kimberly williams-paisley
LESSONS FROM HER CAREGIVING JOURNEY

"MY MOTHER WAS NOT HER DISEASE"
The new rock doc *David Crosby: Remember My Name* (in theaters July 19) takes viewers through the career highs and lows—including prison time—of the Grammy-winning artist who was a member of three seminal bands: the Byrds; Crosby, Stills & Nash; and Crosby, Stills, Nash & Young. Interviewer “Cameron [Crowe] asked me some of the hardest questions I’ve ever been asked by anybody,” says Crosby, 77.

What kind of vicar is Will? He represents the generation coming in at the end of the ’50s inspired by James Dean and Elvis Presley, which clashes with the Middle England lifestyle that came before. He’s a very strong-headed, passionate and energetic young vicar who joined the church to help out people in the community and to try to change the church.

People sometimes look at the past with rose-tinted glasses, as if these things didn’t exist. They did. It’s good that Grantchester is brave enough to bring those issues in.

What are you passionate about besides acting? I do a lot of photography in my spare time.

EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO PERSONALITY@PARADE.COM
30 YEARS OF
When Harry Met Sally...

The legendary Nora Ephron rom-com turned 30 on July 12, which means it has been three decades since Harry (Billy Crystal) and Sally (Meg Ryan) sparked the ongoing debate: Can men and women really be friends?

Go to Parade.com/sally for 10 of the most memorable quotes from the movie.

1. Cozy Sweaters
Once a relationship cynic, Harry eventually proved himself a true romantic. And he did so in unmistakably ’80s fashion, much of which has come back in style. Get his chunky, oversized knit look with the unisex Donnelly Clan Sweater. $199, aransweatermarket.com

2. Katz’s Deli
In honor of the film’s 30th anniversary, Katz’s Delicatessen—the site of that scene—is offering the I’ll Have What She’s Having Package, full of movie memorabilia (T-shirt, tote bag) and all the deli products you’ll need to re-create Harry and Sally’s order—her turkey sandwich and his pastrami on rye. $135, katzdelicatessen.com

3. Coffee Tables & Eligible Bachelors
Famous for its quick-witted dialogue, When Harry Met Sally… is also known for its unforgettable props, like the “stupid, wagon wheel, Roy Rogers, garage sale coffee table.” And of course Marie’s (Carrie Fisher) Rolodex of eligible bachelors. Organize your own important people with the Semikolon Business Card File Box. $37, amazon.com

4. Sally Style
Her onscreen signature style is memorable—wool blazers, preppy scarves, that hat! Channel the look with the Teak Rancher, a wool fedora inspired by vintage men’s looks, $129, lackofcolor.com, and Ralph Lauren’s Floral Silk Scarf, $58, ralphlauren.com.

5. I’ll Have What She’s Having
Director Rob Reiner’s mother, Estelle, played the customer who uttered those famous words, “I’ll have what she’s having.” You can have it too with the Sally Mug. $16, redbubble.com

6. Baby Fish Mouth
In the largely improvised Pictionary scene, Sally furiously attempts to draw “baby talk” and instead gets an energetic “baby fish mouth!” from Jess (Bruno Kirby). According to Reiner, there was nothing in the script indicating what Ryan should draw. She was just asked to convey “baby talk.” $20, target.com

7. When Harry Saw Helen
Remember the “Surrey With a Fringe on Top” duet at the Sharper Image store right before Harry sees his ex? Try your hand at the Oklahoma! tune with Karafun, an online karaoke experience with more than 32,000 songs. $6 for a two-day pass, $10 for a monthly subscription, karafun.com
Books We Love

To the Moon!
In honor of the 50th anniversary of the moon landing on July 20, here are three great reads to celebrate all things Apollo.

Picturing Apollo 11: Rare Views and Undiscovered Moments (University Press of Florida), by historian J.L. Pickering and journalist John Bisney, is a behind-the-scenes collection of stories and photos, many never seen before, of the first moon landing, from the astronauts’ training to splashdown. $45

Apollo: A Graphic Guide to Mankind’s Greatest Mission (Abrams), by aircraft technician and graphic designer Zack Scott, is a virtual trip to the moon full of facts, stats and detailed illustrations for everyone who’s ever dreamed of flying there. $25

In Chasing the Moon: The People, the Politics, and the Promise That Launched America Into the Space Age (Ballantine Books), Robert Stone and Alan Andres explore Apollo’s legacy in thrilling fashion. This is a companion book to the American Experience film on PBS. $32

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Grandpa’s Living in the Backyard...

Remember The Waltons? John-Boy, his umpteen siblings, Ma, Pa, Grandma and Grandpa famously shared a rambling Depression farmhouse in TV Land. More recently, multiple generations have lived together on The Conners and One Day at a Time. Turns out that extended family living has never really gone away.

Today, a record 64 million Americans—one in five of us—live in a multigenerational home, according to the Pew Research Center. “We’re shifting from an age-segregated world to an age-integrated world,” says longevity expert Bill Thomas, M.D.

Necessity is partly the mother of this trend. Longer life spans mean sick, frail or disabled parents are moving in with their grown children (or vice versa). And the opioid and mental-health epidemics are contributing to an uptick in grandparents raising grandchildren. But there’s happiness and good health too. Beyond saving money or solving care problems, we learn from one another, pass on traditions and share health-inducing companionship.

That’s been the experience of Gary Peterson, 80, who now lives in the backyard of his daughter’s home. Married for 54 years, Gary and Jeanne Peterson lived happily with horses and a dog on five acres in Weed, Calif. When Jeanne died in 2016, Gary, frail from a stroke and using a walker, knew he couldn’t stay on alone.

The answer lay across the country in Dubois, Pa., nearer to his daughter and son-in-law, Kimberly and Don Robertson. But where, exactly?

All in the same house felt too close for comfort. The basement needed too much work. So Peterson settled into an assisted-living high-rise 20 miles away. Used to wide open spaces and being around people he knew, the former rancher found it lonely. So did his dog, Whitey.

“One day Gary asked if he could live in my fifth wheel [RV] in my yard,” Don Robertson says. “I worried someone would report me for locking up an old man in a trailer, so I checked with a friend in the Clearfield County Area Agency on Aging [CCAAA].”

The agency had a better idea: its very first ECHO cottage, short for Elder Cottage Housing Opportunity, a temporary home set up in the Robertsons’ backyard. They share utilities and an address. “Basically it’s umbilical-ed to my house,” Robertson says.

“The idea is that when a family is done with it, we move it to another family in need,” says Kathleen Gillespie, CCAAAs CEO. The roughly $55,000 cost was paid for by state and county grants, part of a nationwide push to assist the growing number of older adults needing help.

Peterson, who moved in last summer, pays a rent of 30 percent of his income, about $800 a month.

Gillespie’s even more excited that the next “backyard homes” for those on her waiting list will be a new kind of kit home called Minkas, designed to assemble quickly and affordably with hand tools from pre-fabbed components, almost Lego-style.

Japanese for “people’s house,” Minkas are a twist on the tiny house trend, but with age-friendly and open universal design.

Backyard homes aren’t legal everywhere. The Robertsons had to apply for a special zoning change, for example. But the landscape is changing as more people push for affordable options, especially in pricey areas. In 2017, California led the nation in new permits for accessory dwelling units (ADUs), as they’re formally known, with a 63 percent increase over the previous year. Hawaii, Tennessee, Washington, Illinois and Maryland also saw double-digit increases.

The best part, says Robertson, “Gary’s close by so we can help as he needs it.” The worst part? He laughs: “He uses my tools all the time.”

Peterson’s thumbs-up verdict on his new home: “This is a great way for family to take care of family.”

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**Ask Marilyn**

By Marilyn vos Savant

What do these words have in common other than having three letters and one syllable: ace, big, cat, end, fox, gum, him, may, pan, tab?

— Alyssa Dare, Elkridge, Md.

What do you think, readers? The answer appears below Numbrix.

If the temperature of a room is 72 F, and you want it to be 68 F, could you please tell my spouse that setting the thermostat to 60 F will not make the room cool faster than setting it to 68 F?

— Paul G., Elney, Ill.

Mrs. G: Setting the thermostat to 60 F will not make the room cool faster than setting it to 68 F. (Paul, I removed your surname for your own protection.)

The answer: Each letter is found on a different row of a standard keyboard.

Send questions to marilyn@parade.com

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Kimberly Williams-Paisley is “busy, busy, busy,” she says on her one day off in Vancouver. But make no mistake: “The busy-ness is by choice,” says the actress, 47, who lives in Nashville with her husband of 16 years, Brad Paisley, 46, and their sons, Huck, 12, and Jasper, 10. While juggling family life, she’s acting, producing and working with numerous charitable associations, including the Alzheimer’s Association, to which she’ll always have a deeply personal connection.

Williams-Paisley was raised in Westchester, N.Y., by her mother, Linda, a fundraiser whose last job was at the Michael J. Fox Foundation for Parkinson’s Research, and her father, Gurney, a writer. Growing up, she did ballet and played with her two younger siblings, brother Jay, now a firefighter and beekeeper, and sister Ashley, an actress. They were a tight-knit family, full of traditions led by their cheerleader of a mom. During summers, they’d visit their grandmother on Cape Cod. In the fall, they’d go apple picking. At Christmas, they’d read “‘Twas the Night Before Christmas” aloud before bed. Then, at 19, Williams-Paisley was cast in her first film, Father of the Bride (1991), which changed her life for good.

It jump-started her acting career—fast. She’ll never forget her first day on set, when her onscreen dad, Steve Martin, suggested she get a therapist. “I was like ha ha ha—but I should have,” says Williams-Paisley, who stepped from literal obscurity into the spotlight. “There was so much pressure. I used to have the worst stomachaches.”

And that first movie role led her to the love of her life. Country singer-songwriter and guitarist Paisley saw his future wife in Father of the Bride and was so determined to meet her, he cast her in a video for “I’m Gonna Miss Her.” He wooed her by taking her to dinner in Marina del Rey, Calif., followed by a walk on the pier and months of emails and phone calls as they kept in touch long-distance. “He made me laugh. That was huge,” she says. He sealed the deal when he played “Little Moments,” a song he wrote about her, proving “he understands me in a way that I didn’t even realize.” They were married in 2003.

A Growing Shadow

But as her life was expanding with joy, a shadow was growing over her
mother’s health. It was at her wedding to Paisley that she first noticed something was wrong. Her mother seemed irrationally upset about the ceremony and had trouble reading a Bible passage. “She was very smart [and] articulate,” says Williams-Paisley, “but that day, she had to keep stopping herself and going back.” Trouble finding the right words was followed by other daily issues, like her mother having a problem signing a check at the grocery store, or difficulty tallying up a tip.

At first, the family wrote it off to fatigue or stress. When they shared their concerns, Linda would accuse them of badgering. “It was walking on eggshells,” says Williams-Paisley, who chronicled the experience in her 2016 book, Where the Light Gets In. The family backed off and let it go—until they no longer could.

One day, she says, “I got a call that my mom had a terrible accident and had to be helicoptered to Mass General in Boston. They were biking and she probably forgot how to ride a bike.” There was another close call, she says, when her mom “had confused the gas pedal with the brake in the car in the parking lot at Costco and barreled down an aisle and impaled her car on top of a little wall.”

Soon after that, Williams-Paisley’s mother was diagnosed with primary progressive aphasia, a degenerative brain disease they later found out was caused by Alzheimer’s. Looking back, Williams-Paisley regrets their first instincts to try to keep her mother’s struggles hidden. “We really let the stigma take control,” she says, “like it was her fault, or that it meant she wasn’t smart.” It not only inhibited them from reaching out for advice and support—it also prevented their father from getting the kind of support he really needed. “My dad wanted to be Superman and take care of her as he always did,” she says. But he said later that “he was the frog in boiling water, that he had no idea the danger he was in.” In many ways, Williams-Paisley says, caregivers are at a greater risk than the patient they’re caring for. Her father eventually had a heart-attack scare and became “like a shell of his former self,” so they finally made the difficult choice to enter their mother into long-term care—one of the hardest moments in the course of her mom’s disease.

Embrace the Blessings
After her mother entered care in 2012, Williams-Paisley noticed something troubling: “I started speaking about her in the past tense,” she says. “She was like a ghost of the person that brought me up, and then there was this new person that looked different, acted different and, you know, is not my mom. It hurt too much to talk about her in the present.”

But one night, after talking with a friend (artist Elizabeth Shatner, wife of Star Trek actor William Shatner) who’d also had a parent with Alzheimer’s, “I realized that I was missing an opportunity to get to know her in the present.”

What I Learned
Talk about it. “If you have a family member with any form of dementia or memory loss,” Kimberly Williams-Paisley says, “tell people about it. Ask for help. Call the Alzheimer’s Association. They have a 24-hour caregiver hotline that is free.” (800) 272-3900

Expect guilt. “So many caregivers and family members feel so much guilt about everything,” she says, from “I’m not doing a good enough job” to “I did this wrong” to how her family felt the burden lift when her mom went into care. “There’s no graceful way through it, really,” she says. “It’s a very complicated illness.”

Stand your ground. If a family member suffering from dementia tries talking you out of doing what’s right, use your resources. “The Alzheimer’s Association has a full page of ideas about how to get the car keys away from someone who shouldn’t be driving—like getting a prescription from the doctor to have a driving test.”

Write down your wishes. Even if you’re not dealing with dementia, she says, “write down now, while you’re healthy, what would you like for your care, if one day you can’t take care of yourself. Or, if nothing else, tell your loved ones that you trust them to take care of you in a way that they see fit.”

continued on page 14
We're having a brain-health revolution,” says Sandra Bond Chapman, Ph.D., founder of the Center for BrainHealth at the University of Texas at Dallas. “What we've known about improving cognitive function has lagged a generation behind what we know about our hearts—until now.”

“In the ‘80s, we believed you were born with all the neurons you had,” says Lisa McGuire, Ph.D., of the Centers for Disease Control and Prevention (CDC). Now we know that new neurons and neural connections can develop all through life, she says.

In fact, it’s possible to turn back the clock on cognitive aging, even in retirees or people with mild cognitive impairment, says neurologist Richard Isaacson, M.D., of Weill Cornell Medicine and the McKnight Brain Research Foundation.

When Weill Cornell Alzheimer’s-prevention researchers tested lifestyle interventions, they found that people with mild cognitive impairment (MCI) improved significantly on tests of judgment, planning and processing speed, abilities that tend to decline with age. (People with MCI are more likely to develop Alzheimer’s.) The most compliant improved by almost three years after 18 months. For the 13 percent of the population expected to develop Alzheimer’s, the findings are remarkable.

For the other 87 percent of us? There’s evidence that, with effort, it’s possible to delay or avoid “senior moments” and “age-related memory loss.”

The following simple strategies are all good for your brain, whatever your age.

**Drink more water** The brain is 80 percent water, says neuroscientist Lisa Mosconi, Ph.D., author of *Brain Food*. Even mild dehydration can affect brain function.

**Practice mindfulness** A 2014 review of studies suggested that meditation may actually help offset cognitive decline. Even simple phone meditation apps help.

**Get a brain “physical”** “We need to change what happens in the doctor’s office.

Brain changes related to Alzheimer’s start decades before symptoms,” says Molly French, Alzheimer’s Association director of public health. Imagine if your doctor tracked a total picture of what your brain needs, beyond simple dementia tests like drawing a clock face and knowing who’s president. Among benchmarks researchers hope to standardize: biometrics (what blood tests or brain imaging reveal), cognitive measures (like tests for attention and reasoning) and gauges of mental well-being and everyday functioning.

**Feed your head** Eat more plant foods, healthy fats and omega-3s and less saturated fats and processed foods. To reduce inflammation, eat within a 12-hour window, says Michael Crupain, M.D., co-author of *What to Eat When*.

**Seek help for sleep problems** During rest, the recently discovered glymphatic system flushes toxins. If you’re not falling asleep fast, getting seven to eight hours and rising refreshed, there may be an issue, like sleep apnea (now strongly linked with dementia), you need to address.

**Consider cognitive training** Programs that teach strategies for improving specific cognitive abilities, like UT-Dallas’ Strategic Memory Advanced Reasoning Training (SMART), can sharpen attention, reasoning and innovative thinking.

**Mind your blood pressure** Maintaining it in middle age helps prevent dementia later, says CDC’s McGuire. In a 2018 trial, keeping systolic pressure under 120 best protected the brain.
JOIN THE FIGHT FOR ALZHEIMER’S FIRST SURVIVOR.

At the Alzheimer’s Association Walk to End Alzheimer’s, people carry flowers representing their connection to Alzheimer’s — a disease that currently has no cure. But what if one day there was a white flower for Alzheimer’s first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world’s largest fundraiser to fight the disease.

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this new person,” she says.

She got on a plane the next day to visit her mother. “It was a great lesson for me in embracing the person in front of me and being strictly in the moment—which, I realized, she was.” Williams-Paisley learned how she’d enter the room and her mother’s face would light up; and when she’d leave the room and come back five minutes later, her mother’s face would light up again. And though the relationship her mother had with Williams-Paisley’s first child wasn’t what she’d hoped, it had its own joy, full of in-the-moment experiences, “happy with little things like sitting on the floor, laughing hysterically over something.” She erased the ghost of who her mother was and asked, “Who are you now?”

“I realized she was still my teacher in so many ways,” she says. “It’s a horrible disease, but to be able to embrace the blessings within it was a gift.”

Linda Williams passed away in 2016 at age 73, and Williams-Paisley is living the fullest life she can in her memory. She’ll next appear in the upcoming Netflix series Dolly Parton’s Heartstrings and will begin filming The Christmas Chronicles 2, also continued on page 16
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for Netflix—another in a line of Christmas films she’s done. (She says she loves the holiday so much, “I don’t mind having Christmas for half of the year!”) She and Paisley plan to open the Store in Nashville by early 2020—it’ll be a service, set up like a free grocery store, for people who are trying to get back on their feet after a setback. When she can, she fits in her favorite workouts, like hot yoga, spinning and Zumba, and takes walks while listening to a book—most recently, it’s Melinda Gates’ *The Moment of Lift*. She’s also building a little “she shack” at her home.

And to this day, the actress lives a lesson her mother taught her by being present with her family every moment she can. They have drawing contests; she and son Jasper will challenge Brad Paisley and Huck to a five-minute contest, “like, it has to incorporate an elephant and a tree, and take place in another country, or something like that.” They read books out loud, having just finished Lois Lowry’s *The Giver*. And they play ball in the dodgeball court they built from an old garage. “Anyone who comes to visit, it’s like a rite of passage—you have to go hit the dodgeball court!”

And when the next opportunity lands on their doorstep to do something else fun, chances are the Paisley family will take it—just as her energetic, cheerleading mom would have her clan do. “We say yes to as much as we can,” she says.

Do you feel old for your age? Go to Parade.com/brain to find out what that means.
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What America Eats

No-Bake S’Mores Cake!

A decidedly upscale version of the popular campfire treat, this multilayered cake from the new cookbook Tasty Dessert is surprisingly easy to make.

16-LAYER S’MORES CAKE

This will make more chocolate mixture than you’ll need for the cake, but you can refrigerate the extra up to a month.

Place 2½ cups semisweet chocolate chips in a large heatproof bowl. In a small saucepan, bring 2 cups heavy cream to a boil. Pour cream over chocolate. Let stand 1 minute; whisk until chocolate melts.

Place 1 cup marshmallow crème (such as Marshmallow Fluff) in a small heatproof bowl. Add 1 Tbsp whole milk. Place 2 cups marshmallow crème in a second, larger heatproof bowl; add 2 Tbsp whole milk. Microwave each bowl on HIGH 15 seconds to loosen slightly; stir to incorporate milk. Cover smaller bowl; refrigerate.

Line bottom of a 9-by-5-inch loaf pan with parchment paper, with a 3-inch overhang on each long side. Using 18–22 graham crackers in all, arrange graham crackers over bottom of pan, breaking them as needed to fit. Spread a thin layer of marshmallow crème mixture (about 3–4 Tbsp) over graham crackers. Top with another row of graham crackers. Spread a thin layer of chocolate mixture (about 3–4 Tbsp) over crackers. Repeat three more times, alternating marshmallow and chocolate. Cover with plastic wrap; refrigerate overnight.

Remove cake and reserved small bowl of marshmallow crème mixture from refrigerator. Using parchment paper as handles, lift cake out of pan. Use a spatula to remove cake from parchment; set on a serving plate. Microwave marshmallow crème on HIGH 15 seconds to loosen. Pour onto cake, letting it drip over sides. If desired, use a small kitchen torch to toast marshmallow crème. Sprinkle with 1 oz shaved bittersweet chocolate. Serves 8–10.

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