

# AlzHope:

## A Multi-volume eBook Confidence Builder for Alzheimer's Worriers

by Robert Oliphant\*

My name is Bob and I'm an Alzheimer's worrier who has discovered the Higher Power of Reality-Language Orientation. The Harris Poll tells us that over 50% of Americans now worry about Alzheimer's: especially symptoms like going blank on proper names and words, along with the loss of concentration (e.g., "what were we just talking about").

As recently as five years ago many gerontologists claimed these symptoms were caused by abnormalities in the brain that could be cured or alleviated by powerful drugs. Unfortunately, as demonstrated some years back by researchers in our Veterans Administration (VA) hospitals (autopsying WWI veterans), the correlation between those abnormalities and Alzheimer's is low: only 60%.

Consequently the VA developed a "Reality Orientation" approach for attacking the symptoms themselves, as represented by the following exchange by Mrs. Cimino (played by Bette Davis) and the Director of a private convalescent hospital using the RO program (played by Penny Fuller) in the film "A Piano for Mrs. Cimino."

MRS. C.: "This is a lovely hotel you have here. . . ."

DIRECTOR: "This is NOT a hotel, Mrs. Cimino, it's a hospital! A hospital! And you're here to get better!"

As indicated, the VA approach attacked Alzheimer's as a language problem calling for language accuracy, e.g., What day is it? Who's President? What's the next holiday? etc. More ambitiously it urged patients to read their daily newspaper all the way through, and do the daily crossword puzzle EVERY DAY. Hence the current term "Reality-Language Orientation" (RLO).

As an Alzheimer's worrier, I find the RLO newspaper-crossword prescription very time demanding, even though I've yet to find a gerontologist who disputes its efficacy and the evidence supporting it. Call me a will power wimp if you will, I believe most Alzheimer's worriers, especially those under 70, need confidence-building opportunities to get them started, especially those which link up our new international language: Standard Worldwide American Pronunciation English.

By way of making those opportunities available, I've asked the Nonpartisan Education Review make five of my recent eBooks available for downloading free of charge. As indicated by the list of titles below, these vary in content and perspective. But their unifying assumption, like that of RLO, is that an honest hour or so each day (far less than the 30 hours per week needed for our newspaper-crossword alternative) will produce measurably satisfactory anti-Alzheimer's progress.

I also hope my fellow Alzheimer's worriers will encourage their friends and families to familiarize themselves with Alzheimer's dementia and its treatment alternatives BEFORE a family disaster strikes and crucial decisions are made in thoughtless haste. Is there any of us over sixty who hasn't encountered a number of nightmarish scenarios in the last few years?

Statistically the USA as a whole is already in the middle of an Alzheimer's epidemic as indicated by World Health Organization figures. Despite our relatively small size (600m), our 5.2 million Alzheimer's cases comprise over one seventh of the world's total (35 million). Granted that Reality-Language Orientation is not a panacea, it invites serious attention by Alzheimer's worriers and their families — especially in a climate where expensive pharmaceutical remedies no longer command public confidence.

NOW AVAILABLE:

**AlzHope:  
Five Anti-Alzheimer's eBooks for Take-Action Worriers**

Each of the following five eBooks can now be downloaded without charge by visiting the Nonpartisan Education Review web site, or by clicking on the links below.

[Shakespeare in the Head for Health®:](#)

A Reality Orientation Option for Alzheimer's Worriers

[BigVocab®:](#)

A Dictionary-Based Guide to Metrologically Authoritative Vocabulary Testing and Learning

[RecitationWhiz®:](#)

A Structural System for Learning Poems by Heart

[SpeakSharp®:](#)

How To Be an Effective User of Standard Worldwide American Pronunciation English

[WordEdge®:](#)

How Dictionary Based Electronic Learning Can Increase Our Career Mobility

The series as a whole addresses the three most visible and frightening symptoms of early on Alzheimer's dementia, namely, going blank on proper names, words, and concentration challenges ("What were we just talking about?").

\*The author, Robert Oliphant (PhD Stanford, 1962) drew upon his Reality Orientation research at the VA Hospital in Sepulveda, California, for his best known anti-Alzheimer's book, [\*A Piano for Mrs. Cimino\*](#). The [film version](#), which is still being shown worldwide, won an award from the American Cinema Editors; Bette Davis was awarded the Golden Nymph prize at Monte Carlo for her portrayal of Esther McDonald Cimino.