

# Spirituality & Health

The Soul/Body Connection®

**COMPASSION**  
HAVE WE FOUND ITS SOURCE

**7 RITUALS**  
FOR HEALING THE EARTH

WHAT IS A GOOD DEATH

HOW MEDITATION  
CURES POVERTY

**ENLIGHTENMENT**  
IS THERE A GLASS CEILING

BEST PRACTICE  
FOR ALLERGIES

**ZENVESTING**  
SETTING THE RIGHT GOALS

**+**  
**Chakras**  
Putting Them  
in Their Place

# Opening / *A New Way of Seeing*



What Ed wants most is friends, buddies, the kind of men who used to gather around him when he was president of a university and a hero on the golf course. What he wants is to sit over a beer with these men after a game of golf and talk about politics, business, and sports. He wants his old life back.

## THE PRIVILEGE OF HELPING

Alzheimer's "is an ugly, unfair, and aching progressive illness, seemingly bestowed by an unfeeling fate," writes photographer Judith Fox in her book *I Still Do: Loving and Living with Alzheimer's*. In 1998, Judith's husband, Ed, was diagnosed with the disease. For two years afterward they evaded the growing number of symptoms; for two years Judith refused to open the books that would acknowledge her impending loss. Alzheimer's is a subtle thief; it leaves the body whole while stealing the person inside. Judith writes, "[I]t transforms our individuality and all of those qualities that have made each of us unique from the day of our birth."

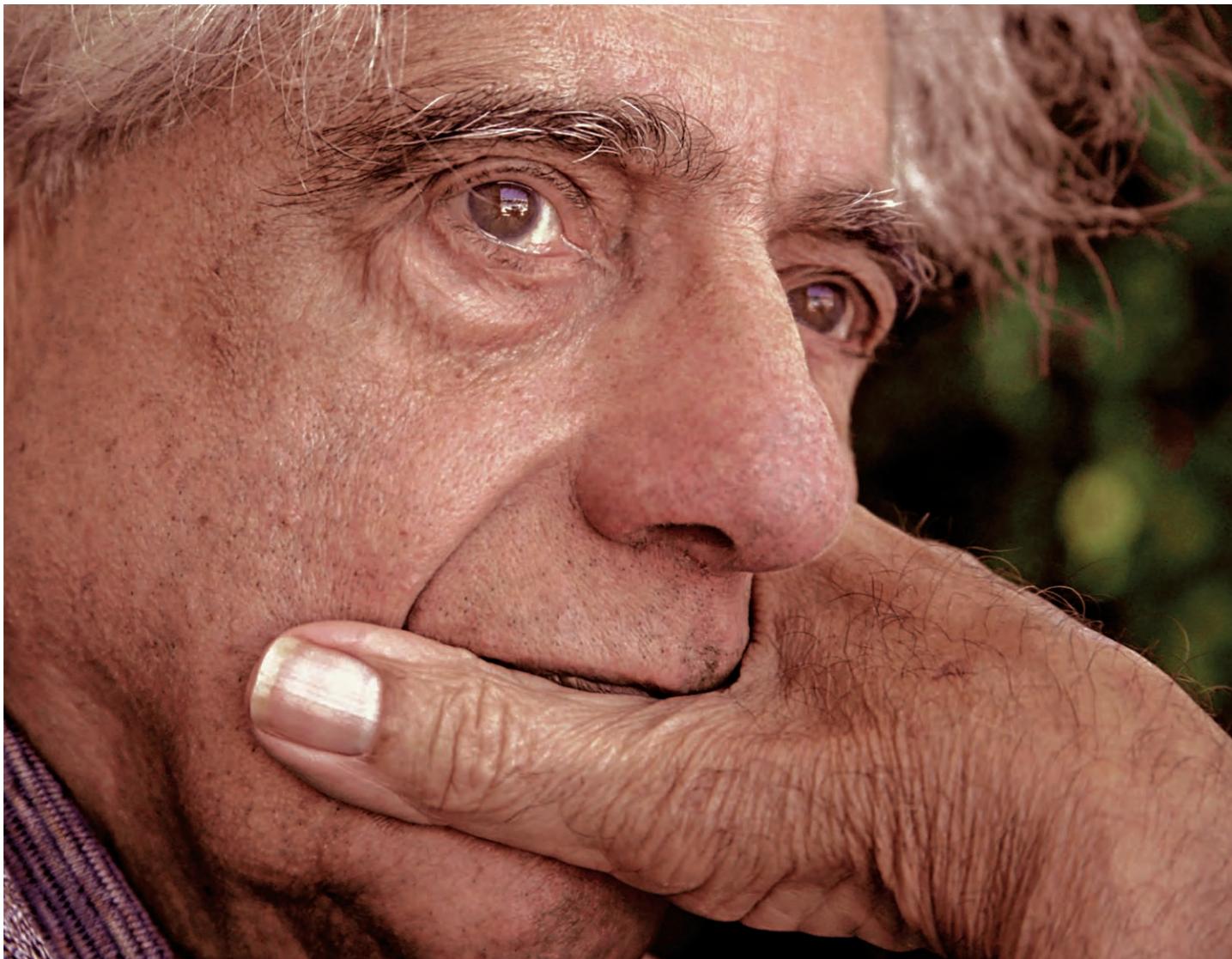
In collaboration with her husband, Judith made this emotional but unsentimental photo-documentary to capture the memories and moments of their life together. It was also a way for Judith to touch her husband, to express her love during the lifetime of a disease that changes its face every single minute.

And the book is a way of starting a conversation. Judith feels very strongly that the disease has been stigmatized and that the caregivers of the people affected by the disease have been isolated by fear of the disease itself. This book is her invitation for us to begin telling stories; about Alzheimer's, about giving care, about the privilege of continuing to say "I do."

—HEATHER SHAW

---

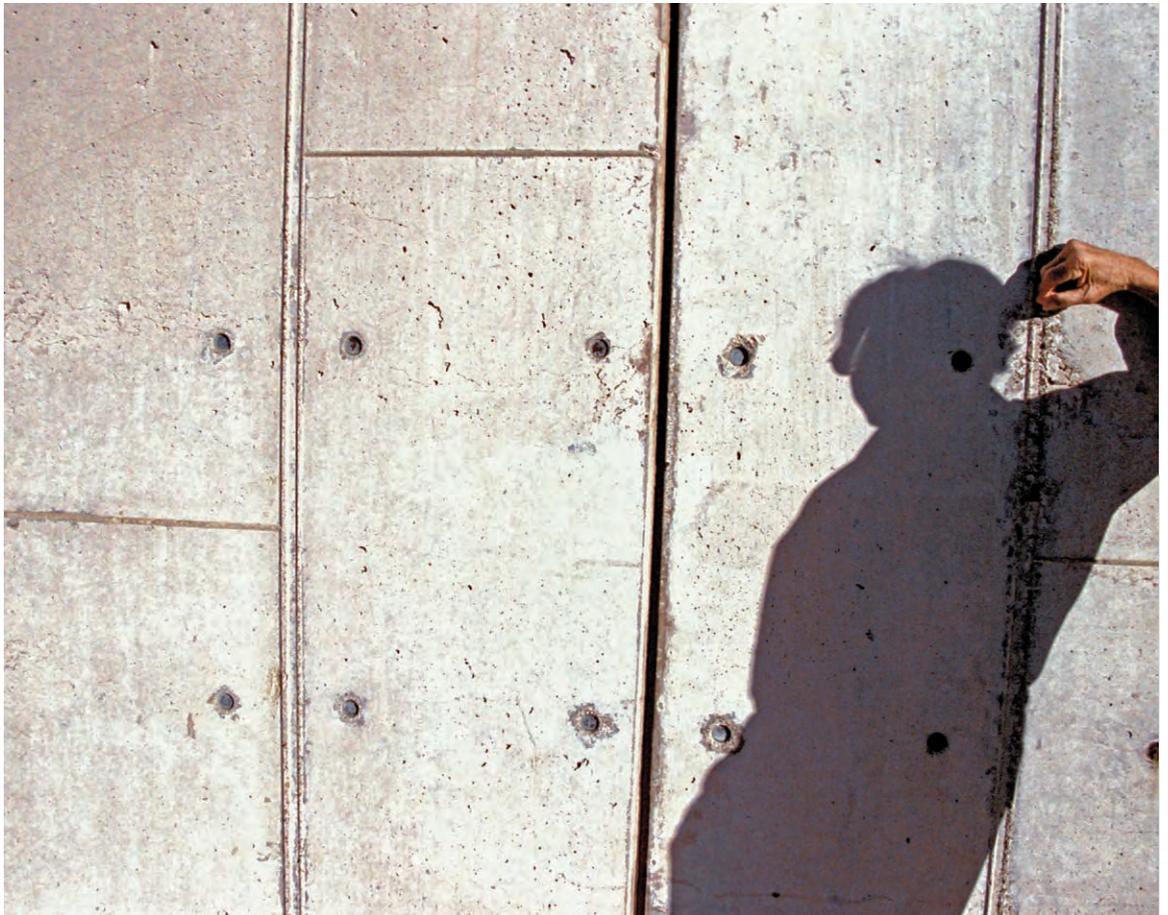
*I Still Do: Loving and Living with Alzheimer's* by Judith Fox, available in bookstores and from powerHouse Books ([powerhousebooks.com](http://powerhousebooks.com)).



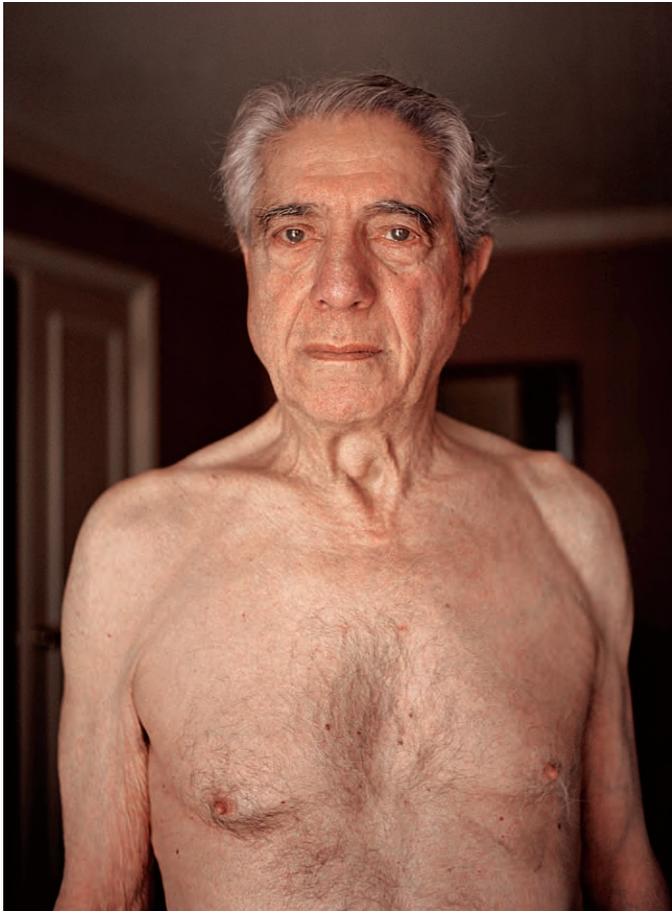
These are some of the things my husband used to do:  
fly a plane, perform surgery, consult worldwide,  
head a university and medical centers, hit four holes-in-one,  
and play on the same basketball team as Bob Cousy.  
These are some of the things my husband can't do anymore:  
find his way to and from an unfamiliar bathroom,  
work the coffee maker, play tournament golf,  
or remember something I told him two minutes ago.



Our stories ground us.  
We select them, we edit them,  
and we tell them to others  
in order to explain ourselves.  
Ed is losing his story.



Alzheimer's taunts and jeers. Yanks our chains.  
Unveils the person we married and then replaces him  
with someone who doesn't know our name.  
How are we supposed to deal with that?



When we choose to help ease the life and death of an Alzheimer's sufferer, we are taking on a difficult, demanding, and heartbreaking role. And, yes, it's also a privilege.



It's tiring to battle A.D. and Ed's naps are more frequent now. Also, Alzheimer's is a disease that cultivates boredom, fed by a loss of initiative and abilities. We work hard to keep Ed engaged; some days I think it takes a larger village than we have.



No matter where Ed lives in this world,  
he will never again feel at home.  
The floors have collapsed, the ceilings have opened,  
the walls buckled.  
Our house can no longer be counted upon  
to give him stable shelter and protection.