



Southeast Regional Eldercare Coalition

Quality Care • Care Coordination • Social Engagement

SOUTHEAST REGIONAL ELDERCARE COALITION

June 6, 2025, 8:30AM

Meeting Minutes

Zoom Link:

<https://us02web.zoom.us/j/89966612080?pwd=Y2s1MU16dzdjbFkraFF4ZFZjcXNPQT09>

Meeting ID: 899 6661 2080

Passcode: 471844

1. **Call to Order 8:34AM**
2. **Agenda Approval** – Joan O’Keefe motioned for approval. Royal DeAsis seconded. Agenda approved.
3. **Minutes Approval** – Joan O’Keefe motioned for approval. Royal DeAsis seconded. Minutes approved.
4. **SREC Project Update** – Tonya Muldoon
 - a. Preparing project update for MACP will share a project update in August.
 - b. Call for Best Practice speakers for August. Clair Richard has indicated that she has an interest in coming to speak from Bartlett Regional Hospital’s Hospice and Home Care Program
 - c. If you have events happening in your community, please let Tonya Muldoon know so she can share them with other coalition members.
5. **SREC Steering Committee Report** – Sharyl Yeisley



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- a. Sub-Committee Workforce Development
 - i. Open discussion on hiring family caregivers. Reminder to agencies and family members can be hired to act as DSP to provide paid care in the home to family member if they are not appointed as Power of Attorney. Guardian appointments require judges' approval.
 - ii. Comments that family members have asked about becoming caregivers and one of the challenges is having paid training time available.
 1. Department of Labor and Mental Health Trust Grants may be sources for possible funding for family members seeking training and financial support.
- b. Gloria Burns, Executive Director Ketchikan Indian Community
Special Thank you for your time serving on the SREC Steering Committee. We congratulate her recent move into the role as President of Ketchikan Indian Community.

6. **Advocacy Sub-committee** - Wayne Stevens

Wayne Stevens was unavailable for this meeting. Tonya Muldoon noted that AGenet and AARP have both put out information for advocacy for the Senior grants funding needed in the State so Alaska budget for the coming fiscal year and are looking for support from the community through letters to be sent to the Governor as well as a petition put out by AARP.

7. **Best Practice:**

- a. Sena Gilbert of the Brain Injury Network in partnership with the Department of Public Health and the Alaska Mental Health Trust presented on Defend Your Brain curriculum being developed and piloted in Alaskan primary schools that teaches youth about brain health and the risks for dementia.
 - i. Slides will be attached below.



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- ii. Ms. Gilbert is working on a curriculum that will be targeted for middle school and high school youth in addition to the current primary age model that is available.
- iii. The program has supported a customized assessment, 50 educators have been trained through an UAS 3-credit course of Brain Health and TBI, extensive work with the State of Alaska Juvenile Justice system regarding TBI and screening of youth for additional supports and education. student consultation for medical plans and developing policy and procedures in schools around TBI.
- b. Sharyl Yeisley will discuss Dementia and Alzheimer's disease in honor of June representing Alzheimer's Awareness Month.
 - i. Sharyl presented "the Hardest Crossword" which reflects the gaps in memory for Pat's journey with Alzheimer's Disease. See attached below.
 - 1. Discussed the definition for dementia, warning signs, informed consent, and the need for caregiver support.

8. Comments from members:

- a. Congratulations to Laura Revels in her new role as the Family Services Manager for Central Council Tlingit and Haida Tribes of Alaska. She will be overseeing the Tribal Home Visiting Services and the Elder's Program.
- b. Alive Inside Film of Music and Memory Project:
- c. <https://www.youtube.com/watch?v=5FWn4JB2YLU>
- d. PBS is airing a documentary on family caregiving later this month [Uzo Aduba is on a mission to show family caregivers they aren't alone https://www.pbs.org/video/caregiving/](https://www.pbs.org/video/caregiving/)



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- e. Topeka Snow has a series of courses available for managing dementia care and education about dementia. Some courses are available on YouTube.

9. Adjournment 9:42AM

10. Next Meeting

Scheduled July 4, 2025, at 8:30AM **WILL BE CANCELLED**

Note the change in scheduling to accommodate for Independence Day, July 4th holiday.

Next meeting August 1, 2025, at 8:30AM

11. Upcoming events

- **World Elder Abuse Awareness Day** June 15, 2025
<https://eldermistreatment.usc.edu/weaad-home/>
- **Happy Father's Day**
June 15th, 2025
- **June 19th, 2025**
Happy Juneteenth Holiday!
Federally recognized holiday.
- June is **Alzheimer's and Brain Awareness Month**
Alzheimer's Association: <https://www.alz.org/abam/overview.asp>

Community Events

- **Mendenhall Flying Lion's Club Flood Preparedness Workshop**
June 7



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12:30-4PM
Mendenhall Library
3025 Diamond Park Loop Juneau

- **National Trails Day Volunteer Event**

June 7

11AM-1PM

Celebrate National Trails Day with Trail Mix by joining them for a community trail workday at Spaulding Meadows Trail.

Contact: Meghan Tabacek, (907) 302-5695 info@trailmixinc.org

- **National Cancer Survivors Day**

June 8

11AM-1PM

Overstreet Park

W.8th St Juneau, Alaska 99801

Gather at Marine Park and walk to Mayer Bill Overstreet Park (Whale) for music, food, and fun. Annual celebration of cancer survivors.

For More Information: www.cancerconnectionak.org

Contact: admin@cancerconnectionak.org

- **Alaska Mental Health Trust Authority Strategic Planning Beneficiary Listening Session**

June 9, 2025, 11AM-12:30PM

Zoom: <https://us06web.zoom.us/j/84311090387?pwd=BRbhaKKJuVVeZl0akF0Q0Pdi8tk93P.1>

Call in via phone: 253-215-8782

Meeting ID: 843 1109 0387

Passcode: 12873

- **Gathers, Gardeners and Artisans Market**

Saturday June 14, 2025, 10:00AM-2:00PM

Craig City Gym

Craig, Alaska



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Contact: Gretchen (907) 617-7635

Email: recreation@craigak.com

- **AARP Meeting**

June 20 and June 27

1:15PM-2:15PM

Plaza Mall, Upstairs

Ketchikan, Alaska

- **Sitka Music Festival**

June 3-29, 2025

Sitka, Alaska

Info: <https://www.sitkamusicfestival.org/>

Email: info@sitkamusicfestival.org

Weekly Events

- **Juneau Senior Center**

Mondays 11AM Senior Sing Along with Jackie

Tuesdays 11:45AM Music with Tom Locher

Wednesdays 11:00AM Senior Chair Yoga

- **Art for Self-Care**

Tuesdays in June

5:30-7PM

418 Harris St #315 Juneau

These are groups designed to promote self-care using a variety of art activities. For adults to help relieve anxiety, depression and stress especially during the winter months. Please RSVP: Shawn Hatt Cohen (907)321-5414 txt

- **Beginning and Advanced ESL Classes**

Tuesdays in June



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5:30-7:30PM

Mendenhall Valley Public Library

3025 Diamond Park Loop Juneau, Alaska 99801

Beginning ESL offered from 5:30PM-6:30PM and Advanced ELS Classes are offered from 6:30-7:30PM. Free. Check out the Learning Connection website at <https://tlcalaska.org/english-language-learning-citizenship/> or call (907) 586-5718 for more information.

- **Friday Noon Organ Concert**

Fridays in June

12:00PM

State of Alaska Office Building Juneau

- **Senior Balance Class**

Activities vary each week including tea & chat, trivia, arts etc.

Wednesdays at 2PM

Alaska Native Brotherhood Founder's Hall

Sitka, Alaska

Info Brave Heart Volunteers (907)747-4600

Tai Chi

Mondays in June 7-8:00AM

Mountain View Manor

Petersburg, Alaska

- **Family Game Night**

Tuesdays and Fridays 6:30-8:30PM

Parks and Rec Community Center, Activities Room

Petersburg, Alaska

Monthly Events

- **Coffee, Tea and Chat for Patients and Family**



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Bartlett Regional Hospital Cafeteria Juneau
Tuesday June 4, 2025 10-11:00AM
Event info: www.bartletthospital.org
Contact: Rhonda Ward 907-796-8918

- **Chair Yoga at the Library**
Tuesdays 10:30-11:30AM
Ketchikan Public Library
398 Copper Rd Ketchikan, Alaska 99901
- **Sacred Harp Sing**
Beginners and listeners' welcome
Every Second and Fourth Sundays on the month
3:00PM
Pioneer Home Chapel
Sitka, Alaska
Contact: Sara at (907)747-2915
- **Sharing Coalition Meeting**
The group focus is community health and engagement through strong partnerships between organizations and individuals. Everyone is welcome.
Thursday June 26, 2025
Date varies, monthly
12-1:00PM
Dorothy Ingle Conference room Petersburg Medical Center
Petersburg, Alaska

Support Groups (Juneau)

- **Riverview Senior Living**, in Juneau is offering free Support for Memory Care, RSVP Zoom meeting, See flyer for more details: [Riverview Memory Matter Support Group flyer](#)
Every 2nd Tuesday of the month



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- **Widow's and Widower's Garden Support Group (WE ARE ALL LIVING IN THE GARDEN OF LIFE)**
June 2, 2025, 2-4PM
Riverview Senior Living
3041 Clinton Dr
Juneau, Alaska 99801
First Monday each month 2-4PM
More information contact Diane Kyser at (907) 723-1917
- **Virtual Low Vision Support Group**
Tuesday June 17, 2025, 1PM
Every 3rd Tuesday of the month
Juneau Senior Center
Call Laura at Southeast Alaska Independent Living (SAIL) for more info: 586-4920.
- **Cancer Connection Support Group**
Tuesday June 17, 2025, 6:30PM
Every 3rd Tuesday of the month
First Floor Conference Room
8711 Teal St Juneau, Alaska 99801
Contact: www.cancerconnectionak.org
(907)796-2273, or email: admin@cancerconnectionak.org
- **Traumatic & Acquired Brain Injury Group**
Wednesday June 18, 2025
Third Wednesday of every month at 12PM
8711 Teal St Juneau, Alaska 99801
<https://www.sailinc.org/brain-injury-supports/>
Kimberly Sumner: ksumner@sailinc.org
or 888-487-0961
- **Caregiver Support Group**



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Friday June 6 1-2:00PM
Every 1st Friday of the month
Ketchikan Saxman Senior Center
2401 Eagle Ave
Saxman, Alaska
Information: (907) 225-8080

- **NAMU Juneau Peer-Led Dialectical Behavior Therapy (DBT) Skills Workshop**
First Wednesday of the month
5:30-6:30PM
8711 Teal St. Main Floor Conference Room
Information: www.namijuneau.org/support-groups



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Attached: Best Practice Presentation by Sena Gilbert
Hardest Crossword

2025



YOUTH BRAIN INJURY PROGRAM

SENA GILBERT - STATE COORDINATOR

BRAIN INJURIES IN ALASKA



Traumatic Brain Injury in Alaska

Contributed by Katherine Newell, DPhil, MPH, Alaska Section of Epidemiology

May 9, 2023

- During 2016–2021, Alaska’s TBI-related mortality rate was the highest in the nation, and more than double the national average.
- 1 in 4 deaths in Alaskans aged under 30 were TBI-related
- In people aged 25-34 rates of TBI-related mortality caused by suicide are over three-times as high as the national average
- Alaska Native and American Indian people experienced TBI-related mortality rate over three times higher than the national average.

Recommendations

- Access to Clinical Services
 - Increase awareness of available services
- Financial Support
 - Grants/Waivers
- Provider Education
- Community Awareness
- Vulnerable Populations

https://epi.alaska.gov/bulletins/docs/rr2023_02.pdf



SOCIAL OUTCOMES FOLLOWING BRAIN INJURY

- Lower rates of post secondary education
- 25% of high school students and 50% of college students **don't graduate** within 5 years of their brain injury
- Lower rates of employment
- Substance Abuse Disorders
- Higher rates of criminal behavior and incarceration
- 40% of youth and 70% of adults within the justice system have a history of brain injury.
- Compared to those without a brain injury, youth with TBI commit crimes at an earlier age, commit more violent crimes and commit more crimes

A CHRONIC HEALTH CONDITION

TBI is classified as a [chronic health condition](#) by the CDC.

People with a moderate or severe TBI often experience chronic health problems.

- Persisting challenges often include:
- Thinking and learning challenges
- Impairments in motor skills
- hearing or vision impairments
- Disturbances of emotions/mood and behavioral changes

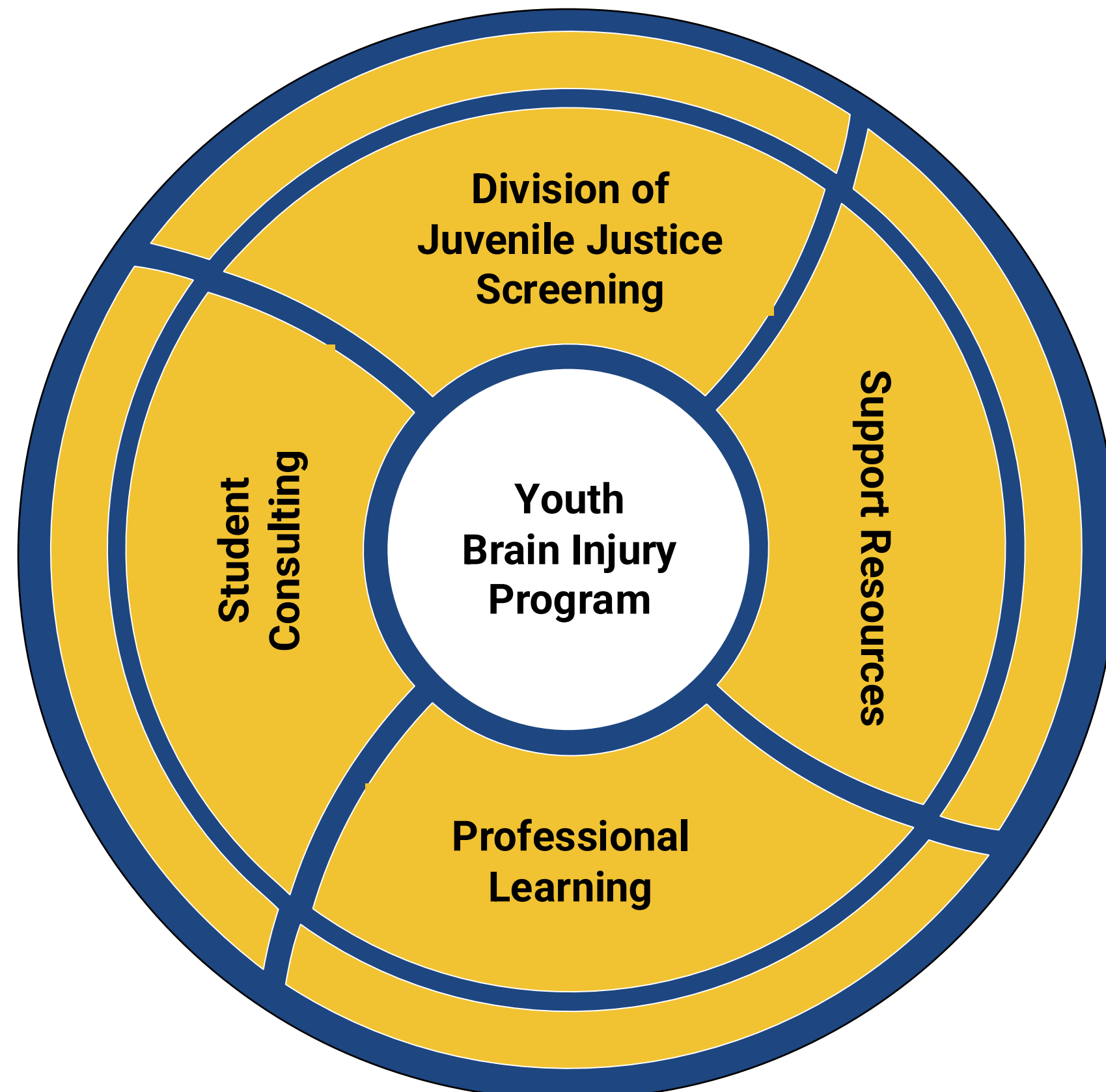
Repeat brain injuries are associated with CTE (Chronic Traumatic Encephalopathy) with progressive disorders of thinking and memory such as:

- Executive function - Short-term memory - and Dementia

A COLLABORATIVE SYSTEM OF SUPPORT



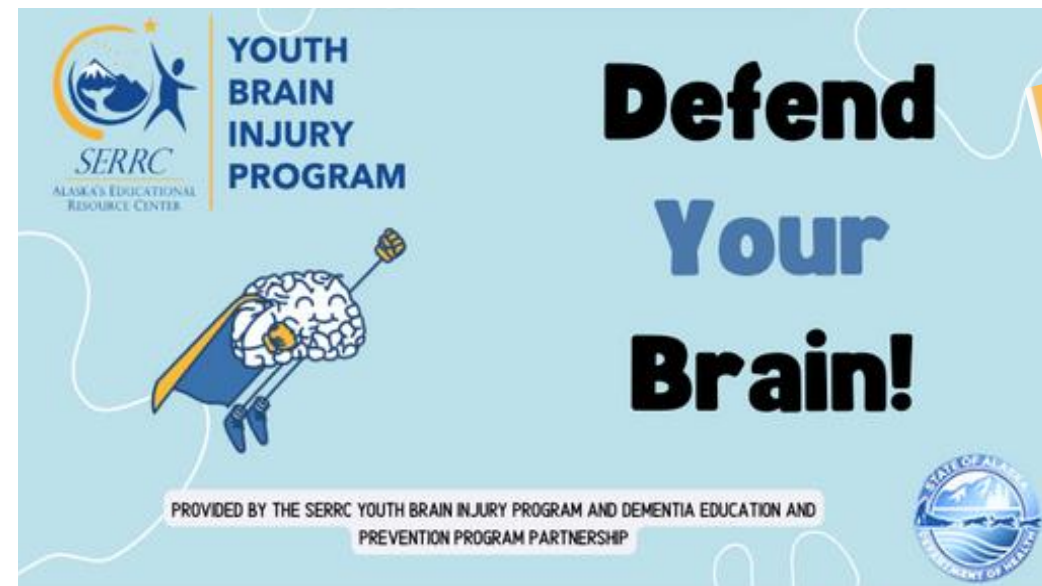
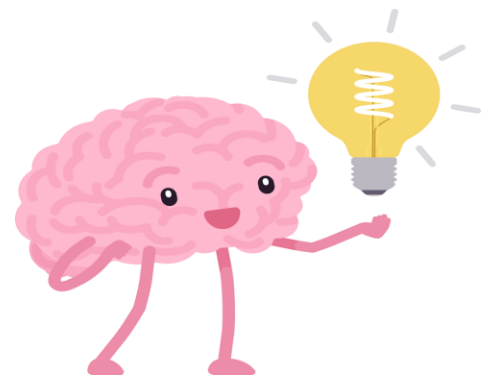
**YOUTH
BRAIN
INJURY
PROGRAM**





YOUTH BRAIN INJURY PROGRAM

FREE CURRICULUM
FOR K-5 EDUCATORS!



This low-prep curriculum uses a slide deck and read-aloud books to:

- Introduce students to the anatomy and functions of the brain
- Promote healthy brain habits and a positive growth mindset
- Increase awareness of Traumatic Brain Injury (TBI) and Alzheimer's Disease and Related Dementias (ADRD)
- Help students understand neurodiversity and brain changes throughout life



**YOUTH
BRAIN
INJURY
PROGRAM**

The Defend Your Brain curriculum is provided by the SERRC Youth Brain Injury Program and Dementia Education and Prevention Program Partnership

<p>Target Audience & Objective</p>	<p>Designed for students in grades K-5, this low prep curriculum uses an interactive slide presentation and read-alouds to:</p> <ul style="list-style-type: none"> • Introduce students to the anatomy and functions of the brain • Promote healthy brain habits and a positive growth mindset • Increase awareness of Traumatic Brain Injury (TBI) and Alzheimer's Disease and Related Dementias (ADRD) • Help students understand neurodiversity and brain changes throughout life
<p>Materials & Preparation</p>	<p>Preparation A review of the slide presentation is all that is necessary to teach this lesson.</p> <p>Materials Defend your Brain Slide Presentation</p> <ul style="list-style-type: none"> ◦ This is a link to Canva. If you have difficulty viewing this format, email braininjury@serrc.org for a .pptx version <p>This lesson can be taught using just this slide deck and no other supplies are necessary. Included in the slides are recorded read-alouds of:</p> <ul style="list-style-type: none"> ▪ <i>Your Fantastic Elastic Brain</i> by Dr. JoAnn Deak ▪ <i>Wilfrid Gordon McDonald Patridge</i> by Mem Fox <p>If you would prefer to do a traditional read aloud with students in a circle or at the carpet, source these texts ahead of time or contact braininjury@serrc.org and a copy may be provided to you (availability depending).</p>
<p>Lesson Sequence</p>	<p>Recommended Pacing</p> <p>This lesson is divided into three sections. Each lesson can be taught individually, or sections can be combined for a longer lesson. Below is the recommended lesson sequence:</p> <ul style="list-style-type: none"> • Day 1 - Part I: <i>Introduction & How does the brain work?</i> (Slide 10, 30-40 minutes) • Day 2 - Part II: <i>What are brain injuries and illnesses & How can I help others with brain disease or brain injury?</i> (Slide 17, 20-30 minutes) • Day 3 - Part III: <i>How do I defend my brain?</i> (Slide 28, 20-30 minutes) & Review/Group Discussion: What did you learn about brain health and injury? (10-15 minutes)
<p>Next Steps</p>	<p>Extension Ideas</p> <ul style="list-style-type: none"> ◦ Have a school-wide “helmet pledge” have students sign and display in the hallway ◦ Send home information about brain injury to parents and guardians



YOUTH BRAIN INJURY PROGRAM



Defend Your Brain!

Provided by the SERRC Youth Brain Injury Program and Dementia Education and Prevention Program Partnership



Lesson Outline

Introduction

1

How does the brain work?

2

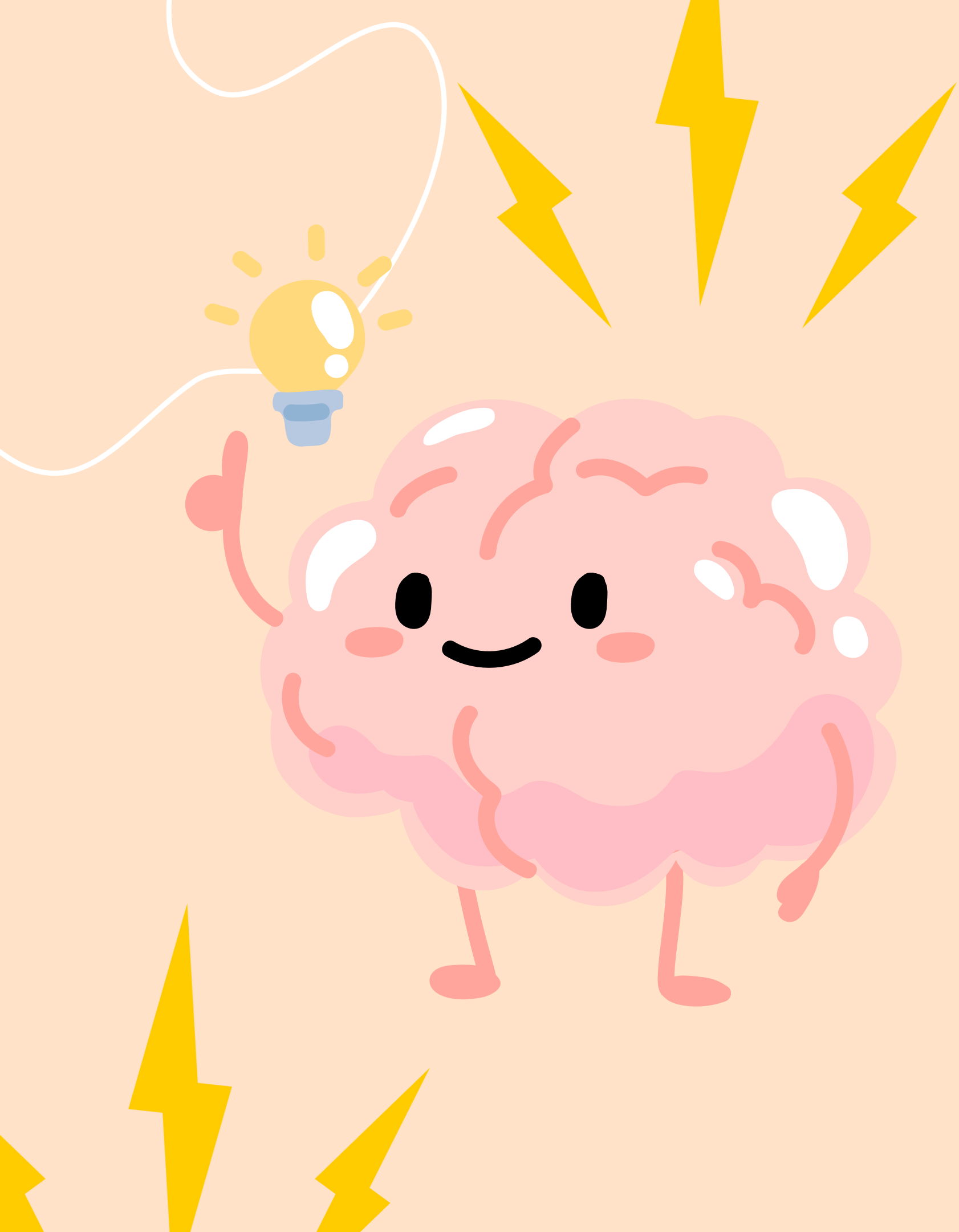
What are brain injuries and illnesses?

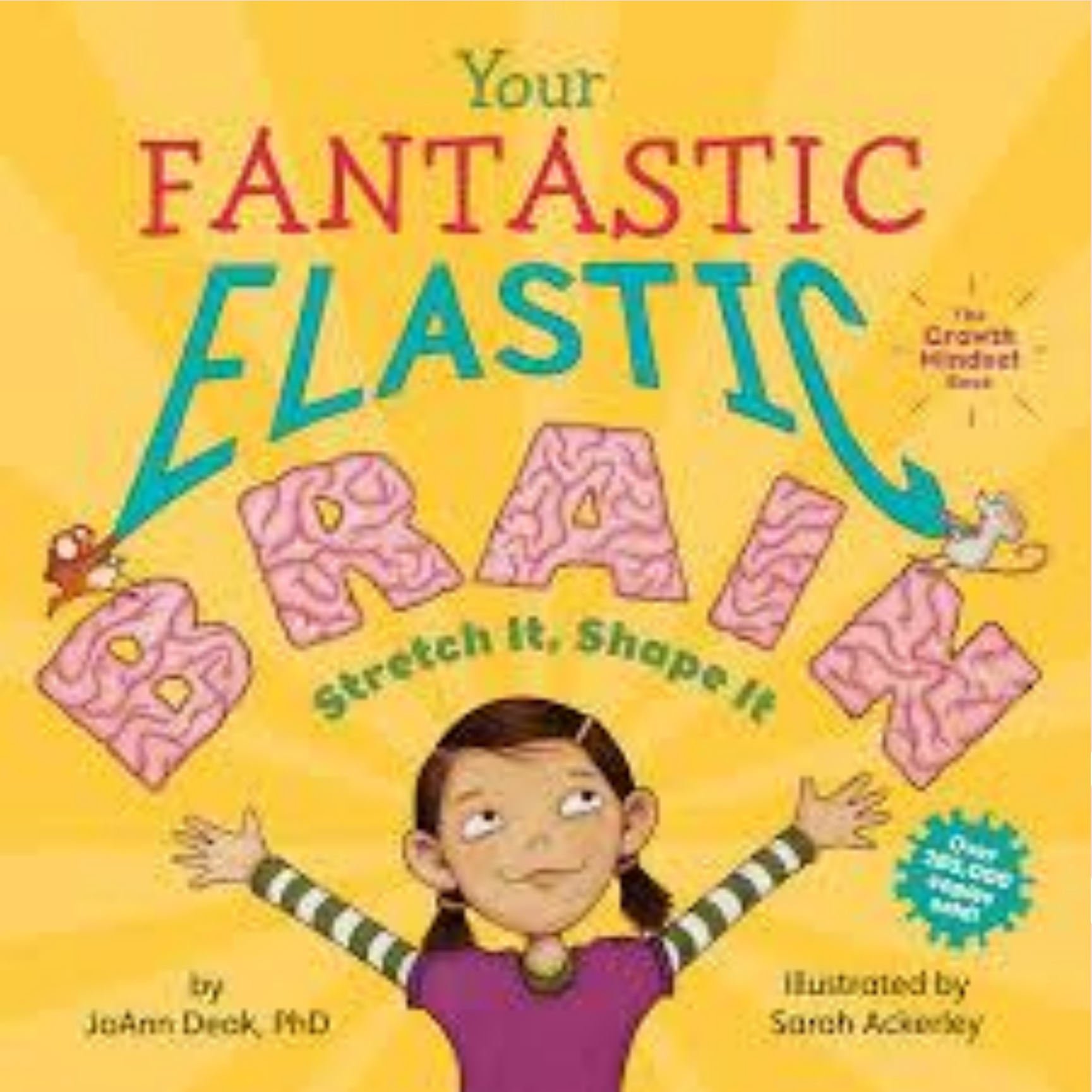
3

How do I defend my brain?

4

What did I learn about the brain?





True or False

**Making mistakes is a great way to S-T-R-E-T-C-H
our brains and learn.**



02

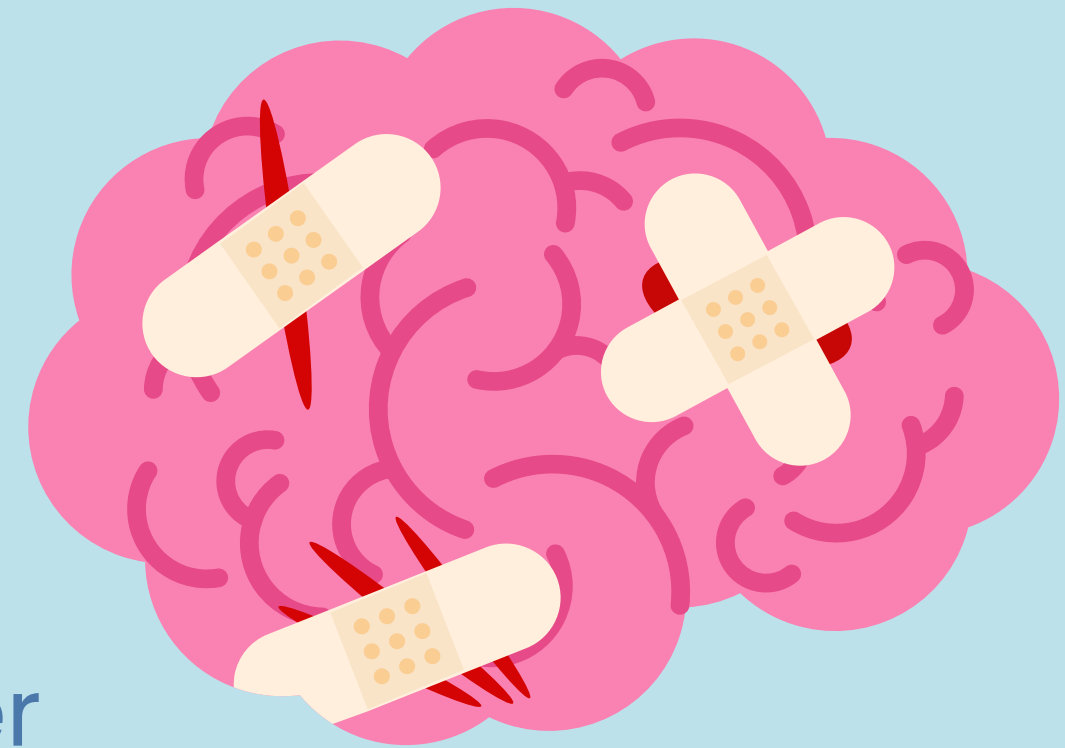
Brain injuries and Illnesses

**Let's discuss together in a group: How can our
brain get hurt?**



What Should I do if I Hurt my Head?

- Take a break
- Tell an adult you trust
- You might see a doctor
- Rest -No rough play until you feel better
- Defend your Brain - We'll teach you how!



Brains Also Change As We Get Older



NOrmal
Changes

- Moving a little slower
- Forgetting little things like where I left my phone

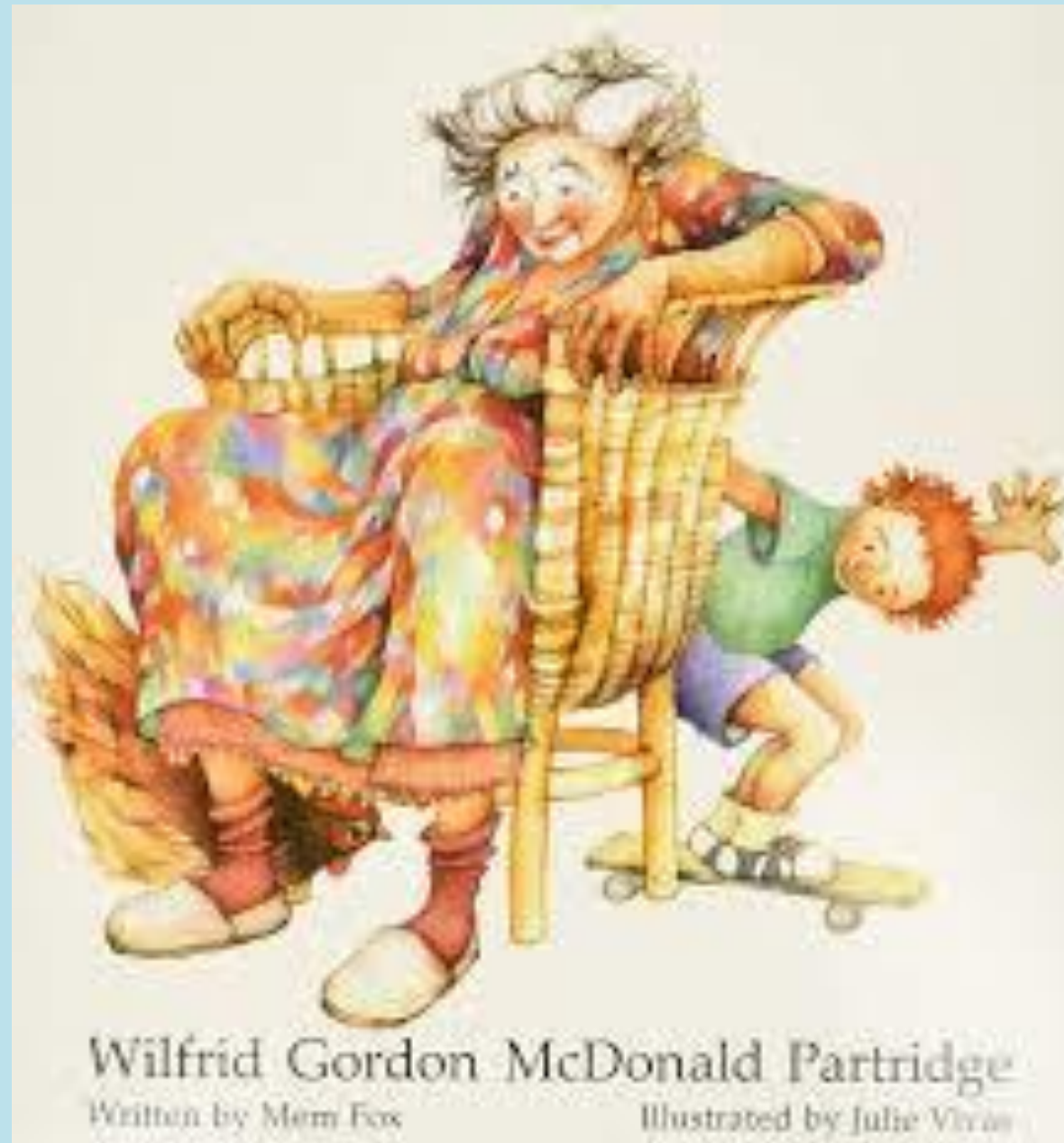


Dementia: A Brain Illness - Not an Injury

- The brain doesn't work like it used to
- A person's brain starts to forget the things they have learned or has difficulty putting them in the right order.
- A person who has dementia might have trouble:
 - Remembering things, like names or special dates.
 - Talking clearly or understanding others
 - Seeing well



Wilfrid Gordon McDonald Partridge



Wilfrid Gordon McDonald Partridge
Written by Mem Fox
Illustrated by Julie Vivas

Helping Others

The best way you can help someone with brain injury or illness like dementia is just spending time together.

Ways to support friends and family with dementia or a brain injury:

Read a book together

Talk about things they used to do

Share a hug

Share a favorite food

Listen to music

Find an adult if you think someone has hurt their head



03

How do I defend my brain?

Healthy Brains Start with Healthy Habits!

Can you think of anything you do to help protect and strengthen your brain?

DEFEND YOUR BRAIN!



How to defend your brain

Always wear helmets, seatbelts, and life vests



Be aware of your surroundings



Manage Stress through mindfulness and exercise



Get a good night's rest



Eat brain healthy foods



Learn something new



How are these students helping their Elders defend their brain?



How are each of these Alaskans defending their brains?

1



3



2

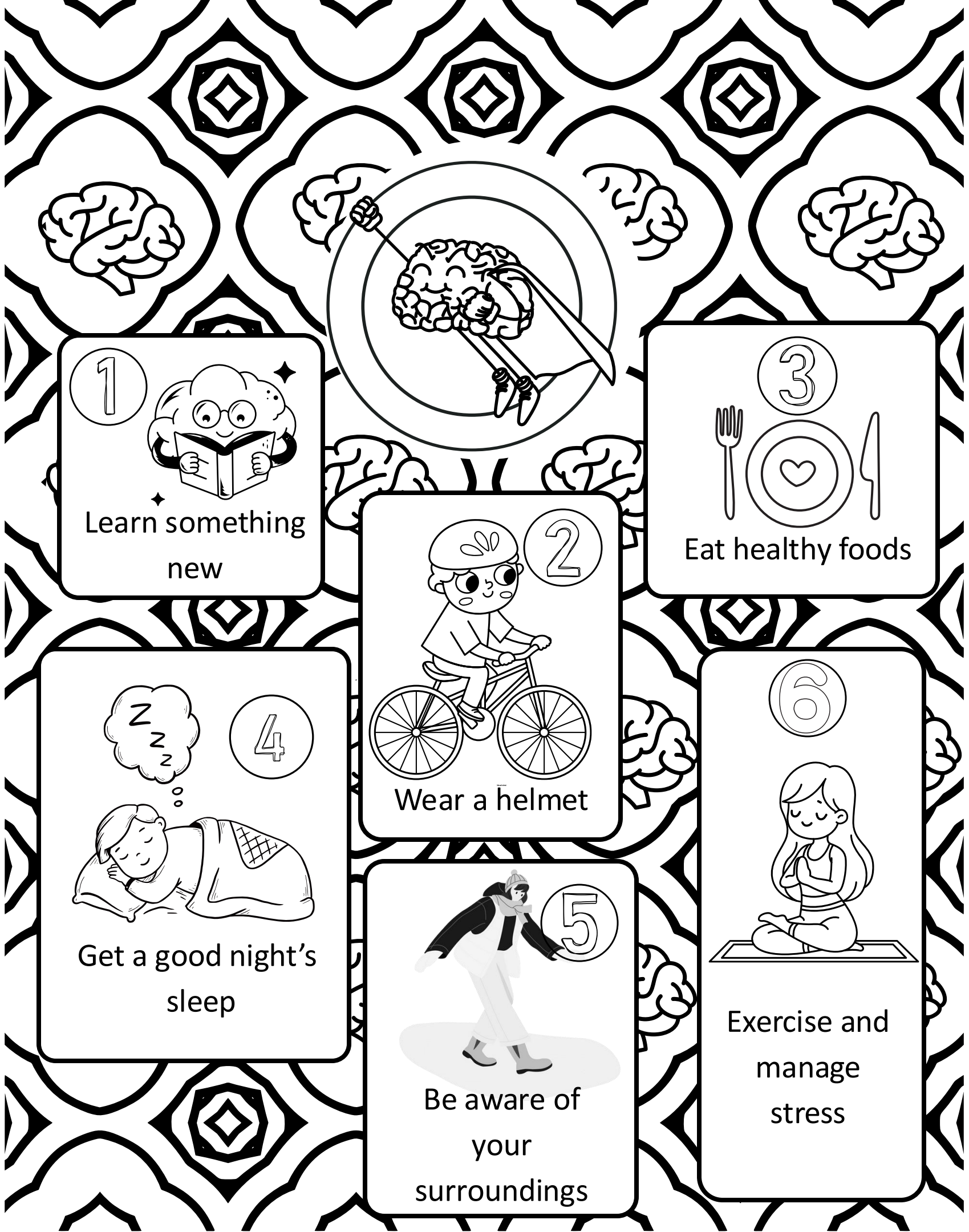


4



6 Ways to Defend Your
Brain!

Coloring Page



1



Learn something
new

3



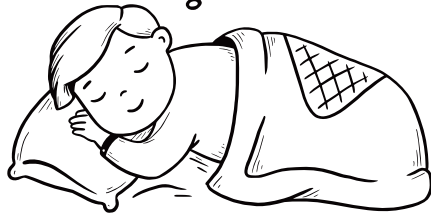
Eat healthy foods

2



Wear a helmet

4



Get a good night's
sleep

5



Be aware of
your
surroundings

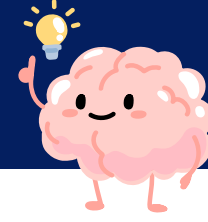
6



Exercise and
manage
stress

6

TIPS TO DEFEND YOUR BRAIN!



1



Always wear helmets, seatbelts, and life vests

2



Be aware of your surroundings

3



Manage Stress through mindfulness and exercise

4



Get a good night's rest

5



Eat brain healthy foods

6



Learn something new



YOUTH BRAIN INJURY PROGRAM

Parent Resources and Discussion Guide

Parent Handout

Dear Parents and Guardians,

Your child's school taught a brain health lesson using the *Defend Your Brain* curriculum developed by SERRC and the Dementia Education and Prevention Program. This handout will share more about the lesson and ways your family can build brain-healthy habits together!

Your child learned about:

- Anatomy and functions of the brain
- Building healthy brain habits and a positive growth mindset
- How to prevent Traumatic Brain Injury (TBI)
- Alzheimer's Disease and Related Dementias (ADRD)

Building Brain-Healthy Family Habits:

Your family's daily habits play a big role in lifelong brain health. By taking simple steps—like preventing head injuries, eating nutritious foods, staying active, managing stress, and getting quality sleep—you can help reduce the risk of traumatic brain injury (TBI), lower dementia risk, and support strong cognitive and mental health.

Healthy Brains Start with Healthy Habits!

Small changes today create a lasting impact for generations to come.

- Be a Role Model: Kids are more likely to follow healthy habits if parents practice them too!
- Make It Fun: Dance nights, outdoor adventures, and cooking together are just a few ways to make brain-healthy habits enjoyable.

Ideas to protect strengthen and support brain health for a life time:

1. Prevent Traumatic Brain Injury (TBI)

- Wear Helmets: Always wear properly fitted helmets for biking, skiing, ATV, and contact sports.
- Buckle Up: Use seat belts in all vehicles—kids in age-appropriate car seats or booster seats.
- Fall-Proof Your Home: Secure rugs, use nightlights, and keep floors clutter-free to prevent falls.

2. Reduce Dementia Risk from an Early Age

- Stay Active: Physical activity improves blood flow to the brain and lowers dementia risk.
- Eat Brain-Boosting Foods: fruits, veggies, whole grains, fish, and healthy fats are known to support long-term brain health.
- Quality Sleep Matters: Kids and adults need consistent, deep sleep for memory and learning. Limit screens before bedtime.
- Manage Stress: It's ok to ask for help. Chronic stress can damage brain function. Practice relaxation techniques like deep breathing or mindfulness.

3. Strengthen Cognitive and Mental Health


- Stay Curious: Reading, puzzles, games, and new activities build cognitive reserve and problem-solving skills.
- Encourage Social Connections: Strong relationships boost mood and brain health. Family meals and regular social interactions are key.
- Limit Screen Time: Too much screen time can affect attention and brain development—balance it with active, hands-on play.
- Support Emotional Well-Being: Teach kids to recognize and express emotions in healthy ways.

6 Ways to Defend Your Brain!


Prevention is key! Ask your child if they remember the six ways to defend their brain!


① 
Learn something new

② 
Eat healthy foods

③ 
Get a good night's sleep

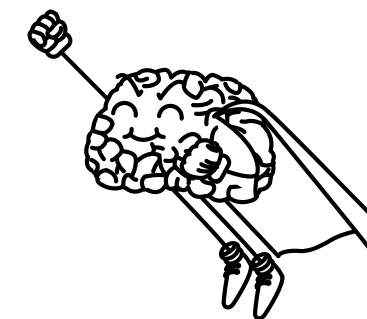
④ 
Wear a helmet

⑤ 
Be aware of your surroundings

⑥ 
Exercise and manage stress

Discussion Questions

1. Tell me about something you do that defends your brain.
2. Why is wearing a helmet important? When should you wear one?
3. What is your favorite brain healthy food?
4. What is your favorite kind of exercise?
5. What is a brain healthy habit you'd like to try?
6. What are ways we can be a brain defending family?





YOUTH BRAIN INJURY PROGRAM

2025



Visit SERRRC's [Alaska Youth Brain Injury Program](https://returntoschool.org/ak) website

SENA GILBERT- STATE COORDINATOR
senag@serrc.org

THE HARDEST CROSSWORD

ACROSS

- 1 Pat lived with these for much of her life
- 5 Pear or apple, e.g.
- 9 Pat's friend who was a frequent visitor to her home
- 14 Calculus calculation
- 15 Like some postgrad exams
- 16 St. Theresa's city
- 17 While in a car, Pat reads aloud every ___ sign she sees
- 18 Chances of Pat recognizing her son
- 19 A brother of Pat
- 20 Pat's father's middle initial
- 21 Either of two masses near the pharynx
- 23 Hard to fathom
- 24 Suffix with ethyl
- 26 Pat would be paranoid about the bathroom being ___
- 29 Title for McCartney, a member of Pat's favorite band
- 31 Pat's favorite dish
- 35 Pat couldn't serve a ___ she had prepared because the olives had shifted out of place
- 38 Look ahead
- 40 Come down in sheets
- 41 Pat preferred ___-conscious products
- 42 Pat was born here
- 45 Pat once went out to her mailbox and was found wandering ___ blocks away
- 46 "The Lion King" lion
- 48 King-size
- 49 Pat and her husband at Thanksgiving dinner, traditionally
- 51 Pat's favorite restaurant

- 53 "Tell Dad I'll meet him at the ___" (message Pat never passed along)
- 54 Pat went to church on this day, thinking it was Sun.
- 55 Crude oil qty.
- 57 ___ghanouj (Eastern dish Pat didn't like)
- 61 Craven who directed Pat's favorite horror movie
- 64 Groups of species
- 66 Weekday when Pat forgot a doctor's appointment: Abbr.
- 67 Like Pat's late father, in her delusions
- 69 Homecoming attendee
- 70 Inaugural Ball, e.g.
- 71 Pat couldn't remember how to apply eye ___
- 72 Pat used to carry a can of this for protection
- 73 Reason to rent a tux, perhaps
- 74 Along with mountain's Pat's favorite things in nature
- 75 Pat used to sing "The Look in Your ___" by Maze
- 76 Bastes, e.g.

DOWN

- 1 Gave a hoot
- 2 Cropped up
- 3 Make sport of
- 4 How forgetfulness made Pat feel
- 5 To help Pat remember, her husband made a ___ with names and pictures of her children and grandchildren
- 6 Fabric created by DuPont
- 7 Pat and her husband spent their honeymoon here
- 8 Trees common in McNairy County, where Pat spent a holiday
- 9 Hardwood sources
- 10 May ___ (Rd. near Pat's house in Richmond)

1	2	3	4		5	6	7	8		9	10	11	12	13
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51				52					53					
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61	62	63		64		65					66			
67			68			69					70			
72						73					73			
74						75					76			

- 11 Pop singer Ora
- 12 Secluded spot
- 13 Bring home
- 22 "___ to shower" (Pat's frequent request after taking a bath)
- 25 Pro bono TV ad
- 28 Bit of body art, for short
- 30 Pat's friend from her old neighborhood
- 31 Pat's son would stay in the right ___ so Pat could read road signs
- 32 Understands
- 33 Politico Gingrich
- 34 "Famous" cookiemaker

- 35 "___ my greetings to the neighbors" (message Pat forgot to pass along)
- 36 Pat liked this trendy berry
- 37 Hang in the hammock
- 38 Good quality
- 39 Pat would do this between sentences
- 43 Number of Pat's siblings
- 44 "Caught ya!"
- 47 ___-country (music genre)
- 50 Sun or moon, poetically
- 52 Boring tools
- 53 Holds liable
- 55 Secure, as a ship's line
- 56 Pat's husband

- 58 Initially, Pat was ___ of her problems, and tried to cover them up
- 59 In the cargo hold, say
- 60 Pat saw a sign that read "___ Steel Co." and mentioned that her father worked in steel 55 years before
- 61 Where Pat's 5-Down hung
- 62 Director Kazan
- 63 Pat would clean this several times a day
- 65 Pat couldn't remember her mother's ___
- 68 Churchillian gesture
- 70 Pat couldn't drive home without one

Can't find the answers?
Neither can Pat.

This crossword is based on the true story of how Pat Y.'s life has been impacted by Alzheimer's disease.

Learn how the Alzheimer's Foundation of America can provide help for individuals living with dementia, as well as for their families and caregivers.



Call our National Toll-Free Helpline at 866-232-8484 or visit www.alzfdn.org

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