

PRESERVING YOUR

# MEMORY

FALL 2021

Lockdown's  
**Lingering Effects**

Alzheimer's and  
**Intimacy**

When **Caregivers**  
**Clash**

3 Retro **Fitness**  
**Trends** to Try



**MARJORIE  
HARVEY**

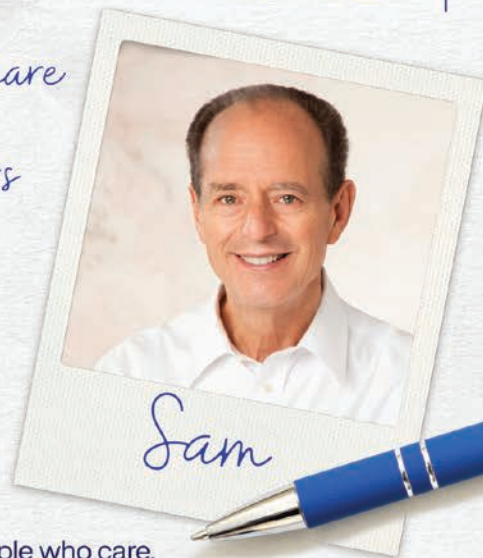
FASHION ICON AND 'DADDY'S GIRL'  
TAKES CHARGE OF DAD'S CARE



FISHER CENTER FOR  
ALZHEIMER'S  
RESEARCH FOUNDATION

Dear Friend,

Talking about Alzheimer's is my way of coming to terms with the diagnosis. After sharing the news with my friends, I was astonished at how many of them have memory issues but are afraid to talk about them, often hiding their challenges from loved ones. There's nothing to be ashamed of, and I hope that my willingness to share my journey inspires others to open up and get the help they need.



- Share your story with a community of people who care.
- You'll be helping others learn from your experience.
- It's a great way to find support in this difficult time.

Visit [ALZinfo.org/stories](https://www.alzinfo.org/stories) to submit your story today.



Photo courtesy of Suna Lee ©.

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# ON THE COVER

## Marjorie Harvey

The fashionista, philanthropist and wife of comedian and TV host Steve Harvey sprang into action when she learned her dad had Alzheimer's disease.

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**ALZHEIMER'S**  
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Snap a photo of this QR code\*  
to get more information  
about Alzheimer's disease!

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## What Lessons Will You Carry into the New Year?

**S**eason's greetings! As the days get shorter and the crisp air kisses our faces, another year comes to an end. What wisdom will we carry into 2022?

For me, it is the importance of patience and compassion. Modern life is stressful, and dealing with an ongoing global pandemic is *stressful*. How are you dealing with your stressors? I hope it is not with a short fuse behind the wheel of a vehicle or arguments with others.

In this issue of *PYM*, we take a closer look at the pandemic's effects, and how through self-compassion and action you can regain vibrancy (page 8). We also examine how compassion and patience can help you maintain intimacy when one partner has Alzheimer's disease (page 10).

Our cover subject, Marjorie Harvey, exemplifies these qualities and more. Marjorie leapt into action upon learning that her father had Alzheimer's disease. Her efforts to keep both her parents active, engaged and eating well have helped slow her dad's decline (page 16). Her story also reminds us of the importance of offering help—not everyone who needs it will speak up.

We are also celebrating our webmaster/graphic designer Jerry Louis' 15<sup>th</sup> work anniversary. His

creative designs continue to help raise awareness of how the Fisher Center Foundation strives to accomplish its mission every day (page 26)!

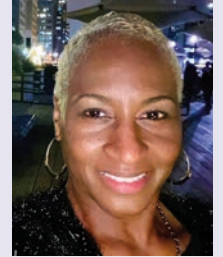
I would also like to acknowledge our Board of Trustees, especially our Chairman, Barry R. Sloane. Our Board donates their time and expertise in overseeing governance for the foundation by strategically thinking of ways to expand the legacy of Zachary and Elizabeth M. Fisher through your donations. One exciting development is the new Fisher Fellows in Neuroscience Program, an expanded partnership with The Rockefeller University to support outstanding David Rockefeller Graduates (page 27).

Thank you for your commitment and generosity. Together, we are making a difference in our research and in the lives of the people we serve. Wishing you peace, love and happiness this holiday season and throughout the New Year.

Yours truly,



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 more than 15 years, including the last 10 consecutive years, for fiscal management and commitment to accountability and transparency.

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

### We want to hear from you.

What additional Alzheimer's topics could we cover?

Do you have any questions for the experts?

Send us an email at [info@ALZinfo.org](mailto:info@ALZinfo.org).

## 'EXERGAMES' FOR ALZHEIMER'S DISEASE

An exercise training program that combines fun and cognitively stimulating games with active play had benefits for older adults with Alzheimer's disease, according to a recent study. The study used a relatively new type of physical activity known as "exergames," which encourage participants to perform physical activity while watching a game-like video program, matching what they see on the video screen with the steps they perform on the floor.

Older adults with Alzheimer's who engaged in the exergames for 15 minutes, three times a week, for eight weeks had better measures of physical health. They also scored slightly higher on tests of memory, focus and concentration, and showed fewer symptoms of depression.

Published in *Alzheimer's Research & Therapy*, the findings add to earlier evidence that regular physical activity, along with mental stimulation, may not only help to prevent or delay the onset of Alzheimer's but also has benefits for those who already have the disease.



## The Benefits of a Regular Home Nurse

Having one dedicated home nurse for follow-up visits after hospitalization greatly increases the chances that someone with dementia will not have to be readmitted to the hospital, according to a new report.

People with Alzheimer's disease typically have multiple chronic health conditions that require monitoring and a variety of medications—and sometimes a visit to the hospital. When they are discharged, they typically receive follow-up care at home by a visiting nurse.

The goal of home health care is to help the patient safely heal at home. One measure of success is that with good home care, the patient does not need to return for another costly and disorienting visit to the hospital.

For the study, published in the journal *Medical Care*, researchers analyzed records from nearly 24,000 older men and women with dementia who received home health care visits after a hospitalization. They found, compared with those who had a regular nurse, people with dementia who were treated by several nurses were about a third more likely to be rehospitalized.

The findings suggest that consistency in home nursing staff is not just good for the patient and their family—it may also reduce costs.

# Foods to Fight MEMORY LOSS



A rainbow of fruits and vegetables was shown to boost brain health in one of the largest analyses of foods and brain health to date. People who included foods like apples, oranges, berries, peppers, celery, grapefruit and pears in their diets were less likely to report memory problems as they aged.

These colorful foods are all high in compounds called flavonoids, which have antioxidant properties and inflammation-fighting effects. The findings were published in *Neurology*.

Researchers looked at 49,493 women and 27,842 men who were enrolled in two long-standing health surveys. On average, they were in their early 50s at the study's start.

Over the next 20 years, participants filled out questionnaires about the specific foods

they ate and how often. The researchers found that people who ate a diet rich in flavonoids were 20% less likely to report that they were having memory problems.

Certain types of flavonoids were particularly protective. Flavones, found in some spices and yellow and orange fruits, as well as vegetables like peppers, had the strongest protective qualities and were associated with a 38% reduction in risk for cognitive decline, equivalent to being about three to four years younger in "brain age," the researchers estimated. Anthocyanins, found in blueberries, blackberries and cherries, were associated with a 24% reduced risk for cognitive decline. Other good sources of flavonoids include onions, wine and dark chocolate.



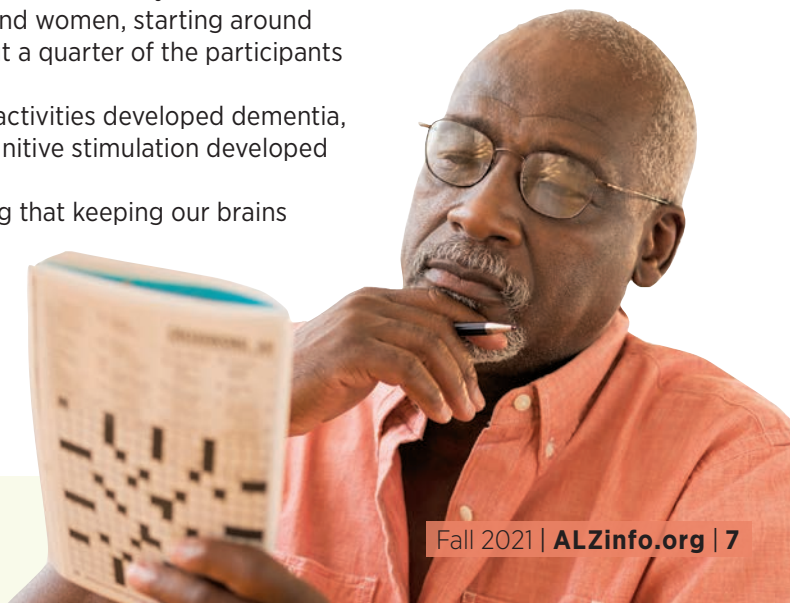
Reading, solving puzzles and engaging in other mentally challenging activities later in life may delay the onset of Alzheimer's disease by up to five years, according to a new report.

For the study, published in *Neurology*, researchers at Rush University Medical Center in Chicago tracked more than 1,900 healthy older men and women, starting around age 80, for up to 22 years. By the end of the study, about a quarter of the participants had been diagnosed with Alzheimer's.

Those who engaged in the most mentally stimulating activities developed dementia, on average, at age 94. The people who got the least cognitive stimulation developed dementia at age 89.

The findings are consistent with earlier studies showing that keeping our brains engaged as much as possible by reading, writing, doing crossword puzzles and solving challenging puzzles may be linked to a lower risk for Alzheimer's.

For some brain-boosting fun, check out the puzzles starting on page 28.



# LOCKDOWN'S LINGERING EFFECTS

COVID-19 restrictions saved lives—but at a price. Here's how lockdown affected our health, and how we can rebound. by Cindy Kuzma

**M**easures taken at the start of the COVID-19 pandemic—like social distancing and stay-at-home orders—reduced the spread of infection. But they came with other health consequences.

## THE COST OF CONTAINMENT

During the pandemic's height, fear, uncertainty and panic loomed large. Depression, anxiety, substance abuse and post-traumatic stress surged. And these conditions don't just go away with reopening.

Plus, many people were cut off from sources of support, like friends, family and caregivers. Health care and other services were interrupted. As a result, dementia and other chronic conditions often progressed. Some undiagnosed diseases and health conditions may have gone undetected.

Over time, feelings of isolation deepened. Not only does loneliness lead to depression and anxiety, it also harms physical health, increasing the risk for heart disease and early death.

What's more, being limited in where we could go often meant spending less time physically active and more time sedentary. That's a problem, because exercise lessens stress, enhances immunity and reduces the risk for many chronic conditions. A lack of fitness could also increase the risk for falls and other health issues.

All these problems were amplified in older adults and those with dementia. Given their high-risk status, health officials strongly urged them to stay protected from COVID-19. But they're also at greater risk for loneliness, falls and other health consequences.

## UNDOING THE DAMAGE

The same diligence used to fight the pandemic can be applied to addressing the fallout. Try these tips.

### MOVE AGAIN—SAFELY.

Physical activity is one of the best things you can do for your health. Yes, some pandemic restrictions made working out more challenging. But options now abound, including home-based and online fitness programs.

It's important not to simply jump back in where you left off. If you've had COVID-19 or developed other health problems, talk with your health care provider about the best activities for you.

Restart gradually, and encourage the same for your family. Look for ways to replace sedentary pursuits with motion. For instance, take a walk instead of watching evening TV. Then, slowly increase your activity over time.



### GO OUTSIDE.

Fresh air is good for more than reducing the spread of COVID-19. In one study, people who spent more time outside during the pandemic had less stress and better mental health.

Whether you're digging in a garden or strolling through a park, nature can offset tension, especially in trying times. Being near greenery, even for a few minutes, calms stress and improves cognitive abilities. It's also been shown to improve







concentration and focus. That's true whether you live in the country or find patches of wilderness within a big city. Some experts think this is because we evolved to commune with the natural world. Regardless of the reason, nature truly is healing.

For people with dementia, connection is even more critical. If you can't be near a loved one online or in person, explore other options. Some agencies provide robotic pets to older adults and people with dementia. These companions have been shown to boost mood and quality of life.

## RECONNECT.

Social bonds act as powerful protections against mental and physical decline. The same tools you used to stay connected during isolation can help reestablish old bonds and forge new ones.

Use tablets, phones and websites to communicate if you can't gather in person. Laugh together with your friends and family. Reminisce about old times. Pray, or partake in other familiar practices and traditions.



## GET HELP.

There's no shame in seeking care for post-pandemic health problems, physical or mental. If stress or emotional challenges interfere with daily activities, reach out to a primary care or mental health provider.

If you're a caregiver or family member of someone with dementia, mental health counseling can help both you and your loved one cope with difficult emotions and behaviors. With this support, you can also plan for the future.



# That Loving Feeling

Alzheimer's disease can affect intimacy between partners, but there are still ways to stay connected.

by Haley Shapley



**A**n Alzheimer's disease diagnosis can change all aspects of your life—including your love life. This can be challenging and confusing for both the person with Alzheimer's and their partner. Like all aspects of managing a chronic condition, navigating this situation must be done with patience, care and respect.

## CHANGES IN DESIRE

For people with Alzheimer's, a change in sex drive sometimes accompanies changes in behavior and memory. You may experience a

decrease in your desire for physical intimacy due to:

- Memory loss
- A side effect of medication
- Depression or worry
- Decreased energy levels
- Low self-esteem
- A hormonal imbalance
- An illness other than dementia

On the other hand, your sex drive could increase. Changes in the brain can cause someone with Alzheimer's to become much more interested in sex than they previously were. As the disease progresses, this can result in

making aggressive advances, trying to seduce others or undressing in public.

## THE PARTNER'S PERSPECTIVE


Being the partner of someone diagnosed with Alzheimer's can change your sexual desire, too. You may feel like you don't really know your partner anymore, or you may experience guilt for your own evolving feelings. In a caretaking role, it's also normal to be exhausted or to feel as if the dynamics have shifted from a partnership of equals to more of a parent-child relationship.

In some cases, your partner may no longer feel attracted to you or may not initiate encounters the way they used to. When you are intimate, they might forget about your needs and wants. All of this can make you feel lonely in your relationship.

## FINDING CONNECTION

Issues of sexuality and intimacy can be difficult to discuss, but it's important to talk to your partner about how you're feeling, if possible. You'll want to get on the same page about how you can meet each other's needs in a way that feels right to both of you. This could include cuddling, which can be particularly comforting to someone with Alzheimer's, and a great way to stay physically connected. You can also build intimacy by spending time together, just the two of you, bonding over activities like watching a movie or cooking a meal together. Here are other ways to stay close without sexual contact:

- Giving each other massages
- Hugging
- Holding hands
- Dancing



Like all aspects of managing a chronic condition, navigating this situation must be done with patience, care and respect.

Let your doctor know about all changes you experience, including changes to your sex drive. For the partner of someone living with Alzheimer's disease, it can be helpful to meet with a counselor or join a support group to talk about your feelings and learn coping strategies.

Remember that, although the expression of love and affection may have to change over time, we never lose our need for the care and comfort of others.

## Preventing STDs

If you're planning to be physically intimate with a new partner, make sure you're protecting yourself from sexually transmitted diseases (STDs). This is often overlooked among older adults, particularly those who have had one partner for a long time. But if you're sexually active, you may be at risk for diseases such as syphilis, gonorrhea, chlamydia, genital herpes, hepatitis B, genital warts and HIV. In fact, of all the people newly diagnosed with HIV in 2018, 17% were adults ages 50 years and older.

### HERE'S HOW TO PROTECT YOURSELF FROM AN STD:

- Use a condom every time you have sex. Using lubrication with the condom will reduce the risk of it tearing. Store condoms in a cool, dry place, because heat can damage them.
- Talk with your health care provider. Be honest with your provider about your sexual behavior so that they can test you for STDs and offer suggestions on ways to stay safe.
- Communicate with your partners. Make sure you understand whether your partners are getting tested regularly and whether they are also using safe sex practices.



# YOUR LIFE STORY,

PART 2

by Linda Wasmer Andrews

The years after retirement are for more than just relaxing. They're prime time for pursuing passions you never got around to before.

**W**hen you were younger, you may have defined retirement by what you *didn't* plan to do: work. But once you're at or nearing retirement age, you may find that what really seems to matter is staying active and engaged.

Science backs up that insight. Research shows that people who take part in productive and meaningful activities with others may live longer. That's a strong argument in favor of continuing some form of paid or volunteer work.

Other studies suggest that some mentally stimulating hobbies, such as reading and playing games, may lower the risk for cognitive impairment and dementia. One theory is that

these activities build up cognitive reserve. This is a storehouse of resilience that may help the brain partially make up for age-related changes and cognitive health issues.

Here's how to make the most of this stage of life by exploring a new career path, becoming a volunteer or immersing yourself in a hobby.

## 1 CUT BACK TO PART-TIME WORK

“Working retiree” may sound like an oxymoron. But a growing number of Americans are staying on the job past the usual retirement age, whether by choice or out of financial necessity. Keeping your job but reducing your hours lets you enjoy more leisure without cutting all your workplace ties. That's a great compromise for many. Plus, it is sometimes an option if mild cognitive issues are making it hard to maintain a full workload.

Beyond the paycheck, there are perks for your well-being. Research has shown that part-time work may be linked to more positive health effects than full-time work for older adults.

## 2 LAUNCH A BRAND-NEW CAREER

What if your current job is unrewarding, very stressful or difficult to do as you age? Or what if there's something else you always wanted to try? It's not too late for a career change.

Workers ages 55 and older now make up about one-fourth of the U.S. civilian workforce. That's a sharp increase from just 13% in 2000. Employers are increasingly seeking the experience, judgment and work ethic that older employees provide.

Browse these websites to find a job that's a good fit for your “retirement” years:

- AARP Job Board  
[jobs.aarp.org](http://jobs.aarp.org)
- American Job Center Finder  
[careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx](http://careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx)
- Senior Community Service Employment Program  
[dol.gov/agencies/eta/seniors](http://dol.gov/agencies/eta/seniors)

## 3 VOLUNTEER FOR THE GREATER GOOD

Volunteering to help others may be good for your own health and happiness, too. A study of nearly 13,000 people older than age 50 compared those who volunteered at least 100 hours per year to those who didn't volunteer at all. Over a four-year period, the volunteers were less likely to become disabled or die. They tended to be more physically active and upbeat. And they were less prone to depression and loneliness.

Volunteering may strengthen resilience in the face of cognitive challenges as well. One study of more than 400 older adults with cognitive impairment found that those who volunteered on a regular basis felt a greater sense of purpose in life. They also reported better health.

Search for volunteer opportunities at:

- AmeriCorps Seniors  
[americorps.gov/serve/amicorps-seniors](http://americorps.gov/serve/amicorps-seniors)
- Volunteer.gov  
[www.volunteer.gov](http://www.volunteer.gov)
- VolunteerMatch  
[volunteermatch.org](http://volunteermatch.org)

## 4 PURSUE A FASCINATING HOBBY

Another path to a vibrant retirement is investing time in a hobby. Learning new skills may offer a cognitive boost. In one study, older adults who took up quilting or photography showed more improvement in memory than those who did less mentally demanding activities.

Choosing a creative hobby may be especially beneficial. Activities such as singing in a choir or taking part in improv theater enrich your life. Also, there's growing evidence that involvement in the arts may help improve cognitive function, memory and self-esteem. Plus, it's a chance to connect with others while having fun.

Your 60s and beyond represent a new chapter in your life. But the story is still being written. By including activities that you find deeply meaningful or highly interesting, you can ensure that this chapter is one of the best yet.



# Proteinopathies: Diseases Caused by Specific Proteins That Become Nonfunctional

by Marc Flajolet, PhD

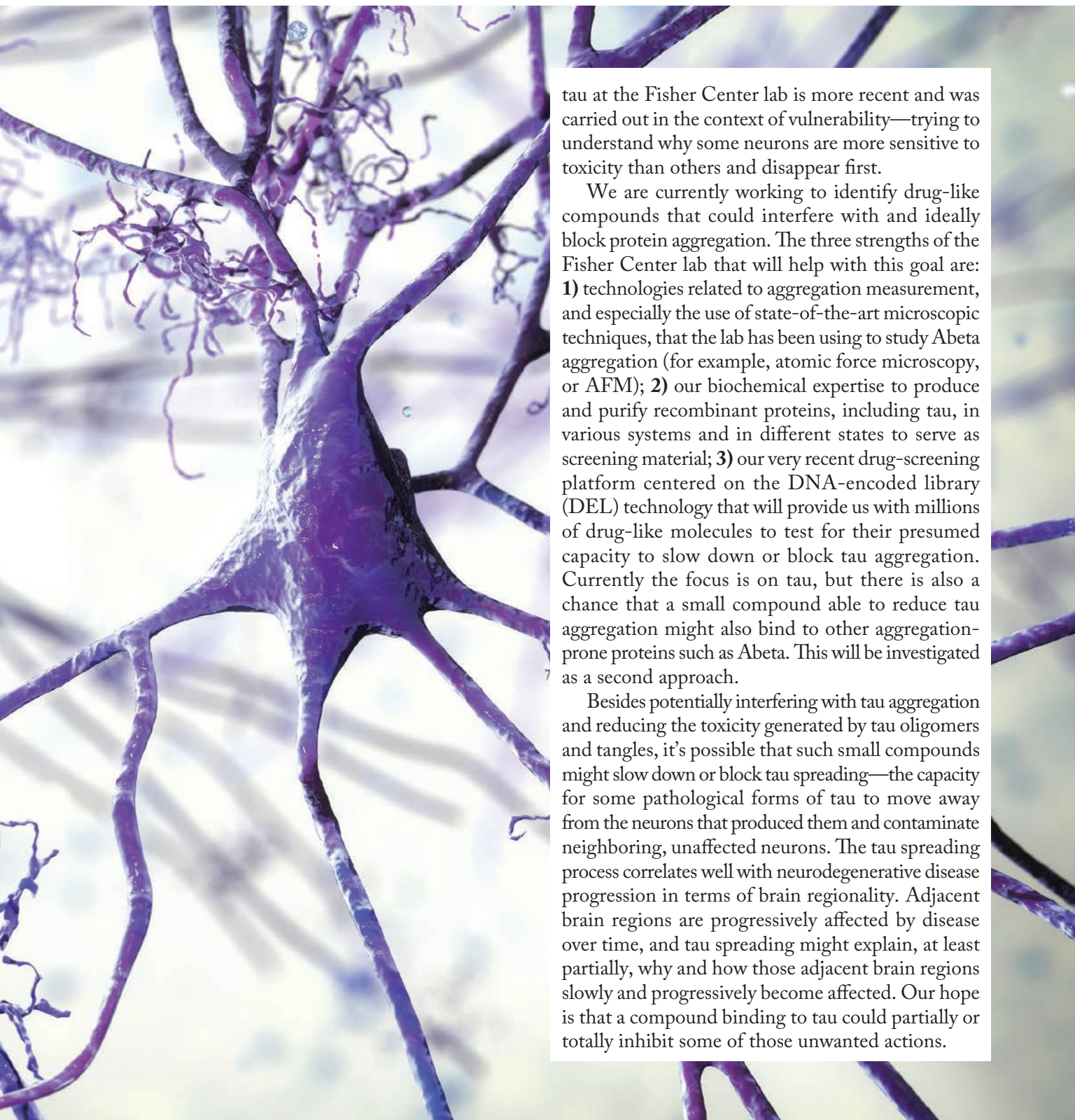
**M**any studies suggest that protein aggregation represents a key step in the development of neurodegenerative diseases, including the most prevalent one, Alzheimer's disease. Proteins are essential for life and exist in a large number of species. Each gene (about 30,000 in the human genome) codes for a protein, each with a specific function. Some of these proteins can be modified in various ways, which often helps regulate their function. In some cases, however, such modification can have a negative effect.

In some instances, proteins are incorrectly folded, meaning that their three-dimensional form is not normal, and their physiological functions are slowly lost, partially or totally. More important, new functions can emerge from those misfolded proteins, including an increased capacity to aggregate, stick together and form larger structures called oligomers—and ultimately plaques or tangles when many proteins are involved.

Amyloid plaques and neurofibrillary tangles, two hallmarks of Alzheimer's, result from protein aggregation. The protein APP, when cleaved abnormally, releases amyloid beta peptide (Abeta), which is particularly sticky. This component oligomerizes and ultimately forms larger structures called amyloid plaques. The protein tau loses its regular function when hypermodified by phosphorylation and becomes more prone to self-aggregation. Similar to Abeta, tau forms oligomers first and then larger structures called neurofibrillary tangles. Abeta plaques are formed outside neurons, while tau tangles form inside neurons. All these abnormal aggregates of dysfunctional proteins dramatically reduce the proper function of neurons and slowly kill them.

At the Fisher Center lab, we have worked on Abeta aggregates and characterized some significant problems caused by Abeta. It is believed now that oligomers of Abeta are the most toxic, while the amyloid plaques are less toxic than initially thought and could represent graveyards of dead neurons. Research on the protein





tau at the Fisher Center lab is more recent and was carried out in the context of vulnerability—trying to understand why some neurons are more sensitive to toxicity than others and disappear first.

We are currently working to identify drug-like compounds that could interfere with and ideally block protein aggregation. The three strengths of the Fisher Center lab that will help with this goal are: **1)** technologies related to aggregation measurement, and especially the use of state-of-the-art microscopic techniques, that the lab has been using to study Abeta aggregation (for example, atomic force microscopy, or AFM); **2)** our biochemical expertise to produce and purify recombinant proteins, including tau, in various systems and in different states to serve as screening material; **3)** our very recent drug-screening platform centered on the DNA-encoded library (DEL) technology that will provide us with millions of drug-like molecules to test for their presumed capacity to slow down or block tau aggregation. Currently the focus is on tau, but there is also a chance that a small compound able to reduce tau aggregation might also bind to other aggregation-prone proteins such as Abeta. This will be investigated as a second approach.

Besides potentially interfering with tau aggregation and reducing the toxicity generated by tau oligomers and tangles, it's possible that such small compounds might slow down or block tau spreading—the capacity for some pathological forms of tau to move away from the neurons that produced them and contaminate neighboring, unaffected neurons. The tau spreading process correlates well with neurodegenerative disease progression in terms of brain regionality. Adjacent brain regions are progressively affected by disease over time, and tau spreading might explain, at least partially, why and how those adjacent brain regions slowly and progressively become affected. Our hope is that a compound binding to tau could partially or totally inhibit some of those unwanted actions.

# Taking CHARGE

When her father was diagnosed with Alzheimer's disease, Marjorie Harvey—fashion icon, social media influencer and wife of comedian Steve Harvey—went on a singular mission to preserve his quality of life.

by Haley Shapley

**M**arjorie Harvey is a force. As her husband, comedian and TV presenter Steve Harvey, recalls, when he first laid eyes on her at a comedy club in 1987, he had never seen anyone like her.

Far from being overshadowed by her famous spouse, Marjorie, 57, has emerged as a social media influencer and fashion icon. She founded lifestyle and fashion blog *The Lady Loves Couture*, ran an online luxury consignment boutique (Marjorie Harvey's Closet), and designed handbags under the moniker MH Handbags.

While she may be best known as a fashionista, there's another area where Marjorie focuses much of her time and energy: family. The Harveys' is a large, blended one; Steve has four children,

Marjorie has three, and now there are a gaggle of grandchildren, too. And the care of her parents, particularly her dad, who has Alzheimer's disease, remains a major focus.

## NATURAL CARETAKER

For most of Marjorie Harvey's life, her father took care of everyone around him. Now that he needs a little extra care, she is ready to lift him up.

Growing up in Memphis, she recalls how industrious both her parents, James A. and Doris Bridges, were. "My dad was a hard worker," she says. "All I remember was my parents going to work, going to work, going to work."

Marjorie's parents ran a concession stand at a football stadium when she was small. Her father also had an air-conditioning and refrigeration

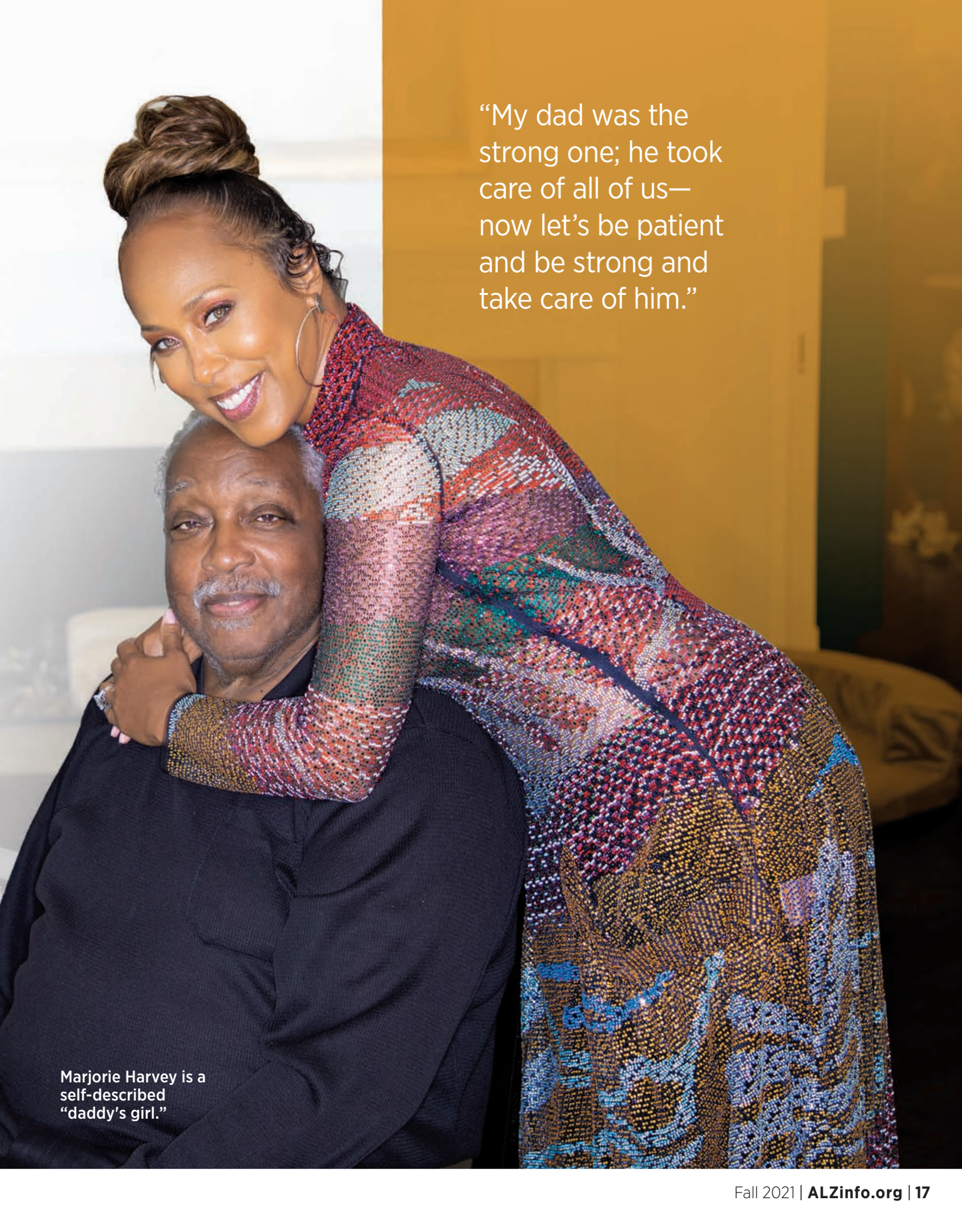
business, and then transitioned to teaching his profession to others at a vocational school. "All of his students were like our extra brothers and sisters," recalls Marjorie, who has an older brother. "He'd bring everyone home and would have picnics."

He later went on to work as a sergeant at a correctional facility. "I remember my mom telling my dad, 'Now, listen, you brought those kids home from school; don't you bring any of these prisoners home!' Mom kind of laid down the law," Marjorie laughs. Her parents recently celebrated their 60th wedding anniversary.

## SENSING A SHIFT

A few years ago, things began to change for Marjorie's dad, who's now 86. He would sometimes get confused about where he was going when driving; that led to a doctor telling him that he was no longer safe behind the wheel. Because both his mother and sister had been diagnosed with Alzheimer's, the family worried that he may be following suit.





“My dad was the strong one; he took care of all of us—now let’s be patient and be strong and take care of him.”

Marjorie Harvey is a self-described “daddy’s girl.”



Marjorie and Steve Harvey have been married since 2007.

Marjorie's father came to visit her in Los Angeles, and she could sense a difference in him, as if he were fading. After undergoing tests at Cedars-Sinai, he was diagnosed with Alzheimer's in late 2018.

Marjorie immediately jumped into fix-it mode. "I literally watched my grandmother sit in the bed and whittle away, ending up in the fetal position," she recalls. "My whole thing was, OK, what have we learned from that and what can we do? We got the news, it's not great news, now what do we need to do? How do we fix it or completely slow it down so Dad still has a great quality of life?"

Very physically active herself, Marjorie knew she didn't want her father to be as sedentary as his mother and aunt had been. So, she started researching ideas to keep her dad's body and brain active. She had him

work with a physical therapist and saw immediate changes. "He just was a different person," she says.

The dutiful daughter also talked to her parents about good nutrition, staying active and keeping the brain sharp. She encouraged them to try the 80/20 rule with food. "I said, '80% of the time, eat clean for me, then the other 20%, eat what you want to eat. If you do that, it will make a world of difference in how you feel, your mental clarity, movement, everything.'"

### HOME IS WHERE THE HEART IS

For years, Marjorie had wanted to get her parents a new house, but they resisted. Once the pandemic hit, and with her father's dementia, she became even more determined. Her parents were no longer able to visit

the facility where they'd been doing physical therapy, and she felt their well-being was compromised.

From when she was younger, Marjorie remembered a house on a bluff that overlooks the Mississippi River in Memphis. Her parents both love the water—going on cruises was a favorite pastime of theirs pre-pandemic—so she knew the location would be a huge selling point. She concocted a plan to pretend to buy the house for herself and ask them to take care of it, but she didn't need to enact it. "Because [the pandemic] had taken such a toll on them, and my mom was really disappointed they couldn't go on cruises, when they realized that the house was on the water, they loved it," she says.

Their new home is in a gated community, making it a great place for strolling the neighborhood. It also has a pool, which Marjorie had revamped, adding steps and changing the depth so that her parents can touch the bottom at all times. She put in a wheelchair ramp in case it's needed later, and the home has an elevator if mobility becomes an issue.

"I tried to think of everything that I possibly could to make their latter years comfortable," Marjorie says. "I was trying to think up the road to make sure I crossed all the T's and dotted the I's for anything they might need in the future."

Marjorie also hired a full-time nurse to help her parents stay active. While her dad enjoys dips in the pool, taking walks and playing cards, he won't do those activities of his own volition—he'd rather be watching westerns. So, having someone there to encourage him makes a world of difference. It also eases the caretaking burden for Marjorie's mom, who is 80 and has health challenges of her own, including diabetes and arthritis.

## FINDING THE LIGHT

In two of the downstairs rooms, Marjorie transformed the spaces into hubs of wellness. One is fitness-focused, with a recumbent bike and treadmill, while the other contains a red-light therapy bed. The therapeutic use of red or near-infrared light, also known as photobiomodulation, can stimulate healing, relieve pain and inflammation, and prevent tissue from dying. While more research is underway on the potential impacts of red-light therapy on patients with Alzheimer's, early studies have found improvements in areas such as cognitive function, sleep and memory, along with decreases in angry outbursts, anxiety and wandering.

"It really is helping Dad big-time; it's almost like it's reversing the clock a little bit," Marjorie says. "He loves it. It's so funny—sometimes he tells my mom to go before him because he wants the bed to be a little bit warmer for him."

This solutions-oriented approach Marjorie used to help her dad is the same she applies to everything she does, from her fashion enterprises to her philanthropic work. She cofounded the Steve and Marjorie Harvey Foundation with her husband to create the next generation of responsible leaders. Her program, Girls Who Rule the World, hosts mentoring camps and helps girls cultivate positive self-image, learn responsible conduct, and develop respect for themselves and others. The foundation has also provided more than \$1 million in academic scholarships to date. "Whatever it takes to give children the tools to succeed, that's what we do,"

Marjorie says. And just as with her father, she's making a tangible difference in others' lives.

## DADDY'S GIRL

While it would be easy to dwell on what her dad has lost, Marjorie keeps the focus firmly on halting the progression of his disease. "My main objective has always been to slow this down to a turtle's crawl," she says.

For others who have a loved one with Alzheimer's or dementia, Marjorie recommends surrounding yourself with people who can uplift you. "Make sure you have a strong village, a strong support system because it's a long haul and it's not always pretty, but everyone deserves to have their dignity as they're getting older," she says.

In Marjorie's life, Steve is a major provider of that support and compassion. "My husband is a jewel," she says. "I don't care what it is I want to do for my parents, he's like, 'Whatever Mom and Dad need.'"

Since his diagnosis, Marjorie's dad has shown improvement and is no longer deteriorating as quickly as he was. Although there are good days and bad days, and he tends to repeat himself often, Marjorie is simply happy he can still do so. "I'm glad he's here to tell me those same stories over and over and over again, so I'll listen to them," she says.

For the self-described "daddy's girl," it's an honor to provide her father with the love and care he needs at this point in his life.

"What you always want to do is be able to take care of yourself—that's the ideal—but if by chance that's not in the cards for you, you would hope that those that are around you who you love and who love you would be patient and would take care of you," she says.

"My dad was the strong one; he took care of all of us—now let's be patient and be strong and take care of him."



To see more of Marjorie's large and loving family, follow her on Instagram @marjorie\_harvey.

# THE GREAT ESTATE PLAN

Estate planning is important for everyone, no matter your circumstances. Use this guide to make sure you have your affairs in order.

by Haley Shapley; Edited by Bernard A. Krooks, JD, CPA, LL.M., CELA

**W**hen you hear the term “estate planning,” it might sound like something only the rich need. But even if you don’t have horse stables on your property and a second home on Lake Como, you should have an estate plan to make sure all your health care and financial wishes are carried out the way you’d like them to be.

## What Is an Estate Plan?

Estate plans outline who can make decisions for you if you’re no longer able to and what will become of your assets after you die. It can provide great peace of mind to have these arrangements made. An estate plan can include the following:

- **A will:** This document outlines how your assets should be distributed upon your death. In it, you’ll name an executor who is in charge of managing your estate. If you have minor children or pets, a will can specify the care for these dependents. You can also include your funeral and/or burial wishes.
- **A living will:** This document details how you’d like to be treated in end-of-life health care situations if you are unable to communicate—for example, whether





you would like to be on life support.

- **Power of attorney for health care:** This document names a person to make health care decisions for you if you are no longer able to do so.
- **Power of attorney for finances:** This document names a person to make financial decisions for you if you are no longer able to do so.
- **A living trust:** This document names a person or an institution, known as a trustee, to manage your assets while you're still living. In some cases, a living trust avoids probate, which is the process by which the courts verify the validity of a will before allowing the assets to be distributed.

## When Should I Create My Estate Plan?

Sooner is always better when it comes to creating an estate plan. That's especially true if you have Alzheimer's disease; as it progresses, you may have more trouble understanding the decisions you need to make and could struggle to fully participate in the legal process.

Even if you feel like you don't have everything in order now, it's best to get a plan in place, knowing that you can make changes to your documents as your circumstances change. A move to a new state, marriage, divorce, and a birth or death in the family are all reasons why you may need or want to revise your estate plan.

## How Do I Create an Estate Plan?

You can create some legal documents, such as a living will or power of attorney, without the aid of a professional. But when putting together a comprehensive estate plan, it can be helpful to have the guidance of an expert. Elder law attorneys have experience in this area and will know the laws in your state.

Another option is to meet with a geriatric care manager. This is a nurse or social worker who's trained to help families navigate the complex issues that can come with aging. They can assist with various kinds of short- and long-term planning.

If you're concerned about the cost of hiring a professional, visit [eldercare.acl.gov](http://eldercare.acl.gov) to find agencies near you that can refer you to free or low-cost legal resources.

Before meeting with a legal expert, prepare by gathering:

- A list of all your assets
- Copies of any estate planning documents you already have
- Copies of your recent tax returns
- Any insurance policies you have, such as health insurance, life insurance and long-term care insurance
- A list of questions and priorities

Your primary care provider can also be a resource for the health-related aspects of estate planning. If you have Medicare, a discussion of advance care planning is included in your annual wellness visit. Your health care provider can walk you through what medical decisions might be in your future and help you fill out the forms to specify your wishes.

*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.*

# WHEN CAREGIVERS **CLASH**

Varying ideas about what's best for a loved one can lead to family friction.

How can you move forward? by Cindy Kuzma

**Y**ou're certain Mom wants to stay home as long as possible. Your brother thinks she'd be happier in an assisted care facility—and wants her to move next week. Your sister feels you should wait and see.

When more than one family member shares the role of caregiver, conflicts can easily arise. Even if everyone agrees on the end goal—a happy, peaceful life for your loved one—you might have opposing ideas of how to make it happen.

Each person comes to the table with their own values and ideas about concepts like dignity. And in times of stress and change, long-standing roles and dynamics can bubble to the surface.

Family and caregiving experts say clear, open communication is key to managing conflict. And when you can't resolve disputes on your own, an outside perspective can help.

## **CHANNEL COMPASSION**

When discord develops, it's easy to feel angry and indignant. Instead, step back and recognize you're all in a stressful situation. Try your best to put aside anger, guilt and resentment and focus on what you share instead.

## **SCHEDULE A MEETING**

A formal gathering offers space to work through disagreements. Include everyone who plays a role. Distant caregivers can join by conference call or video chat.

Beforehand, decide on the problem you're trying to solve and the goal you're aiming to accomplish. Start by discussing areas where you agree, then list problems and seek solutions. Assign someone to take notes and distribute them afterward.

## **SHARE THE LOAD**

Ward off conflicts in the first place by being clear about responsibilities. In a meeting or call, talk through your loved one's needs. Divide them up based on each caregiver's preferences and abilities. Be as specific as possible in requests and assignments.

From there, keep in touch regularly with meetings, calls and emails. Adjust as the situation changes.

## **CALL IN THE PROS**

When you can't work things out on your own, seek help. Counselors, mediators, social workers or similar experts can step in and smooth out difficulties. Your local Area Agency on Aging can connect you to resources.

## **PRACTICE SELF-CARE**

Caregiving can be intense. Make sure you're tending to your own health by eating well, exercising, sleeping enough and doing things you enjoy. When you're less stressed, you'll have more understanding and patience for others.





# Take Note

Jotting down memories  
has benefits.

**W**riting down your memories or those of a loved one lets you reminisce and provides future generations with a window into the past. And for someone who has Alzheimer's disease, it can preserve memories that might otherwise be lost.

## HEALTH BENEFITS

Recording memories in writing has health benefits, too. Researchers have connected reading, writing and doing puzzles with a lower risk for cognitive decline. One recent study found that participating in these activities can delay Alzheimer's disease in older adults by five years.

And reminiscing about the past has been shown to reduce symptoms of depression in older adults, lower blood pressure and heart rates, and increase self-esteem. Psychologists even use reminiscing therapy to help improve psychological well-being.

## GETTING STARTED

There's no time like the present to record the past. There are no set rules for how to do it, but there are plenty of resources to help. Browse your favorite online or local bookstore for "memory book" journals that provide prompts on what to write down. There are also online platforms for writing and housing your story, such as [jambios.com](http://jambios.com), which lets you choose chapters to include on different topics.

## TOPICS TO DISCUSS

Whether you're "interviewing" yourself or someone else, here are

some topics for discussion to help trigger interesting stories.

- **Childhood:** When and where you were born, earliest memory, favorite activities, where you took family vacations
- **High school:** Extracurricular activities, best friend, favorite music and books
- **Career:** First job, favorite job, worst job, dream job
- **Family:** Siblings, spouse/partner, children, whom you are closest to
- **General:** How you define happiness, funniest thing that's happened to you, interesting travels, greatest fear, life lessons learned



# Indulge

(a Little) &

**T**he holidays are coming, so we bring you this important message: *No food is on the naughty list.* With portion control, you can enjoy your holiday favorites without overindulging. Here's how.

Hosting? Serve food on **individual plates** rather than buffet-style. This reduces the temptation to have seconds.

Not hosting, and the meal is buffet-style? No problem. Take **small helpings** of the foods you like best, then move away from the serving area.

Eat from **a small plate.** This way, you'll have to stick to smaller portions. Select the dishes you love most and can't get any other time of year.

**Slow down** and savor each bite. This will help you avoid overeating, because it takes 20 minutes or more for your brain to get the message that you're full.

You don't have to skip dessert, but **consider pumpkin pie** instead of more indulgent, less filling sweets. And hold the whipped cream.

## Pumpkin-Cranberry Gift Loaves

These mini loaves are perfect as gifts and for portion control.

### INGREDIENTS

- 1 29-oz. can of pure pumpkin (about 1¾ cups)
- 1¼ cups sugar
- ¾ cup of liquid egg substitute (such as Egg Beaters)
- ½ cup vegetable oil
- 1½ tsp. baking soda
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 1½ tsp. nutmeg
- 2¼ cups flour
- ½ cup coarsely chopped walnuts
- 2 cups fresh cranberries

### DIRECTIONS

Preheat oven to 325 degrees. Spray six baby loaf pans (about 6 inches long) with cooking spray. In a large bowl, use a whisk to combine pumpkin, sugar, egg substitute and vegetable oil. Add baking soda, baking powder, cinnamon, nutmeg and flour, stirring until everything is combined. Stir in walnuts and cranberries. Bake at 325 degrees for 45 minutes, or until a knife inserted comes out clean. Cool in pans for 10 minutes. Remove to rack and let cool completely before serving or wrapping.

### NUTRITION INFORMATION

Serving size is ¼ loaf. Per serving: 150 calories; 6 g fat (0.5 g saturated fat; 0 g trans fat); 0 mg cholesterol; 105 mg sodium; 22 g carbohydrate; 1 g fiber; 11 g sugar; 2 g protein



# 3 RETRO FITNESS TRENDS WORTH TRYING

Going high-tech with your exercise routine might mean pedaling on a connected bike, working out virtually with a trainer or using a smart watch to help get in shape.

But if you'd like something a little more old school, you're in luck. These exercise methods may have been all the rage in decades past, but they're still solid sources of sweat today.

## MOVE TO THE GROOVE OF JAZZERCISE

Launched in 1969, this high-energy class calls itself the "original dance party workout." Moving to the music represents a fun way to burn calories and improve your health. And because it's usually done in a group, it can make you feel more connected.

Over the years, Jazzercise has evolved beyond leg warmers, leotards and '80s tunes. Current offerings include elements of other popular workouts, such as Pilates and kickboxing.

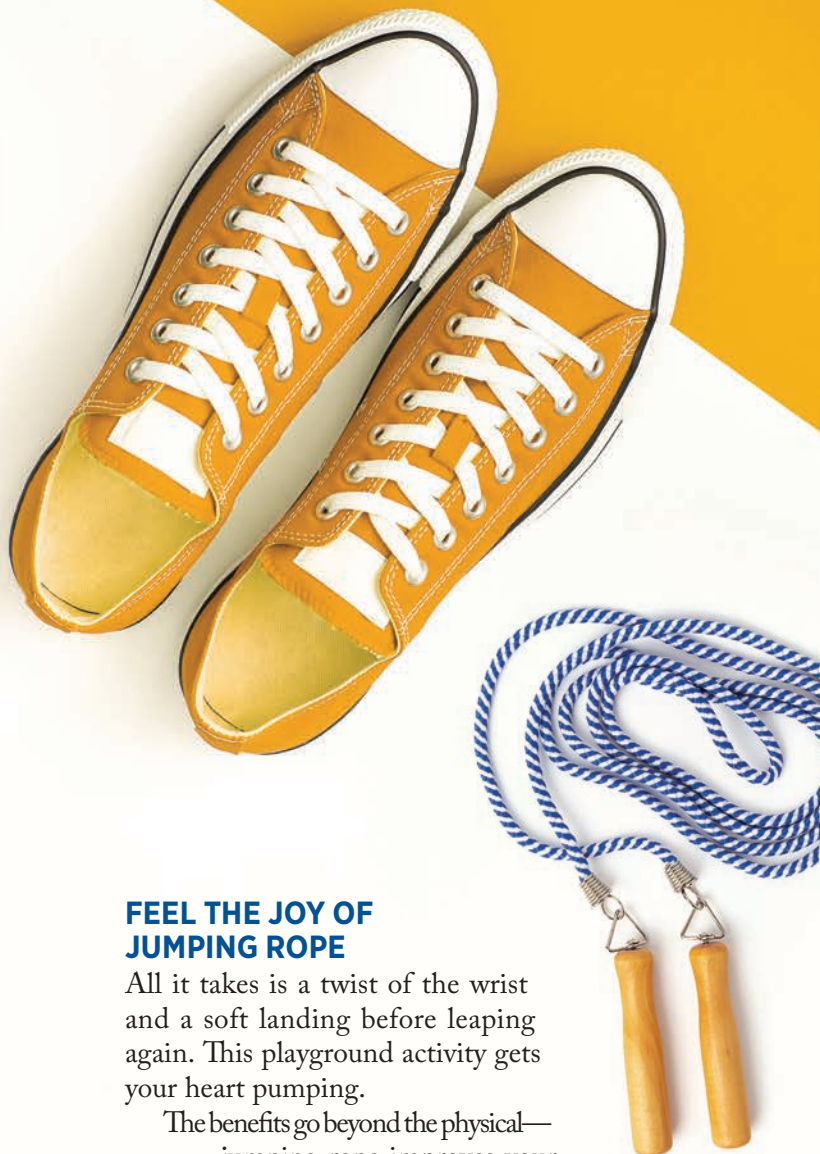
With locations all around the world, you'll probably be able to find one near you. There's also an on-demand virtual option. Or you could consider other types of dance fitness classes, such as Zumba or BODYJAM.



## CATCH THE HOOPLA OVER HULA-HOOPING

These common childhood toys are also tried-and-true fitness tools. Depending on how you use them, you can burn 3 to 7 calories per minute with Hula-Hoops.

Swiveling your hips also activates and strengthens muscles in your abs, back and legs. One recent study found using weighted hoops for six weeks reduced abdominal fat and decreased levels of LDL, or "bad," cholesterol.



## FEEL THE JOY OF JUMPING ROPE

All it takes is a twist of the wrist and a soft landing before leaping again. This playground activity gets your heart pumping.

The benefits go beyond the physical—jumping rope improves your coordination. And learning

new movement patterns strengthens pathways between your muscles and mind. This may help preserve your cognitive function, which is critical as you age.

Best of all, jump ropes are inexpensive and portable. You can use them at home, on the road or just about anywhere.

# RENAISSANCE MAN

*Meet the man behind the design.*



**J**erry Louis is the Fisher Center for Alzheimer’s Research Foundation’s “man behind the design.” This summer, he celebrated 15 years as the organization’s graphic and web designer. But that title barely scratches the surface of all he’s done to raise the organization’s profile and engagement with the Alzheimer’s community.

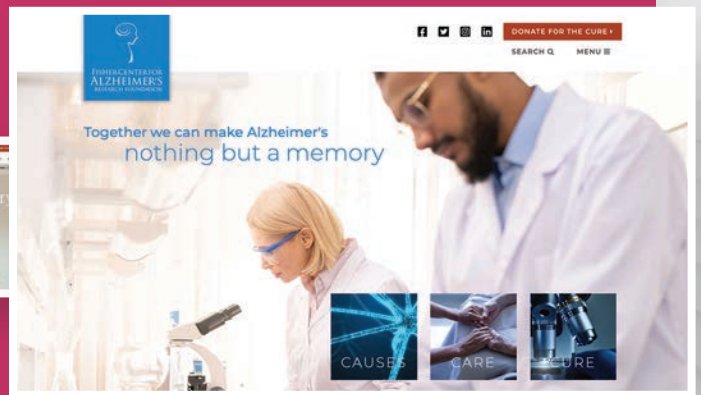
Jerry is a one-man multimedia team, designing print and digital materials and managing the Fisher Center’s website ([ALZinfo.org](http://ALZinfo.org)) and social media accounts. He’s even created videos and performed the voiceovers himself.

His ability to go beyond his job description is what makes Jerry a true superstar in the eyes of his colleagues. They credit him with transforming the Fisher Center’s brand by giving its website a complete overhaul, creating eye-catching banners that raised its profile at events and building the portfolio of educational brochures that are integral to its Information Program.

Jerry, however, sums up his evolving role in his usual humble and succinct way: “I’ve grown with the changing times.”



The evolution of the Fisher Center website through the years



2020

## Getting Personal

Jerry and his wife, Cassandra, have two children: 4-year-old daughter, Alessandra, and infant son, Jericho. Despite his busy work and family life, Jerry loves to travel and has gone on missions to Haiti and plans to visit Colombia. He also runs a freelance graphic design business whose clients include the Shawn Carter Foundation and Roc Nation, both founded by rapper/businessman Jay-Z.





# FISHER CENTER Scientist Spotlight

## The Fisher Fellows in Neuroscience

by Lauren Arcuri

**T**he Fisher Center for Alzheimer's Research Foundation and The Rockefeller University are proud to announce the Fisher Fellows in Neuroscience Program, a partnership to financially support five of the most outstanding third- and fourth-year students in the David Rockefeller Graduate Program. To establish and endow the fellowships, The Rockefeller University created an endowment of \$5 million, yielding approximately \$250,000 annually to help fund the students' educational and living costs.

Students in the graduate program typically take six years to complete their PhDs. Third- and fourth-year students have settled on a field of study and begun to demonstrate their potential for future innovation. The Fisher Fellows Program aims to identify the most promising graduate students and support their neuroscience research.

The Fisher Fellows Program will play a critical role in advancing the university's mission—science for the benefit of humanity, and training the next generation of scientific leaders. It will also advance the mission of the Fisher Center—to understand the causes of Alzheimer's disease, improve the care of people living with it and find a cure.

“Alzheimer's disease is so complicated; we need to attack it on multiple fronts, including very basic and also clinical research,” says Sidney Strickland, PhD, Zachary and Elizabeth M. Fisher Professor in Alzheimer's and Neurodegenerative Disease and dean of the graduate program, who is overseeing the Fisher Fellows Program. “It's a disease we need to chip away at, rather than solve all at once. We can have an impact by funding these five excellent researchers who will be working under the auspices of the Fisher Center.”

The first five Fisher Fellows will be named in 2021–22 at a reception at The Rockefeller University president's house, attended by both trustees of the Fisher Center Foundation and the fellows. This reception, which will recur yearly with the naming of each new cohort of fellows, will allow the leaders of the foundation to meet the Fisher Fellows and hear firsthand about the impact of this support on the trajectory of their research.

The new Fisher Fellowships in Neuroscience will carry on Zachary and Elizabeth M. Fisher's legacy by supporting some of the most promising students to become the next generation of scientific leaders.

The exceptional work of the 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://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 identify these stars by matching them to their birth names?

- |                         |                          |
|-------------------------|--------------------------|
| 1. ___ Charlie Sheen    | a. Eric Marlon Bishop    |
| 2. ___ John Wayne       | b. Maurice Micklewhite   |
| 3. ___ Alan Alda        | c. Peter Gene Hernandez  |
| 4. ___ Michael Caine    | d. Marion Morrison       |
| 5. ___ Lauren Bacall    | e. Reginald Dwight       |
| 6. ___ Bruno Mars       | f. Carlos Estevez        |
| 7. ___ Portia de Rossi  | g. Laszlo Lowenstein     |
| 8. ___ Marilyn Monroe   | h. Betty Joan Perske     |
| 9. ___ Jamie Foxx       | i. Alphonso D’Abruzzo    |
| 10. ___ Whoopi Goldberg | j. Amanda Lee Rogers     |
| 11. ___ Elton John      | k. Caryn Johnson         |
| 12. ___ Peter Lorre     | l. Norma Jeane Mortenson |

## 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.

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

## LEAPFROG

Here’s a list of U.S. colleges and universities — one two-word school for each number. Their letters are in the correct order, but they overlap. All you have to do to find the schools is separate the letters.

**Example:** NO~~D~~ATM~~R~~E~~E~~ — NOTRE DAME

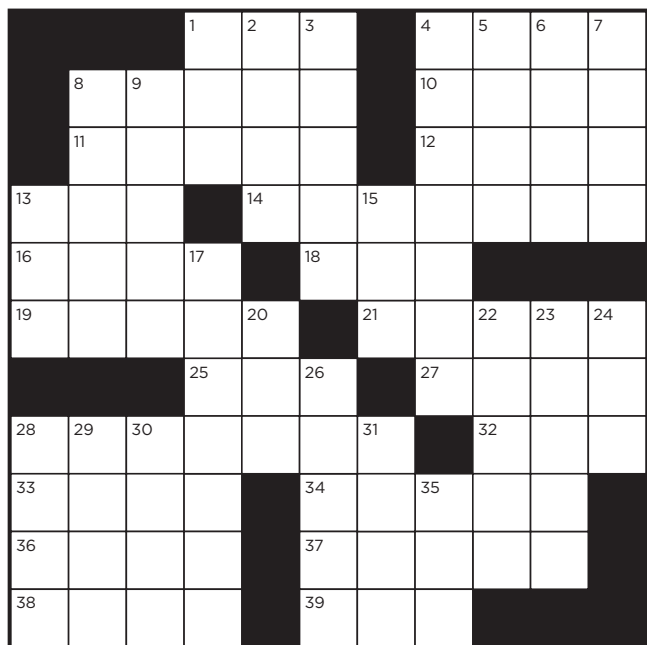
- |                  |       |
|------------------|-------|
| 1. FOWRAEKSTE    | _____ |
| 2. GEMOARSOGEN   | _____ |
| 3. BYRIOGUHANGM  | _____ |
| 4. HOJOPHKINNSS  | _____ |
| 5. HMOOLUYONKET  | _____ |
| 6. DOOMLINDION   | _____ |
| 7. TVIERGICNHIA  | _____ |
| 8. SLAWARRAENCHE | _____ |
| 9. BMARYWRN      | _____ |



•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. The second puzzle is also a thematic puzzle: the title "It's All Good" is a hint. Have fun testing your knowledge while doing something that's good for you!



## ACROSS

1. Campers' vehicles (abbr.)
4. Crawl
8. Card with two spots
10. Dracula's garb
11. Sluggish
12. "\_\_\_ Ordinary Man" (2 wds.)
13. Officeholders
14. Attainment of wealth
16. Smear
18. Warsaw's country (abbr.)
19. Husk
21. Full of energy
25. Dunderhead
27. Confident
28. "The \_\_\_ Music" (2 wds.)
32. "\_\_\_ and Stimpy"
33. Tighten a spring
34. Zodiac sign
36. Chip in
37. Portions (out)
38. Boxing outcomes (abbr.)
39. Football measures (abbr.)

## DOWN

1. Wish undone
2. They came before DVD players
3. Arrange (2 wds.)
4. Sparklers on a freezing day
5. Title
6. Accountants' initials
7. Layers
8. Singer Shore
9. Follow
13. Proofs of age (abbr.)
15. \_\_\_ a plea
17. Flaxen-haired people
20. Young fellow
22. Blender button
23. \_\_\_ pass
24. Strong desire
26. Like lather
28. Wallop
29. Sty sound
30. Biblical preposition
31. Ginger's partner
35. "\_\_\_ Magic"

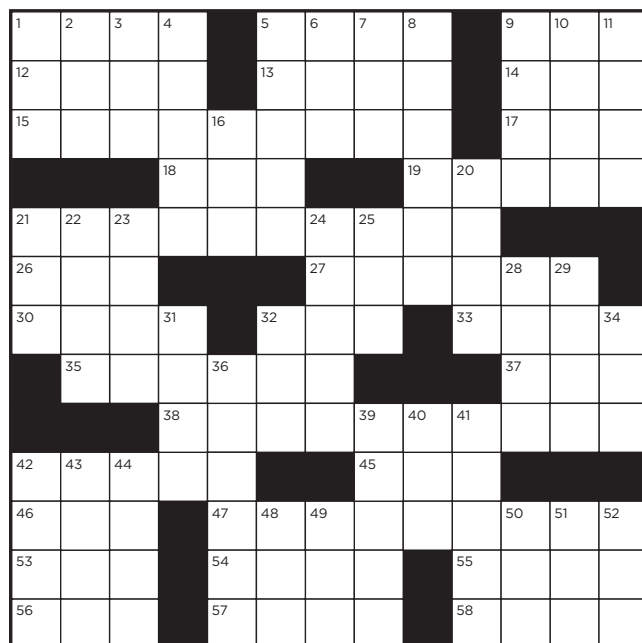
## IT'S ALL GOOD

### ACROSS

1. Stage drama
5. Howl
9. Police abbr.
12. Mother: Fr.
13. Farming prefix
14. G. Carroll ("Topper" actor)
15. GOOD \_\_\_
17. Olympus and Olympia: abbr.
18. Dweller: abbr.
19. Slackens
21. GOOD \_\_\_
26. First stock sale: abbr.
27. Allege
30. She was pursued by Sportin' Life
32. "Earth Forms" sculptor
33. The Eternal City, to its citizens
35. Some terriers
37. Lawn moisture
38. "GOOD \_\_\_"
42. Dialogue-heavy, as a show
45. Civil War side: abbr.
46. "All About \_\_\_"
47. GOOD \_\_\_
53. Sick-bed beverage
54. Hand out hands
55. Pass
56. Slip up
57. Pitch
58. Huge work

### DOWN

1. Brit. VIPs
2. Grassy meadow
3. Upper limb
4. Long
5. Dieter's focus
6. FBI employee: abbr.
7. Retiree's acct.
8. Tablecloths
9. Donations
10. 1995 U.S. Open champ Sampras
11. Top banana
16. Olden car
20. Ripening factor
21. Bend the truth
22. Oil org.
23. Parks of the civil rights movement
24. Grating
25. AOL, e.g.
28. Went by bus
29. Fed. agents
31. Putt successfully
32. "Brokeback Mountain" director Lee
34. Dazzle
36. Saudi capital
39. Immune system soldier
40. Where Tel Aviv is: abbr.
41. Scope
42. Head, to Mimi
43. Allege
44. Shakespearean king
48. Fire, in France
49. Asphalt
50. "Alley \_\_\_"
51. \_\_\_-Wan Kenobi ("Star Wars")
52. Times Square site: abbr.



# 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 the end of a quip that begins "Real luxury is..." The words are found in the diagram reading forward, backward, up, down, and diagonally, and always in a straight line.

You are looking for a 51-letter phrase.

BUTLER	NANNY	S	R	L	O	R	I	E	N	T	A	L	R	U	G	S
CHAMPAGNE	ORIENTAL RUGS	S	E	K	Y	T	R	E	P	O	R	P	T	I	E	E
CHAUFFEUR	PERSONAL TRAINER	D	N	O	O	V	I	N	G	U	I	E	N	M	S	H
DESIGNER CLOTHES	PREP SCHOOLS	N	I	L	H	O	N	A	E	H	J	O	O	W	E	T
DIAMONDS	PRIVATE JET	O	A	U	I	S	C	D	S	E	E	H	I	C	S	O
FULL-TIME COOK	PROPERTY	M	R	N	W	V	N	E	T	I	N	M	S	H	R	L
GRANDEUR	RACEHORSES	A	T	T	N	A	E	A	M	O	M	H	N	A	O	C
ITALIAN SHOES	SWIMMING POOL	I	L	S	R	Y	V	I	I	O	M	A	U	H	R	
LIVE-IN MAID	VACATION HOMES	D	A	G	A	I	N	T	N	L	T	Y	M	F	E	E
MANSION		C	N	L	R	O	A	G	B	M	A	L	S	F	C	N
		E	O	P	T	C	P	U	S	T	A	T	L	E	A	G
		H	S	A	A	O	T	T	O	N	E	I	I	U	R	I
		O	R	V	O	L	F	T	H	E	M	I	D	R	F	S
		S	E	L	E	E	M	C	H	A	M	P	A	G	N	E
		P	P	R	E	P	S	C	H	O	O	L	S	T	Y	D

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

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# PUZZLES ANSWERS

## Match These

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

## Dropline

Regardless of which line you get into, the other ones move faster.

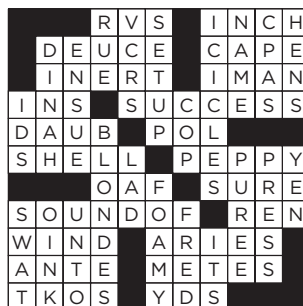
## Leapfrog

1. Wake Forest; 2. George Mason;
3. Brigham Young; 4. Johns Hopkins;
5. Mount Holyoke; 6. Old Dominion;
7. Virginia Tech; 8. Sarah Lawrence;
9. Bryn Mawr.

## Hidden Message

(Real luxury is) living in a house with so many closets that one of them is empty.

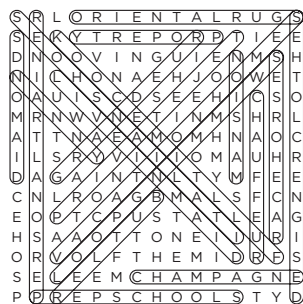
## Crossword 1



## Crossword 2



## Word-Find



## Sudoku

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

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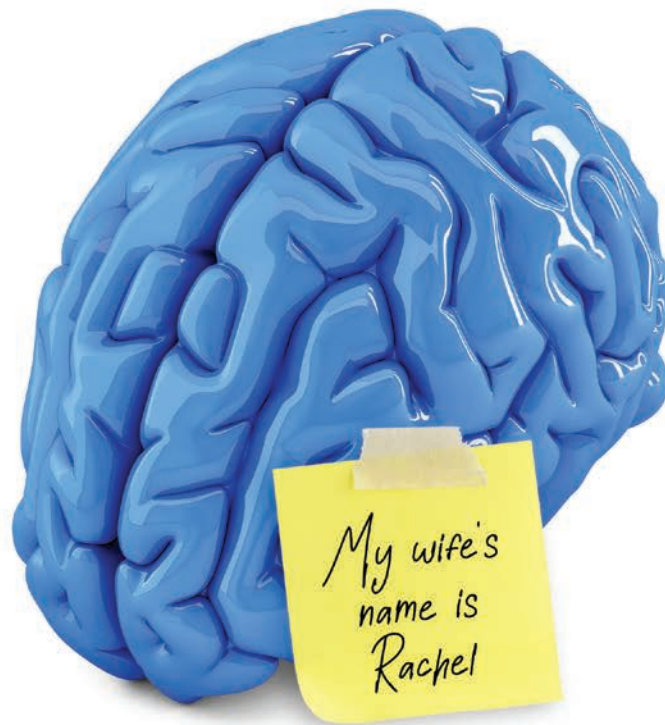
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