



This is our HOPE... “No matter what the future holds, forgive and resolve conflicts now. Live life in the moment and enjoy it to the best of your abilities. Create the greatest possible tomorrows, by taking the most meaningful actions today.” -Kevin Jameson, Volunteer President, Dementia Society of America (DSA)

## “The Music Man”

-Sandra Moyer DeHaven, reporting for the Dementia Society of America



Music has always played an important part in Carl’s life. He learned to play the trumpet when he was a young boy. The brass instrument traveled with him through his high school years, across an ocean and continents during a World War, was a faithful companion during a long and varied professional career, and now stays by his side at his apartment. Carl reminisced about his interesting life during a recent visit.

He sits at his desk, his computer at the ready. Surrounding him are stacks of books and papers that reflect his wide-ranging interests: architectural digests, engineering manuals, newspapers and magazines. “I’m an eclectic learner,” he tells this reporter. “I don’t care what it is – as long as it interests me.” That innate curiosity is what helped to shape his life that is still going strong at 95 years of age.

A battered, black leather case that holds his trumpet is at hands’ reach. Before the visit ends, he’ll take out the instrument and give the horn a little workout. He took up the trumpet at age 12 when he was growing up in Richmond, VA. “Four years later, I played in the pit orchestra in a vaudeville house right alongside my teacher,” he recalls. “That was a proud day in my life.” When he was 17, a senior in high school, he played in a six-piece dance band on the Robert E. Lee steamship, cruising up and down the James River. “Every night we pulled into another town. Next thing you’d know, we’d have a whole crowd and we’d be playing dance music.” That gig lasted two years.

Then it was off to college for him, where he majored in engineering. But music was a powerful lure, and during his second year at Virginia Tech, he had an offer to leave school for the promise of playing his horn at one of the myriad nightclubs in Virginia Beach. That’s when his mother took matters of her son’s future in her own hands. “My mother did NOT want her son to be a musician,” he says, a smile playing around his lips at the memory. “She took my trumpet and put it in the furnace,” he recalls. “I ran down and retrieved it, and I told her it wasn’t even paid for yet. She said ‘I won’t have my son being a musician.’” Continued inside...

# The Dementia Epidemic

The issues associated with Dementia are huge and growing. According to 2014 statistics in the United States, 1 in 3 seniors now alive will die with Dementia, while 5-6 million people are considered to have some form of Dementia today. Think about those numbers! It means that in America, millions have become caregivers, and often, need to pay for full or part-time professional care for their loved one. Singles, couples, families, and many in the “sandwich generation,” get stressed to the extreme. Unfortunately, like the “C-word” (Cancer) of 40-50 years ago, Dementia has become the “D-word.” Getting folks to face reality, and take action, is often difficult.

The World Health Organization has publicly proclaimed Dementia to be a global “epidemic.” Their fact sheet estimates that “worldwide, 35.6 million people have dementia and there are 7.7 million new cases every year.” Until precise and accurate diagnoses, and cures and effective treatments are available, affordable and widespread, we believe our top goals are to break down the taboo's and stigma's; to recognize superlative care and innovative solutions, and to enhance the quality of life for all those in the Dementia community. It's simply a fact, this crisis calls for an all-hands-on-deck response, and DSA is committed to being a part of the solution.

## DSA MISSION

Educate.  
Provide.  
Recognize.

OUR CALL TO ACTION IS  
**KNOWDEMENTIA!**®

To learn more, please call or  
visit us on the web.

We cover: Mild Cognitive Impairment (MCI); Alzheimer's Disease; Mixed Dementia; Young Onset Dementia; Vascular Dementia; Dementia with Lewy bodies; Frontotemporal Dementia; Parkinson's with Dementia; Multiple Sclerosis with Dementia; Dementia resulting from Traumatic or Chronic Brain Injury (CTE); Creutzfeldt-Jakob disease; Wernicke–Korsakoff syndrome, among others.

We emphasize meaningful therapies for those living with Dementia, and their caregivers, such as: the Audible Arts- Music and Singing; Dance and Movement; the Visual Arts; Touch and Sensory Stimulation.



**“You should be proud of what the Society is providing.”- Resident, speaking about the program so many enjoyed.**

**“Your programs have educated our staff and enhanced our residents' well-being.”- Asta, Director of Activities**



**“We want you back! Please come back!”- Resident, following the joyful art interaction program.**

## “The Music Man” Continued...

He salvaged the horn and promised his mother he would stay in school and get his degree. But even his strong-willed mother was no match for what Uncle Sam had in store for him. America entered World War II, and Carl ended up shipping out in the U.S. Army, serving in North Africa, Sicily, Italy and France during major invasions. During that time, “My trumpet never left my side. If there was a band around, I played in it.” After the war, he worked as an engineer and traveled the globe as a trouble-shooter.



That role placed him in the thick of some political hot spots at the time, too. He was in Colombia during a revolution. He was jailed in Haiti during Papa Doc’s regime. (“I was in the hoosegow overnight. It cost my employer \$20,000 to bail me out.”) He was in Cuba when Castro took over. “I felt like Joe Btfsplk (Li'l Abner comic strip character), who walked around with a cloud over his head and was a jinx. Everywhere I went, there was another revolution,” he remembers. He also attended and graduated from Brooklyn Law School.

It was while he was living in New York that he met and later married his wife, Margaret. They met while waiting for a bus. “I saw this beautiful girl in front of the bus,” he reminisced. “I went up to her and struck up a conversation. She remembered the line I used. She told me I said, ‘I’m just a little southern boy in this Yankee land. What’s your name?’” His opening line worked. The couple was married for 65 years and had three sons.

It was only a few years ago that Carl closed his law office so he could care for his wife, who was diagnosed with Dementia “consistent with Alzheimer’s Disease.” She moved into a full-time care facility, residing there two years before she passed away. Carl sold their home and moved into a different section of the same community. But don’t count on him just sitting in a corner somewhere reliving his golden years. Doing yoga and dance classes every week, he says “You have to use it or lose it.” But his mind is what he believes gets an even more active workout. “One of the things that keeps me interested is I have this insatiable appetite for learning.” And while he may not perform as much as he used to, music still has a hold on his leisure time. A tower of CDs are piled on the windowsill near his desk. He listens to all types of music – jazz, classical, Big Band, etc.

This summer for about an hour after dinner, Carl would go out to his car and read the newspaper. His late model car has quite a sound system, so he would open up all the doors and turn up the music. As he finished the paper, he turned off the music and found he had a small audience that clapped at the end of the makeshift musical performance. “I didn’t realize I was giving everyone a free concert. They all liked the music and at least half a dozen would come out and listen every night.”

He believes music is an important tool for those whose minds are not as strong as they once were. “Music has two components,” he says. “One is memory, recalling memories of happier times. And the other is that it is a calming device. You’re concentrating on being quiet and listening. The brain is active.” His impromptu concerts have stopped since the temperatures have dipped. Not wanting to disappoint his other music-loving neighbors, Carl promises it’s only temporary. “If I’m healthy enough, I’ll be out when the weather is warmer.” ©



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ADDRESS CORRECTION REQUESTED

A message of...



#### Recent Memorial Tributes...

Atkins, Jim  
Bader, Martin  
Baldoni, Marie Ann  
Bayo, Sofia  
Boyles, Shirley  
Brown, John Clinton  
Burkholder, Jane  
Caseville, Thelma Beadle  
Catalfo, Francis  
Conlin, Jean  
Del Monaco, Georgien

Ellison, Ann Shelby  
Ezmerlian, Levy  
Giddens, Donna  
Henson, Jane  
Hopkins, Patricia  
Irvin, John Sr.  
Jameson, Virginia  
Joyce, Edith  
Kelly, Frances  
Kirby, Helen M  
Krudwig, George

Lessard, George  
Masud, George  
Moore, Clarice  
Moschetti, Mary  
Sasson, Albert  
Sipes-Cook, Sylvia  
Sutor, Joy Jennings  
Webster, Hampton  
Wooley, Lamoyne  
Workman, John  
...and many anonymous.

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**Dementia Society of America is an all-volunteer nonprofit organization dedicated to  
Dementia Awareness throughout the United States.**

[www.DementiaSociety.org](http://www.DementiaSociety.org)