

October, 2014

# *Put Old on Hold*

## *e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

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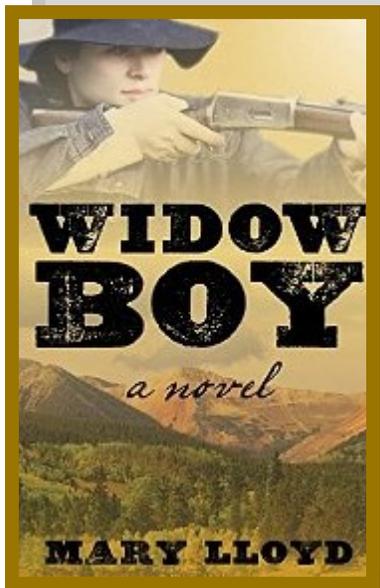
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## Book Review

# Widow Boy

By Mary Lloyd

Reviewed by Barbara Morris



Widow Boy has everything you could want in a story about life in the untamed West in the late 1800s -- love, lust, greed, intrigue, murder, and the foibles of human nature. Make no mistake, this novel is no hastily thrown together shoot 'em up. It is evident author Mary Lloyd spent an enormous amount of time on meticulous research including visiting the actual location of the story setting, as well as doing other research most authors would not do to provide as much authenticity as possible.

If you enjoy suspense that keeps you on the edge of your seat in anticipation of what might happen next; if you think you know where a story is going but find twists and turns that move the action in an entirely different direction and you love the surprise, *Widow Boy* is the story for you.

Not only is Mary Lloyd a master story teller, she has the rare ability to bring beautifully developed characters to life. From dastardly diseased Rafe Pettibone constantly scheming to catch and kill the Widow Boy; to the jaded Miss Tess who owns the local house of pleasure, (and would never be seen except in her alluring finery), to Irene, the savvy biscuit baking cook at Miss Tess's pleasure palace who quickly uncovers the truth about the Widow Boy but keeps the secret, to the evil machinations of Cripple Creek's greedy assayer Clarence Billingsley -- and so much more -- the author puts you right in the middle of it all, letting you experience the fast paced action. You will find yourself holding your breath in anticipation of what's going to happen next.

As I read I kept thinking it would make a great movie. If it isn't turned into screen play, Hollywood is missing a blockbuster opportunity.

About the title, *Widow Boy*: Yes, there is a "widow boy" but I'm not going to spoil your reading pleasure and divulge how that anomaly comes about and the Widow Boy's role in the drama. It's on [Amazon](#). Pick up a copy for your Kindle or get a print copy. You are in for a rare treat.

# What Does Being Authentic Really Mean?

By Joyce L. Shafer



Do you ever judge yourself as not being as authentic as you believe you should be? Do you know why you feel this way? Here's something to think about.

I was reading about character vs. characterization, and this led me to contemplate what it means to be authentic. When writers craft a novel, they need characters and they need to develop the characters in a way that makes them feel real to readers. This means the writers have to know as much about the characters as possible, from eye color to habits to prime motivation in life. This is called characterization. Character is what is demonstrated when a character faces a challenge. It's the stuff they're made of, when push comes to shove. It's the same for us.

It's fairly easy to create a characterization, a presentation, of ourselves for others to see. We can let them see whatever we prefer they see. With others, we can pay attention to what they say and do, and even what we intuit about them when we're with them, which gives us more information beyond what we see. But all of this leads to the question: what is authenticity really about?

What if it's really about how you feel about yourself? Do you believe that to be truly authentic, you have to spill every bean about yourself to everyone? Do you get to keep anything private and still be authentic? As I pondered these questions, I thought about the fact that the world is peopled with introverts and extroverts. Most people have traits of both, but in their individual quantities. Carolyn Gregoire wrote this in an article for The Huffington Post: "As recently as 2010, the American Psychiatric Association even considered classifying "introverted personality" as a disorder by listing it in the Diagnostic and Statistical Manual (DSM-5), a manual used to diagnose mental illness. But more and more introverts are speaking out about what it really means to be a 'quiet' type."

I have to admit that for a long time I believed that outgoing people were demonstrating the one and only way to be authentic; so because I'm a more quiet type (80% introvert, according to an online test I took), I judged myself as not being as authentic as someone who says, or seems to say, whatever they feel like saying about anything and to anyone. To all you introverts out there, if you've been feeling less authentic because you're a more quiet type or because you feel a certain way and it clashes with what some believe is more "normal" or authentic behavior, you can relax and be yourself. You can gladly laugh at those Facebook poster images that say

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things like, “Introverts unite—in your separate homes.” You get the joke better than anyone.

Gregoire included a list of 23 signs of an introvert in her article, which I’m going to share here. However, keep in mind that some you might call an extrovert may actually be an introvert or have a good bit of introvert in them, just as introverts have a bit of extrovert in them. You may resonate more with some of what’s listed below than with others—we’re all composites. Here are the 23 signs (my comments are in parentheses):

- You find small talk incredibly cumbersome. (It can even make introverts tired and annoyed.)

You go to parties — but not to [meet people](#).

(Introverts, when they do go to parties, go to see people they know.)

- You often feel alone in a crowd. (Introverts don’t like crowds, or like them in small doses.)
- Networking makes you feel like a phony. (Introverts prefer deeper conversations that lead to real connection.)
- You've been called "too intense." (Introverts prefer deeper thoughts and conversations. They’ll engage in lighter conversations, but only for so long.)
- You're easily distracted. (This refers to an introvert being in an overly-stimulating environment.)
- Downtime doesn’t feel unproductive to you. (This is a necessity for introverts. They need it to recharge their batteries. A whole day alone with a good book or some other down-time experience is like heaven to an introvert.)
- Giving a talk in front of 500 people is less stressful than having to mingle with those people afterwards.
- When you get on the subway, you sit at the

end of the bench — not in the middle. (Or prefer end seats wherever you go, for fast getaways, if needed.)

- You start to shut down after you’ve been active for too long. (Introverts are often more sprinter types than marathoners, activity-wise.)
- You're in a relationship with an extrovert. (Introverts like to sometimes ride the “waves” with an extrovert. Notice I said “sometimes.” That need for quiet, alone time is always there.)
- You'd rather be an expert at one thing than try to do everything. (Introverts like to and need to focus.)
- You actively avoid any shows that might involve audience participation. (However if picked, an introvert might get into it, if the participation is brief enough.)
- You screen all your calls -- even from friends. (Sophia Dembling, author of ["The Introvert's Way: Living a Quiet Life in a Noisy World,"](#) said, "To me, a ringing phone is like having somebody jump out of a closet and go 'BOO!'" (Introverts prefer to be mentally and energetically ready for phone calls.)
- You notice details that others don't. (Unless an introvert is distracted by an overly-stimulating environment.)
- You have a constantly running inner monologue. (Introverts tend to prefer to think before they speak.)
- You have low blood pressure. (A scientific study said introverts tend to have lower BP than extroverts do.)
- You’ve been called an “old soul” — since your 20s. (Introverts tend to prefer to think before they speak.)
- You don't feel "high" from your surroundings (like, say, at big parties).

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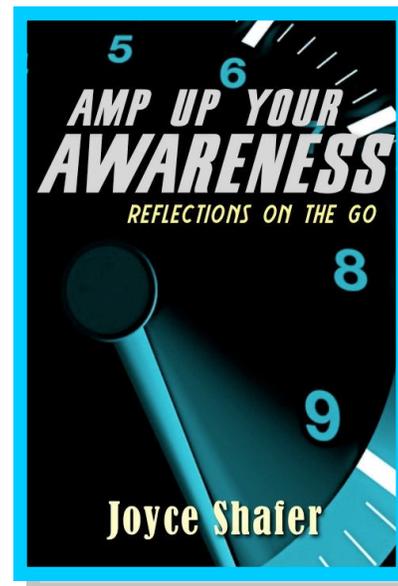
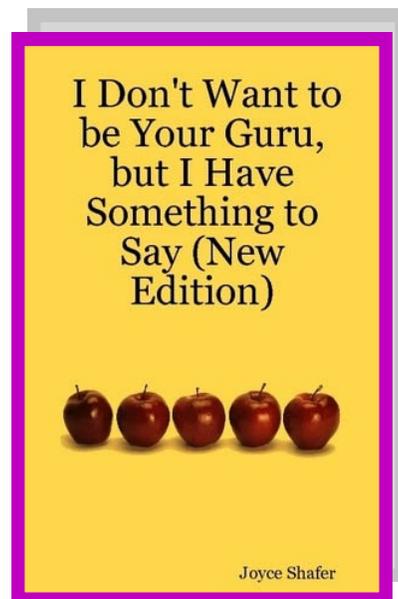
- You look at the big picture. (Introverts tend to be okay with details and facts, but can also engage abstract concepts, as well.)
- You've been told to "come out of your shell." (Introverts come out of their shells when they feel like it, thank you. But they keep their shells close by.)
- You're a writer. (Some introverts find it easier to communicate through writing; plus, all that time alone to think charges up their creativity.)
- You alternate between phases of work and solitude, and periods of social activity. (Too much activity can stress and tire an introvert. They know how much socializing, work, and downtime works for them.)

We cannot all be the same, or some of us aren't needed. For you extroverts, thank you for what you offer to the world and to introverts who benefit from "just enough" excitement from time to time. For you introverts, did you notice how many of the 23 are about being authentic? So if you were judging yourself, as I was, stop it.

I think it's more important that you feel authentic than "appear" authentic to others so that you then perceive yourself as authentic. Authenticity comes from within, never from outside of you. Who are you comfortable being in your everyday life? Who are you—what is your true character or nature—when you face challenges? It's okay to be who you are and it's okay to discover who that is as life presents changes to and for you. It's okay to share as much of your authentic self with others as you feel comfortable with. Know thyself. Love thyself. It's a good practice, one you'll appreciate. Practice makes progress. © Joyce L. Shafer

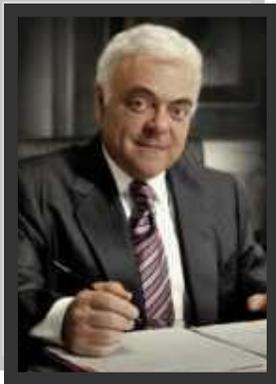
You are welcome to use this article in your newsletter or on your blog/website as long as you use my complete bio with it.

*Joyce L. Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other books/e-books, and publishes a free weekly online newsletter that offers empowering articles. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>*



# Healthcare In The US: It Is Time To Vent

By Michael E. Platt, M.D.



I spoke with a 74 year old man last week who had classic symptoms of multi-infarct dementia, a condition previously referred to as senility. He was on a drug called Losarten for a mild elevation in his blood pressure. He had visited his MD shortly before I spoke to him who added Lipitor to his regimen, because of a cholesterol level above 200.

The treatment he is receiving from his doctor is certainly within the standard of care guidelines mandated by state medical boards, and represents the kind of care a patient should expect from most doctors. However, I would look at the treatment this gentleman is receiving and classify it under the category of malpractice.

Allow me to explain: His dementia was caused by reduced circulation in the brain contributed to by hardening of his arteries. In other words, he had problems with perfusing his brain tissue. Not surprisingly, studies have shown that these patients benefit significantly just by stopping their blood pressure pills. The problem is that we are dealing with a medical profession whose practitioners have lost the ability to think and reason. They no longer sit down and talk to their patients, and unfortunately put all their attention to treating lab tests instead of the patients. Now that electronic record keeping is mandated, they spend all their time looking at the computer, and no time looking at the patient.

I remember when my patients complained to me that their doctors did not spend enough time with them, and I would point out that they were fortunate because the more time spent,

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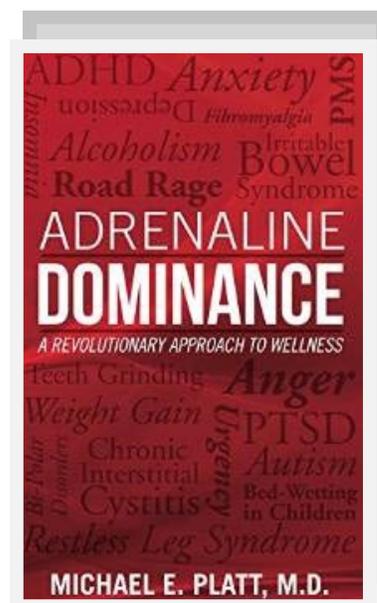
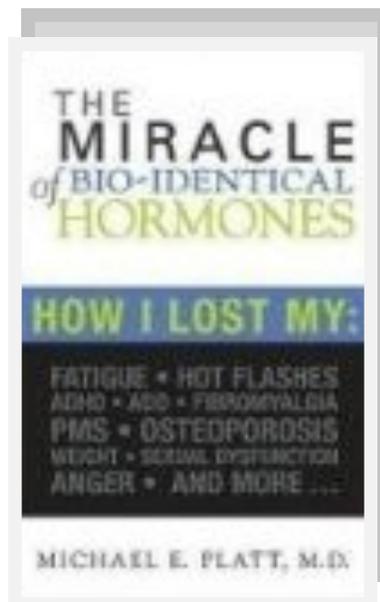
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the more prescriptions they would receive. Statistically, it has been pointed out that after a doctor walks into the treatment room to see a patient, within 18 seconds he knows what drug (s) he is going to prescribe.

Getting back to this gentleman with dementia, it was readily apparent that he had memory issues because he was repeating things that he had forgotten he had told me a short time before. I have already mentioned my concern about the drug to lower his blood pressure, but an even worse choice of a drug to give this person was Lipitor. One of the most common side effects caused by statin drugs is brain damage and memory loss. This is not surprising since the brain is made up mostly of cholesterol. Other side effects include type 2 diabetes, irreversible kidney failure, permanent nerve damage, muscle aches and pains, and of course heart damage and sudden death. I should perhaps mention that people with the highest cholesterol levels seem to have the greatest longevity.

So why is it that doctors seem to have a propensity for prescribing toxic medications? This would include drugs for depression, osteoporosis, fibromyalgia, bipolar disorders, diabetes, cancer, and many others. My own theory as to why doctors keep on prescribing potentially toxic and even lethal medications (prescription drugs are the fourth leading cause of death) is as follows: Because most doctors do not treat the causation of illness, they never get their patients truly well. As a result, they never achieve the personal satisfaction of having a patient get better. So instead, they feel that by giving them a drug to lower cholesterol, or blood pressure, or blood sugar, etc., that they are helping the patient. Unfortunately, the idea of treating the underlying cause of the elevated blood pressure, or sugar, or cholesterol, or depression, or neuropathy, or osteoporosis never occurs to them because they have been trained by drug companies.

Nothing will change until people get angry and demand a better level of care than is presently being offered. In the meantime, for those people who are interested in being proactive about their health instead of being victimized, I would recommend that they become informed about alternative approaches to different conditions. Perhaps you can read some of my blogs that address many of these issues, plus avail yourself of books written by me or other doctors interested in wellness.



# A Conversation With Expat Linda J. Brown

By Barbara Mororis



**Linda J. Brown**

I've been corresponding with world traveler Linda Brown and recently asked how she managed to travel with practically no luggage. I also asked other questions about living the expat life.

**BM:** Linda, it's hard to imagine you are traveling around the world with practically no luggage. What's your secret?

**LB:** It's the truth about the suitcases and I'm hoping to reduce that factor by one and pack everything into one rolling duffel. The other piece of luggage is a bona-fide, 62-litre backpack, (which means I can claim to be a "Backpacker,"

though that's not my reason), which I now seldom wear but can if I need or want to. I roll it about if there are luggage carts at the airport....though I'm hoping to acquire an ultra-portable umbrella baby stroller as a buggy for it because I think it would work and why hasn't anybody ever used a conventional stroller framework as a luggage rack? Sans baby seat, but with the stable four wheels and pusher part. I invent these things while struggling with what now exists as I grapple with airports.

**In one of the photos you sent, you are wearing a very nice white jacket. Considering how light**



Fearlessly backpacking around the world

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**you travel, how did such a "non essential" garment find space in your bag?**

**LB:** The white leather jacket is one I fell for in Montevideo, Uruguay, and have been carrying, with nowhere to wear it, for months. I love stylish clothes and will fall for them in a heartbeat, but they have to be packable. The jacket folds small and I wrap it in a plastic bag and it's there for special times, with a long jersey skirt. My packing secret is that I cull when I exceed my luggage capacity. And really big suitcases are counterproductive on many fronts: extra luggage fees; dislocated shoulders from dragging them, they hold too much, so you permit yourself too much shopping... I don't suffer in the least, for not owning more than one or two suitcases worth of stuff. Well, I do carry a daypack/backpack instead of a purse, even for everyday, and my heavy laptop goes in that.....not necessarily every day. My brains of the operation (passport, credit cards, IDs, checkbook, lipstick) are always worn in a belly bag.....also every day.

**BM: More and more people say they want to live the expat life. Where is a good place to start looking for guidance?**



**LB:** International Living (IL) newsletter is an excellent source of advice; as well as Kathleen Pedicord's "Live & Invest Overseas" newsletter. I've attended two IL conferences since 2012, and have been an expat for almost a year now, having gone to Uruguay in late November, 2013, then, Cuenca, Ecuador, where I will spend 9 weeks altogether, while it's "too cold" for me down South. I'm in the middle of that period now, and this is a super-duper place to shift to.

**BM: For now, what are your top location picks?**

**LB:** Ecuador is less-expensive than Uruguay and warmer in their winter; but Uruguay is such a hidden treasure that it's worth the cost difference and is still much less than the U.S. It feels European and the people are descended from French, Italian and German immigrants. Both countries have excellent & cheap healthcare and medical facilities; welcoming policies for foreign settlers (part or full-time); secure, stable and secret (Uruguay is sometimes compared to Switzerland) hands-off, banking policies; and also especially, Uruguay, a very-relaxed religious tolerance. Nominally, Catholic, but with a very casual, almost afterthought, observance. Uruguay is half-surrounded by water;

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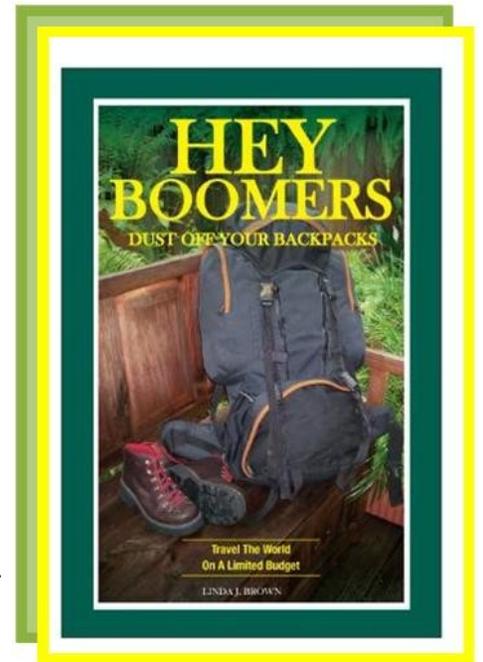
has no natural disasters and the sky is blue, blue, blue, every day.

Ecuador is sweetly Catholic but certainly not in-your-face, and you can find lots of gorgeous old churches and cathedrals. I'm vowing to start attending Sunday service at the Main Cathedral, a block away from my apartment, just to feel the spiritual goose bumps produced by their beautifully amplified and reverberating guitar and song music on my soul. Never heard that before in any church! I am loving Cuenca, with its large expat gringo population, so I have an active social life and am saving money on living expenses right and left, but living very well indeed.

**BM: Belize is getting a lot of play. What do you think?**

I hear that Belize is great for those who want a lot less "civilization" and a lot of beach living. It's hot and English-speaking, and a great bargain, economically. I do want to explore it, but can't on this next trip. I get bored with beaches, since I lived near one in Clearwater, Florida, for so many years. But, I like a jungle/beach combo and a certain amount of hammock living, so I think I'd like it for awhile. Plus, it spells more adventure than these long-developed countries. "Volatile" is not a word that I have ever heard associated with Belize; so I doubt if it's much of a factor. It seems to be a stable country, in spite of any near neighbors that may be potentially unstable.

The bottom line is that - contained in the nearby confines of South and Central America, there are numerous choices for great expat living. To say nothing, of a few Asian countries like Malaysia and Thailand or some choice spots in France and Italy. Interested potential expats should sign on for International Living's great flood of emails for a smorgasbord of possible new, fulltime or part-time, homes. For those who are concerned about the economic future of America and want a caustic dose of truth, I recommend signing on for the emails of The Sovereign Society, which is related to International Living. Both have their offices in Delray Beach, Florida. There's is really simply TMI (too-much-information) to be transmitted in one article.



Please tell readers I'll be happy to answer any other questions as one of the many very satisfied American Gringo Expats.

# Loneliness Versus Solitude

By Lura Zerick



Many are lonely but *few* have learned to enjoy solitude. These are two different worlds which can teach us many lessons. In order to appreciate each, we need to learn from the negative as well as the positive. How we react will determine our days. In other

words, whether or not you realize it, we decide what kind of day we have.

Loneliness doesn't mean being alone. We can be lonely in a room full of people. The loneliness in marriage is the worst because this is seldom resolved. Other kinds of loneliness can have a happy ending, meeting with friends and enjoying time together. Planning your time can often be the answer to those unfulfilled hours of feeling totally alone. Doing nothing brings negative results.

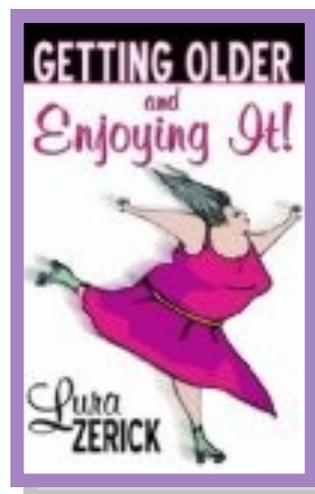
Learning to enjoy our solitude is a priceless gift. Those who seek solitude have learned the value of having time alone. We don't accomplish much when we are in a crowd; we meet and greet and walk on. The transfixed smile can make our mouths tired after a while. We know that few, including us, really care if we see each other again

soon. *Some* might be true friends but most are mere acquaintances.

Some might believe they are lonely when, in truth, they are idle because they have no goals to reach for. Life IS blank unless we are working toward a dream. Having no goals will make us depressed, lazy, alone and wondering why we are here. It is so much better to have a plan, something you have wanted to do for a while. Now you have time to do it IF you are willing to do the things necessary to attain this dream. Nothing comes to us without our effort to get it.

Remember the things you enjoy doing AND the things you dreamed of doing in earlier years. Did you succeed in those things or did you drop some of your ideas along the way? If you thought you could not reach your goals then, maybe you can NOW. Why not try? You won't know unless you try. The truth is, if we have nothing to reach for, TIME will be slow; our days are empty because we aren't using our minds in doing the things we are capable of doing. We can't share this with others because most of those we know are busy with their own dream. Their days are full because they are thinking of the end results. We are thinking of nothing – except how *alone* we are. Only our efforts can change the results.

Sometimes, when we *feel alone*, it is possible that we brought this on by being idle rather than giving our efforts toward attaining a certain goal. Unless we have a purpose, the day is empty. When you decide to USE YOUR GOD-GIVEN ABILITIES to reach a goal, then your days will be exciting as you enjoy a sense of achievement that has no price. Why don't you try it? Don't depend on others to make your days better; YOU are the only one who can do that!!!



## Good Stuff to Know

**Scientists grow an organ in an animal from cells created in lab \*\* Wine only protects against cardiovascular disease in people who exercise, study finds \*\* Coverage for End-of-Life Talks Gaining Ground \*\* 7 Tips to Protect Your Online Identity While Shopping \*\* There could be increased numbers of psychopaths in senior managerial positions, high levels of business, research shows \*\* Bacteria from bees possible alternative to antibiotics \*\* Dog owners over the age of 65 act 10 years younger than their biological age**

[Scientists grow an organ in an animal from cells created in lab](#)

Scientists have grown a fully functional organ from transplanted laboratory-created cells in a living animal for the first time. The researchers have created a thymus -- an organ next to the heart that produces immune cells known as T cells that are vital for guarding against disease.

[Wine only protects against cardiovascular disease in people who exercise, study finds](#)

Wine only protects against cardiovascular disease (CVD) in people who exercise, according to results from the a study. Evidence suggesting that mild to moderate consumption of wine protects against cardiovascular disease has been accumulating since the early 1990s. In particular, retrospective studies have found that wine increases levels of HDL, the "good" cholesterol. But until now there has been no long-term, prospective, randomised study comparing the effects of red and white wine on HDL cholesterol and other markers of atherosclerosis.

[Coverage for End-of-Life Talks Gaining Ground](#)

Five years after it exploded into a political conflagration over "death panels," the issue of paying doctors to talk to patients about end-of-life care is making a comeback, and such sessions may be covered for the 50 million Americans on Medicare as early as next year.

(Take note of caption under photo)

[7 Tips to Protect Your Online Identity While Shopping](#)

Do you know about customer profiling? This means that when you buy something, or just click on an item, that information about you is sent to... I'm not sure, but EVERYONE! Internet companies are tracking your every click, gathering personal information about you, and getting a lot of it WRONG. Here's a DISASTER STORY about how online shopping can go so HORRIBLY wrong and 7 EASY TIPS on how to stop online companies from tracking you and protect your identity.

[There could be increased numbers of psychopaths in senior managerial positions, high levels of business, research](#)

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[shows](#)

For the first time, it has been demonstrated that people with psychopathic tendencies who have high IQs can mask their symptoms by manipulating tests designed to reveal their personalities. It raises the possibility that large numbers of ruthless risk-takers are able to conceal their level of psychopathy as they rise to key managerial posts.

[Bacteria from bees possible alternative to antibiotics](#)

Thirteen lactic acid bacteria found in the honey stomach of bees have shown promising results in a series of studies. The group of bacteria counteracted antibiotic-resistant MRSA in lab experiments. The bacteria, mixed into honey, has healed horses with persistent wounds. The formula has previously been shown to protect against bee colony collapse

[Dog owners over the age of 65 act 10 years younger than their biological age](#)

Owning a dog makes older people fitter and healthier, according to new research from the University of St Andrews. The research, published in the journal Preventative Medicine, found that dog owners over the age of 65 act 10 years younger than their biological age.

[Short jogs linked to lower risk of death from heart disease](#)

People who run in their spare time, even if it's not very fast or very far, tend to have a lower risk of dying from heart disease or from any cause than non-runners, according to a new study.

[Vitamin D supplements may 'protect against cardiac failure in older people', says study](#)

Daily supplements of the sunshine vitamin may reduce the risk of heart failure in older individuals by 20%-25%, says a new study.

[Childhood mentors have positive impact on career success](#)

Young people who have had mentors are more likely to find work early in their careers that gives them more responsibility and autonomy -- ultimately putting them on a path to more financially and personally rewarding careers.

[UT Southwestern one of two institutions to offer innovative four-flap microsurgery approach to breast reconstruction](#)

UT Southwestern Medical Center is one of only two places in the world that offers a new, innovative and highly successful approach to breast reconstruction after a mastectomy. The technique, known as a four-flap breast reconstruction, uses fat and skin from the back of each leg and from two spots on the stomach to reconstruct natural breast materials.

[Habitual Facebook users: Suckers for social media scams?](#)

A new study finds that habitual use of Facebook makes individuals susceptible to social media phishing attacks by criminals, likely because they automatically respond to requests without considering how they are connected with those sending the requests, how long they have known them, or who else is connected with them.

**Book Review**

# ***A Caregiver's Guide to Dementia***

## **Using Activities and Other Strategies to Prevent, Reduce and Manage Behavioral Symptoms**

**By Laura N. Gitlin, Ph.D. and Catherine Verrier Piersol, Ph.D., OTR/L**

Baby-boomers by the thousands, and a growing number of younger adults, are dealing with the issues that arrive when a loved one—parent, grandparent, sibling, other relative or friends—begins the descent into dementia. They all tell the same story, often saying:

"Mom has nothing to do—/ 'm concerned about her quality of life. "

"My husband gets agitated when I need to leave the house—/ don ) know what to do. "

"My father keeps asking the same questions over and over. "

These are some of the common challenges encountered by individuals and families who are caring for someone with dementia. Laura N. Gitlin, Ph.D. and Catherine Verrier Piersol, Ph.D., OTR/L wanted to help. They had

first-hand experience in clinical settings, discovering what works and doesn't work with those suffering with dementia. They offer *A Caregiver's Guide to Dementia: Using Activities and Other Strategies to Prevent, Reduce and Manage Behavioral Symptoms*.

This easy-to-use, practical guide is designed to help at-home caregivers navigate the daily challenges. Although there is no cure for dementia or its many behavioral symptoms, there are clear and proven strategies that can be used to enhance the quality of life for persons with dementia—strategies that can make a real difference for their families.

Separate sections in *A Caregiver's Guide to Dementia* look at daily activities, effective communication, home safety and difficult behaviors, with explicit strategies to handle agitation, repetitive questions, acting-out, wandering, restlessness, hoarding, resistance to care, incontinence, destructiveness, sexually and socially inappropriate acts at home and in public, aggressiveness and depression. Numerous worksheets are provided to help care-

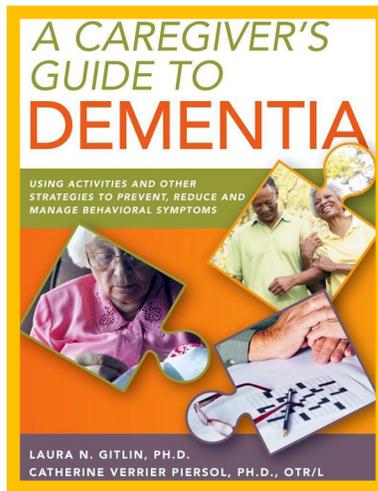
givers customize the strategies that work best for them.

The strategies featured in this guide have been used by the authors in their research and reflect approaches and techniques that families have found to be most helpful.

### **About the Authors**

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# Joan Rivers – She Did It Her Way



**J**oan Rivers has passed away and I am sad she is gone. I don't know why I lament her passing because I did not care for her acerbic humor. Nevertheless, you had to admire her. She said things that were politically incorrect and often, there was an element of truth in what she said. She had guts, and if there is one thing I appreciate, it's a gutsy woman who speaks her mind.

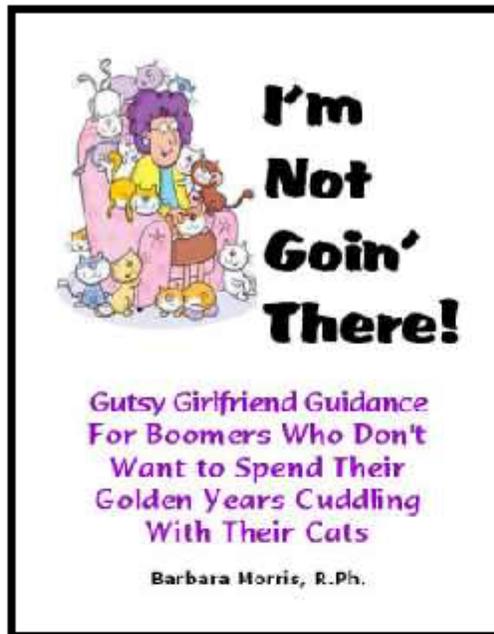
Joan was the ultimate mature rock star. She avoided the traditional retirement lifestyle and her reward for doing so was an energetic, exciting, productive second life. At age 81 she was not just an entertainer but a savvy entrepreneur.

As much as she was maligned for all her cosmetic surgery I think many older women would gladly trade their wrinkles, jowls and sagging skin for the way she looked at her age. She certainly understood the power of appearance.

I don't know what Joan considered as her legacy but this I know for sure: by her example she showed enterprising older women they could live the life they want instead of blindly caving in and doing what is expected by rusty, rigid, tradition.

Thanks, Joan, for your courage, chutzpah, and for being a fearless role model for all older women who want more, and are achieving more than they ever could, stuck in conventional old fogey retirement.

Barbara Morris



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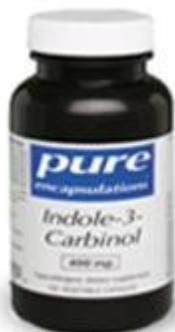
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