Guiding Social Security into the next 80 years: a conversation with Carolyn W. Colvin

In June 2014, the Obama administration nominated Carolyn W. Colvin to head the Social Security Administration (SSA). She has been serving as Acting Commissioner since February 2013, and, in August 2015, she will be on hand to observe the agency’s 80th anniversary. Colvin came out of retirement in 2010 to be the SSA’s Deputy Commissioner, and embodies so many of the characteristics and values older workers possess—she has formidable intelligence and experience, is calm under pressure and is thoroughly engaged in her work.

‘Quite simply, people receiving Social Security benefits are targets.’

Robert Blanctato (RB): You are aggressively pursuing fraud cases. What programs are in place to prevent financial elder abuse, and how common a problem is it?

Carolyn Colvin (CC): The Social Security Administration (SSA) serves some of the most vulnerable individuals, not just the aged, but children and disabled people. Protecting seniors is a top priority. Financial exploitation is now an epidemic, and we are approaching it as we would a health epidemic, by joining forces with multiple agencies (we’re working with Kathy Greenlee at the Administration on Aging [AOA]) and finding ways to work collaboratively. SSA has always had zero tolerance for fraud, and [we] will tirelessly identify and prosecute, to the fullest extent of the law, anyone who commits fraud. Quite simply, people receiving Social Security benefits are targets. When beneficiaries are incapable of managing their finances, SSA appoints a family member or friend to manage their benefits for them. We conduct annual accounting reviews for those individuals to see if benefits are being properly used. We still find view for those individuals to see if benefits misuse and fraud of our beneficiaries. We have two pilot projects to recruit and train representative payees so they have the skills and capacity to identify and report.

Advocating for aging—when the personal becomes professional

By Barbara Meltzer

After my father died in 2003, I moved my mother from Florida to an assisted living facility in Los Angeles, near where I live. As her primary caregiver, I spent a lot of time with Mom and watched helplessly as dementia slowly erased her mind. I went from being her beloved daughter to being the “nice lady” who came to visit, until one day, I reached out to embrace her and knew I had become a total stranger.

This particularly sad moment came toward the end of my often painful caregiving journey and ultimately propelled me, unwittingly at first, onto a path of advocacy for the aging and their families. I became an advocate for aging, finding a purpose that had not been in any life plan or on any list of goals.

The aides where Mom lived told me that the aging of the baby boomers was and is creating innumerable crises that need immediate attention—and I needed to be of service. I found a purpose that had not been in any life plan or on any list of goals.

Keeping up our spirits, honoring those who served

August 15, 2015, is the 70th anniversary of the end of World War II. With cooperation from our friends at the Keep the Spirit of ‘45 Alive organization, we offer this short roundup of happenings as we approach this historic milestone.

When the Chancellor of the University of Richmond, E. Bruce Heilman, was 72 his wife gave him a Harley Davidson motorcycle to mark their 50th wedding anniversary. He told him it was about time he “had a little freedom.” Heilman had ridden motorcycles when serving as a Marine in WWII, but left that pastime behind once he married and became the father of five children.

At age 81, he traded in that motorcycle for an upgrade, and on Memorial Day he served as Grand Marshall of the national parade in Washington, having just finished a 6,000-mile road trip from Richmond, Va., across the country and back—all to help publicize the 70th anniversary of the end of WWII. Heilman figures he’ll trade in this bike when he turns 91 (he’s now 89, and still serving as chancellor).

“As far as we can determine, I’m the only World War II veteran that [the Spirit of ’45 staffers] could locate who could ride the motorcycle 34 days across the country, maybe 6,000 or 8,000 miles. So I got the job,” he told the American Legion’s social media manager Steven Brooks in an interview in April 2015.

Heilman’s open road adventure took him down to Atlanta, Shreveport, Dallas, El Paso and Tucson, and back up through Denver, Omaha, Chicago, Louisville and Charleston. Along the way, he swung by the American Legion headquarters in Indianapolis and also managed to squeeze in a visit with Iowa’s governor. He wasn’t only World War II veteran that [the Spirit of ’45 staffers] could locate who could ride the motorcycle 34 days across the country, maybe 6,000 or 8,000 miles. So I got the job,” he told the American Legion’s social media manager Steven Brooks in an interview in April 2015.
Women’s ways: caring, creative and fully engaged as they age

When we considered the rather broad theme of “women and aging” for this In Focus, caregiving, naturally, was on the topic list. As we worked with Guest Editor Barbara Meltzer on narrowing the theme, it soon became apparent that caregiving is a thread connecting most stories about women as they age. Caregiving for her mother prompted Meltzer’s interest in aging. Caring for children and parents kept many in the current generation of older women from embracing feminism more thoroughly, according to author Martha Holstein. Caregiving is a huge part of the challenge women face with Alzheimer’s, as Maria Shriver says in our interview with her about her advocacy work (also see Dr. Gary Small’s sidebar on the latest research on Alzheimer’s).

But we also realized that there are many women who, as they age, care so much about the larger world—as evidenced in two profiles of women doing amazing work late in life. And, lest we forget about self-care, we’ve included some bonus material online in ASA’s AgeBlog: Joan Price’s pragmatic look at why sexuality remains a key factor in women’s happiness and well-being as they age (www.asaging.org/blog/late-life-sex).

Maria Shriver: Alzheimer’s advocate and architect of change

M aria Shriver, and the perception of her, continues to evolve—from being known as Robert F. Kennedy’s niece, to her role as an award-winning journalist and six-time Robert F. Kennedy’s niece, to her role as advocate for families struggling with Alzheimer’s, to sharing solutions to modern-day problems. One of those new roles for Shriver is as an advocate for families struggling with Alzheimer’s. In 2003, her father, Sargent Shriver, now sees herself as an Architec of Change—someone willing to step to the forefront of the news today, largely moving the subject of aging women also is a hot topic.

The Shriver Report: A Woman’s Nation Takes on Alzheimer’s, involving effects upon women. When we considered the rather broad theme of “women and aging” for this In Focus, caregiving, naturally, was on the topic list. As we worked with Guest Editor Barbara Meltzer on narrowing the theme, it soon became apparent that caregiving is a thread connecting most stories about women as they age. Caregiving for her mother prompted Meltzer’s interest in aging. Caring for children and parents kept many in the current generation of older women from embracing feminism more thoroughly, according to author Martha Holstein. Caregiving is a huge part of the challenge women face with Alzheimer’s, as Maria Shriver says in our interview with her about her advocacy work (also see Dr. Gary Small’s sidebar on the latest research on Alzheimer’s).

But we also realized that there are many women who, as they age, care so much about the larger world—as evidenced in two profiles of women doing amazing work late in life. And, lest we forget about self-care, we’ve included some bonus material online in ASA’s AgeBlog: Joan Price’s pragmatic look at why sexuality remains a key factor in women’s happiness and well-being as they age (www.asaging.org/blog/late-life-sex).

Maria Shriver: Why women? Back in 2010, when we published The Shriver Re port: A Woman’s Nation Takes on Alzheimer’s (http://goo.gl/hYHe7Q), we broke the news that women were more than half the individuals diagnosed with Alzheimer’s and nearly two-thirds of the unpaid caregivers of those who had it. Now those numbers are far worse. Today, nearly two-thirds of those with Alzheimer’s are women—that’s more than 3.2 million women. And women are more than 70 percent of Alzheimer’s caregivers, having to reduce their own workload or even drop out of the workforce altogether to care for loved ones.

I was thrilled when West Hollywood’s leadership recently announced that the city will be launching an Aging in Place Initiative and that the Human Services Commission will be taking the lead.

The Path Ahead

I will continue my work in this vast and complex world of aging. As I reflect upon my “encore” career, my primary goal is to do exactly what I am doing now—serving on boards and commissions and building my business with clients and events that increase my involvement in aging issues. My ongoing advocacy for aging in place and family caregivers helped to set the West Hollywood initiative in motion. We will soon create a program for family caregivers because I have convinced city leaders of its importance. In addition, the LACCOA Speakers Bureau Tool Kit is being used by commissioners at speaking engagements throughout the County. It is exciting and fulfilling to make a difference in tackling the issues, challenges and possibilities of our aging population.

ASA member Barbara Meltzer is the founder and principal of the Los Angeles-based public relations and marketing agency, Barbara Meltzer & Associates. She can be reached at barbara@meltzerpr.com or by visiting www.meltzerpr.com. Meltzer also serves on the Aging Today Editorial Advisory Committee.

Advocating for aging

This brings me to another priority—increasing funding for Alzheimer’s. Having become intimately familiar with the horrors and despair caused by the disease, I know we must advocate harder for more research dollars. The ripple effect for families who are caring for someone with dementia is heartbreaking—and a crisis, to be sure.

Entering the Path of Advocacy

The original crisis with my parents and my first hint of the challenges that faced our aging population in 2004 led me to a friend—an ardent activist who encouraged me to join the L.A. County Area Agency on Aging Advisory Council. Federally mandated by the Older Americans Act, the Council is a critical link between the Area Agency on Aging, Los Angeles County’s senior community and local elected officials.

Topping my list of priorities is the creation of age-friendly communities.

In 2007, then L.A. County Supervisor Zev Yaroslavsky appointed me to the Los Angeles County Commission for Aging (now the L.A. County Commission for Older Adults) (LACCOA), which is the County’s primary advocacy body for residents who are ages 60 and older. I chaired the Communications Committee for several years and now serve as Chair of the Legislative–Advocacy Committee. Both are about communicating and educating. Over the years, I have written LACCOA’s newsletter, created a LACCOA Speakers Bureau and an accompanying Tool Kit, worked on countywide fairs for seniors, and midlife and older women. As head of my own public relations agency, it is an ideal fusion of my passion and profession.

A West Hollywood resident for many years, I was in 2013 appointed to its Human Services Commission, on which I represent the city’s older population. Ours is a small, well-managed and progressive city that cares deeply about its residents and has the funds to provide many important and diverse programs and services. The Commission is a policy-making body that oversees a $4.5 million budget used to provide these services for West Hollywood residents.

As I served on these commissions, I found myself homing in on certain issues that become (as mentioned above) priorities—caregiving, aging women, solo aging and Alzheimer’s. But tapping the list, because it’s an endeavor that can be effective in ameliorating all these issues, is the creation of age-friendly communities—a fascinating, important and inclusive concept with complex and overarching goals.

Maria Shriver: Why women? Back in 2010, when we published The Shriver Re port: A Woman’s Nation Takes on Alzheimer’s (http://goo.gl/hYHe7Q), we broke the news that women were more than half the individuals diagnosed with Alzheimer’s and nearly two-thirds of the unpaid caregivers of those who had it. Now those numbers are far worse. Today, nearly two-thirds of those with Alzheimer’s are women—that’s more than 3.2 million women. And women are more than 70 percent of Alzheimer’s caregivers, having to reduce their own workload or even drop out of the workforce altogether to care for loved ones.

I was thrilled when West Hollywood’s leadership recently announced that the city will be launching an Aging in Place Initiative and that the Human Services Commission will be taking the lead.

The Path Ahead

I will continue my work in this vast and complex world of aging. As I reflect upon my “encore” career, my primary goal is to do exactly what I am doing now—serving on boards and commissions and building my business with clients and events that increase my involvement in aging issues. My ongoing advocacy for aging in place and family caregivers helped to set the West Hollywood initiative in motion. We will soon create a program for family caregivers because I have convinced city leaders of its importance. In addition, the LACCOA Speakers Bureau Tool Kit is being used by commissioners at speaking engagements throughout the County. It is exciting and fulfilling to make a difference in tackling the issues, challenges and possibilities of our aging population.

ASA member Barbara Meltzer is the founder and principal of the Los Angeles-based public relations and marketing agency, Barbara Meltzer & Associates. She can be reached at barbara@meltzerpr.com or by visiting www.meltzerpr.com. Meltzer also serves on the Aging Today Editorial Advisory Committee.
Gender matters: on battling late-life inequalities, and building a new feminist wave

By Martha Holstein

I am 74 years old and so I—and other women in their 70s—have not been a focus of current feminist work. We are not trying to “lean in” to juggie fam- ily and career or prove our competence in the male-dominated workplace. But even if “traditional” feminism doesn’t pay direct attention to women like me, it works for us. Older women in the future will benefit from feminist efforts made now to dis- rupt norms that contribute to the accu- mulation and disposal of women in the male-dominated workplace. But even if “traditional” feminism doesn’t pay direct attention to women like me, it works for us.

Feminist work disrupts generaliza- tions to remind us that we are not all liv- ing longer and in good health. Feminist gerontologists argue that gendered age norms, which reflect cultural norms and assumptions that young is categorically good and old is categorically bad. Feminists disrupt the elite framings of public issues and demonstrate how different the world looks from the broom closet than from the corner office.

Feminism Exposes Gender Norms Feminists remind us that to understand the situation of older women today means understanding how gender norms have shaped her lifelong being from the beginning. While we women in our 70s came of age at the cusp of second-wave feminism, we (except for the rebels) accepted the domi- nant maternalist norms, often setting aside our careers and education to fulfill them. Even if we wanted to reject them, without available, affordable childcare and eldercare, we couldn’t. In the 70s we had work, but it didn’t come when women go to the beauty salon, acquire the latest clothing, or open a new bank account.

If we worked outside the home, it was in a genderized workplace that paid us less than men and viewed us as less com- petent or even unattractive. The Engaged Age feel about their experiences in combat. We need to live a ready response to the current conventional wisdom that “enti- tlement reform,” i.e., benefit reductions or other policy changes, is not a problem. Raising on assumptions that apply to the more affluent, they will disadvantage women and many lower wage workers.

“If we devalue old age why should anyone else value it?”

These are only some of the sugges- tions for building a new feminist wave that can carry us toward a milestone that Tish Sommers, cofounder of the Older Women’s League, described many years ago—the day of the older woman will have come when women go to the beauty counter and ask for brown spots. We’ll then be partly there.

Women-owned businesses can generate an economic boom

There are about 9 million U.S.- based enterprises owned by wom- en, which employ almost 8 mil- lion employees and generate $1.4 trillion in revenue, according to The State of Women-Owned Businesses Report (http://www.ewom.com), commissioned by American Express. Women entrepreneurs usually are at least 40 years old or older. Yet only 4.2 percent of the 542 partner- level positions in venture capital firms are filled by women, and businesses run by women receive only 7 percent of ven- ture capital funds. This is despite the fact that women-led tech companies achieve a 35 percent higher ROI and, when backed by venture capital, make 12 per- cent higher revenue than similar male- owned companies, according to the Small Business Administration.

If women entrepreneurs began their businesses with the same capital as do men, they could add 8 million jobs to the economy in five years, 2 million in the first year, says a 2009 report from Ernst and Young (http://www.EWom.com). This past spring, the National Older Women’s League launched a campaign to increase women’s access to venture capi- tal funding to foster the growth of invest- ment in women’s businesses from 7 per- cent to 20 percent by 2020. This initiative involves communicating directly to the venture capital community and institu- tional investors, plus a nationwide grass- roots effort. For more information, visit http://www.ewom.com.
Aging Today

July–August 2015

Tending gardens, tending to troubled souls

By Barbara Meltzer

Working as a costume designer for more than 30 years—the latter half of that for “Late Night with Conan O’Brien”—Deborah Shaw decided to leave the show when in 2009 it moved from New York to Los Angeles. Her husband’s job was in New York and she was ready for a change. After taking a year to decide what to do, Shaw soon found herself volunteering in prison.

“I’d long been interested in the criminal justice system,” says Shaw, 61. “It started several years ago when I read a book titled Random Family, the true story of a large extended family in the Bronx, most of whose male members had been incarcerated. I realized then that we have a correctional system with little or no correction.”

Shaw contacted Rikers Island to explore volunteer opportunities. Rikers is the second largest prison complex in the United States, housing about 12,000 inmates, most of whom are there awaiting trial. Also an avid gardener, when Shaw discovered that Rikers had a highly regarded horticultural therapy program for inmates, she knew that was where she wanted to volunteer.

“I come from a family of community activists,” she says, “and the Rikers program provided a way for me to be of service to others, in addition to pursuing a passion.”

I realized we have a correctional system with little or no correction.

The program director required visitors to take a course in horticultural therapy before visiting the prison garden. Based on an ancient practice that uses live plants and the growing environment to heal and rehabilitate people, the course Shaw took was offered at the New York Botanical Gardens.

When she was finally able to visit the Rikers garden, she was amazed at its beauty. “It’s a 2-acre oasis of vegetables, flowers, trees and a pond with fish, inside a desolate 400-acre prison complex,” she says. The therapy program hadn’t traditionally used volunteers, but Shaw “pestered” the director to take her on. Now there is at least one volunteer working per day.

Deborah Shaw

Prison inmates are referred to as “students,” and assigned to the program by the Department of Corrections. They are allowed to use only small plastic knives and pruning shears. They grow salad greens and other easier to cut vegetables, and they tend apricot and cherry trees. Flower arranging is taught in the summer, as well as seed-starting in the spring and seed-saving in the fall.

Shaw says she has never been afraid inside the garden, but notes that getting to it is another story. “We have a long walk through a very tough jail and I have been afraid when there’s a lockdown or an alarm.”

“I really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.

I’m older than almost all the students and I bring a lot of life experience to the table.

“They appreciate the very practical stuff,” she adds, “and each person takes something different away from the experience.”

I’m older than almost all the students and I bring a lot of life experience to the table, in addition to the gardening. When they are about to be released, we always ask: What do you want to do after you’re out and how do you want to keep themselves from coming back?”

Shaw will receive her certificate in Horticultural Therapy from the New York Botanical Garden next year, and has recently started a horticultural program at Brooklyn Community Housing Services, a residence for formerly homeless people with mental illness. The residents have planted and tend a 70-foot garden of colorful annuals in front of the building, plus a container garden of herbs and vegetables.

Positive aging advocates champion the rich promise of life’s second half

By Barbara Meltzer

Many factors, including added longevity, financial insecurity and budget cuts in programs for seniors, present a challenge for us all in the 21st century. But we can live this new phase of life beginning at age 50-plus,” says Jan Hively, co-creator and CEO of the Pass It On Network (PION; www.passitonnetwork.org).

Founded in 2001, PION is a global program exchange for positive aging that acts as a grassroots network of older adults. It is focused on blending more traditional ways of outreach with new technologies and applying this mix to deal with issues of aging via mutual support networks.

We wanted to harness and nurture the active involvement and self-advocacy skills of older adults.

Both Hively and Allan believe that important elements of positive health—relying on meaningful work, creative expression and social interaction—“So rich in promise and challenges, the second half of life calls for us to be bold, imaginative and caring,” says Hively. They also champion the dissemination of stories about vital aging and intergenerational activities, as well as engagement in mutual support networks.

A Cape Cod resident, Hively, 83, and Allan, 90, co-creators, with Moira Allan, of the Pass It On Network (PION; www.passitonnetwork.org), launched the Vital Aging Network; ArtSage, Minnesota; and the SHIFT Network. An Encore South Africa. Encore.org has also drafted organizing documents for its organizing process.

The Transition Network in New York City. In development are international peer-to-peer circles and training in organizing leadership for positive aging.

We wanted to harness and nurture the active involvement and self-advocacy skills of older adults who will then share their strengths to help themselves, each other and their communities,” says Hively.

One recent networking success occurred when Allan mentioned Ashton Applewhite’s anti-ageism blog, “This Chair Rocks,” on the PION website, and PION’s Swedish liaison in Stockholm developed “A Chair Rocks” consciousness-raising group. Applewhite is now working with the Danish Ministry of Equality and Social Inclusion. because that PION will help disseminate this year. Because of Allan’s outreach through PION’s South Africa liaison, a group of mid-life professionals in Johannesburg has drafted organizing documents for “Encore South Africa.” Encore.org has also granted permission to use the name and content of the Betsy Werley offered guidance to its organizing process.

Hively and Allan truly believe in older adults’ capacity to help themselves and others find or create richness in late life. Because they are older than almost all the students and I bring a lot of life experience to the table, in addition to the gardening.

“I really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.

I’m older than almost all the students and I bring a lot of life experience to the table.

“People really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.

I’m older than almost all the students and I bring a lot of life experience to the table.

“I really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.

I’m older than almost all the students and I bring a lot of life experience to the table.

“I really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.

I’m older than almost all the students and I bring a lot of life experience to the table.

“I really enjoy the work I am doing. It’s exciting to see how the students react to the program, both to the gardening and to those of us who work there.” Shaw finds the students to be smart, respectful and ingenuous. Many have endured terrible hardships as children and as adults.
Maria Shriver, Alzheimer’s advocate

Update on Alzheimer’s prevention and treatment

By Gary Small

D uring the past two decades, med-
kine help the treat the symp-
toms of Alzheimer’s disease have become available, but they offer only temporary benefits. No cure exists. Scien-
tists have focused their recent research on diseases modifying interventions—treatments for slowing or halting the dis-
ease and offering sustained effects even if the medicine is discontinued. These inves-
tigators have targeted the abnormal who have a rare genetic mutation that causes Alzheimer’s disease.

And because healthy lifestyle habits appear to protect the brain and improve cognitive abilities, investigators are studying whether exercise and other behaviors can slow cognitive decline. The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER Study) recently demonstrated that physical activity, nu-
tritional guidance, cognitive training, social activities and management training program to determine its effectiveness in improving cognitive performance and containing healthcare costs.

Research Needs to Target Women
One area that needs greater focus is the brain health of women. Despite earlier ef-
corts to unravel the impact of estrogen on Alzheimer’s risk, few recent studies have others. Because evidence of the disease is apparent years before patients reach that stage, many new studies aim to pre-
vent or delay dementia onset in people who are at risk. The Anti-Amyloid Treat-
ment in Asymptomatic Alzheimer’s Dis-
ease (A4) study is testing an antibody that targets amyloid plaques in normal people with high levels of amy-
loid. The DIAN (Dominantly Inherited Alzheimer Network) trial is testing anti-
amyloid drugs in asymptomatic people who have a rare genetic mutation that causes Alzheimer’s disease.

And because healthy lifestyle habits appear to protect the brain and improve cognitive abilities, investigators are studying whether exercise and other behaviors can slow cognitive decline. The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER Study) recently demonstrated that physical activity, nu-
tritional guidance, cognitive training, social activities and management training program to determine its effectiveness in improving cognitive performance and containing healthcare costs.

Research Needs to Target Women
One area that needs greater focus is the brain health of women. Despite earlier ef-
corts to unravel the impact of estrogen on Alzheimer’s risk, few recent studies have others. Because evidence of the disease is apparent years before patients reach that stage, many new studies aim to pre-
vent or delay dementia onset in people who are at risk. The Anti-Amyloid Treat-
ment in Asymptomatic Alzheimer’s Dis-
ease (A4) study is testing an antibody that targets amyloid plaques in normal people with high levels of amy-
loid. The DIAN (Dominantly Inherited Alzheimer Network) trial is testing anti-
amyloid drugs in asymptomatic people who have a rare genetic mutation that causes Alzheimer’s disease.

And because healthy lifestyle habits appear to protect the brain and improve cognitive abilities, investigators are studying whether exercise and other behaviors can slow cognitive decline. The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER Study) recently demonstrated that physical activity, nu-
tritional guidance, cognitive training, social activities and management training program to determine its effectiveness in improving cognitive performance and containing healthcare costs.

Genetic risk has a greater impact on women than men, and age is the greatest risk factor for Alzheimer’s, but other factors are at play: genetic risk has a greater impact on women than men, and women have a higher susceptibility to depression, which further increases dementia risk. A more optimistic that effective treat-
ments will soon emerge, but how soon will depend upon available funding. The current focus on protecting a healthy brain and including a range of treatment approaches is certainly encouraging. As for the future of Alzheimer’s, the scientific evidence is compelling that living a healthy lifestyle will not only pro-
tect the heart, but also the brain. Gary Small, M.D., professor of psychia-
try and aging at University of California, Los Angeles’s (UCLA) Semel Institute for Neurological and Behavioral Research, and director of UCLA’s Longevity Center and coauthor of 2 Years to a Younger Brain (New York: Human, 2015).