
- SWHAIKELSPLEIARME \_\_\_\_\_
- BEBRTREOCLTHT \_\_\_\_\_
- WAUIGLUSSONT \_\_\_\_\_
- CHAENKTHOONV \_\_\_\_\_
- OENUEGIENLEL \_\_\_\_\_
- ALEDBEWEARD \_\_\_\_\_



•VISIT US AT [KAPPAPUZZLES.COM](http://KAPPAPUZZLES.COM)•

# BRAIN-BOOSTING CROSSWORDS

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 those solving aids are not provided. Have fun testing your knowledge while doing something that's good for you!



## ACROSS

1. Porch glider
6. Clothes
10. Country legend Tucker
11. Flapjack chain (abbr.)
12. Kitchen tool
13. 1958 Leslie Caron movie
14. Ignited
15. Tropical cyclone
17. Conception
19. Tippler
20. Comic Milton
22. Leave alone (2 wds.)
26. Unearth
28. Astronaut Armstrong
29. More peaceful
33. Invite
34. Scandinavian first name
35. Brown bread
37. Pastel shade
38. Sheer
39. Blackthorn
40. Picture, for short

## DOWN

1. Pace
2. Café worker
3. Business abbr.
4. Russian rejection
5. Cooper and Sinise
6. Add tension
7. Akron's locale
8. \_\_\_ boots (hyph.)
9. Gyrate
14. Book borrowing spot (abbr.)
16. Warsaw's country (abbr.)
18. Pasta specification (2 wds.)
21. One, in Berlin
23. Chinaware service (2 wds.)
24. Small café
25. Antlered animal
27. Arise (2 wds.)
29. Concordes (abbr.)
30. Very wicked
31. Clinton AG Janet
32. Author Philip ("Goodbye, Columbus")
36. From \_\_\_ Z (2 wds.)

## MAKE AN ATTEMPT

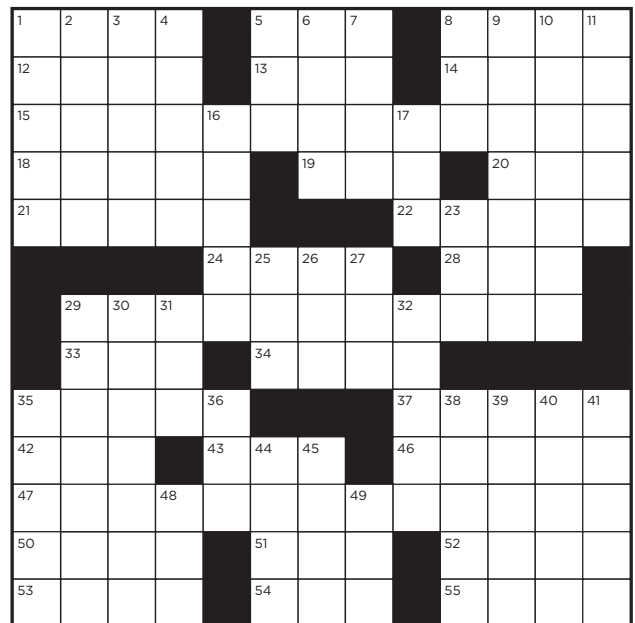
### ACROSS

1. Make eyes at
5. Yegg's haul
8. 1956 Peck role
12. Snowman's eyes
13. The sun, to an astronomer
14. Story
15. Song from "The Fantasticks"
18. Radiant
19. Type of internet connection: abbr.
20. Like certain verbs: abbr.
21. Singer Rimes
22. Daft
24. Diminishes
28. Forgetful actor's need
29. Avis's slogan
33. Insurance alternative: abbr.
34. "\_\_\_, Brute!"
35. Dreaded note on a returned report
37. Big plans
42. 100 years: abbr.
43. Hybrid car buyer's concern: abbr.
46. Not o'er
47. Sophomoric effort?
50. Made a granny knot
51. Where to find Belg. and Bulg.
52. "You've Got \_\_\_"
53. Danson and Knight
54. Goddess: Lat.
55. Corset bone

### DOWN

1. In base eight
2. Have three desserts

3. Highlight of a Clapton concert
4. "Crocodile Rock" man John
5. Mideast land: abbr.
6. Unlike Wellesley
7. Shade sources
8. Quick \$\$ spot
9. Regular customer
10. Siren, e.g.
11. Fruit type
16. Proprietor
17. Days of yore, in days of yore
23. Problem for TV's Monk: abbr.
25. "Later!"
26. Common food additive: abbr.
27. Held a session
29. Bicycle hotdogger's feat
30. Corrected a text
31. Suri's dad
32. Feeling regret
35. Actor Foley of "The Unit"
36. Comic Philips
38. Regards
39. "\_\_\_ Joe's" (sandwich board slogan)
40. Central rooms in ancient Rome
41. With diffidence
44. Asked for mercy
45. Ricketty chair fix
48. Fixed-term savings accounts
49. Gaslight, for one



# BRAIN-BOOSTING PUZZLES

## HIDDEN MESSAGE

After you have located and circled in the diagram all of the words in the Word List below, read the leftover (unused) letters from left to right, line by line, to reveal an appropriate message written by playwright Tom Stoppard.

You are looking for a 35-letter phrase.

ALARM CLOCK	GREENWICH	M	E	I	D	I	R	E	M	T	S	O	P	T	H
ANNO DOMINI	HOROLOGE	E	C	E	H	E	D	A	C	E	D	K	D	A	S
ANTE MERIDIEM	HOURGLASS	I	A	D	N	O	C	E	S	Y	C	S	G	Y	O
ATOMIC CLOCK	HOURS	D	L	F	C	H	R	O	N	O	G	R	A	P	H
BELL	MINUTE	I	E	K	T	E	H	O	L	B	E	D	N	E	K
CALENDAR	PENDULUM	R	N	D	O	I	N	C	L	E	E	G	O	P	C
CENTURY	POST MERIDIEM	E	D	I	I	O	C	T	N	O	T	L	E	A	O
CHRONOGRAPH	QUARTZ	M	A	L	M	I	B	W	U	Q	G	N	L	E	L
DATEBOOK	SECOND	E	R	W	M	O	I	E	U	R	D	E	A	T	C
DAYS	SUNDIAL	T	A	O	T	C	D	A	T	U	Y	H	I	U	M
DECADE	TIME ZONE	N	T	C	H	H	R	O	L	A	A	O	D	N	R
EON		A	R	E	N	T	U	U	N	M	D	U	N	I	A
		E	N	O	Z	E	M	I	T	N	B	R	U	M	L
		E	R	E	H	O	U	R	G	L	A	S	S	D	A

## SUDOKU

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

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



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# PUZZLES ANSWERS

## Match These

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

## Dropline

Science has finally discovered why bees hum; they don't know the words.

## Leapfrog

1. Arthur Miller;
2. David Mamet;
3. Harold Pinter;
4. William Shakespeare;
5. Bertolt Brecht;
6. August Wilson;
7. Anton Chekhov;
8. Eugene O'Neill;
9. Edward Albee.

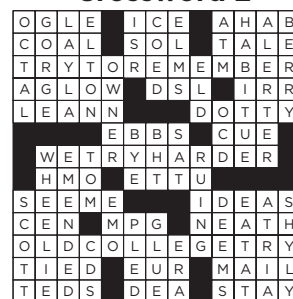
## Hidden Message

The days of the digital watch are numbered.

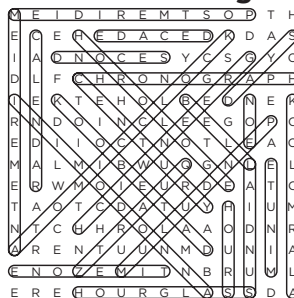
## Crossword 1



## Crossword 2



## Hidden Message



## Sudoku

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

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