



"Green Fishing Boat," oil on panel, by Jo-Ann Osnoe



"Moon Gator," digital painting by Robert Burger

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A small sculpture by James Mario, "Mirror Miro," is like the really good movie you always wished would be made from one of your favorite works of great literature — familiar subject matter made approachable.

Mario plays with surreal forms the late Spanish artist Joan Miro employed and devises one of many attractions in the New Hope Arts Center's annual juried members' exhibition.

The sculptor clearly enjoys the sinuosity of those earlier works, and here offers a witty pocket version of great themes, interpreted in gleaming mahogany.



"Moondrops," oil on board, by Pamela Parsons

Jo-Ann Osnoe's dockscape, "Green Fishing Boat," with its painterly, serene surfaces and the merest suggestion of moving water, and Derek Bernstein's "Two Chairs."

The latter gets my personal-impression award for its true deconstruction of forms that only makes those forms more emphatic; a subdued palette and tightly focused horizontal composition contrive a mood not easily shaken.

A similar state of mind drew my eye to a nearly monochromatic oil, "The Van Wyck Expressway," more realistic in execution though painted entirely in shades of quiet blue.

Elsewhere, I awarded points to Pamela Parsons, painter of the abstract "Moondrops," for its dripped composition and precise use of color. Another painter of abstracts, Rose Marie Strippoli, offers "From the Earth," which captures a sense of billowing motion in uncharacteristically restrained colors.

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"Mirror Miro," mahogany, by James Mario

Rich pickings among work by regional artists please a juror from New York.

Big Apple polish

Trying to make sense of dementia

Dementia. When it comes to thinking about getting older, this word is unsettling.

Dementia is a group of diseases, the most common being Alzheimer's. Dementia causes loss of memory and other aspects of cognition like decision making and calculation. Thinking about losing these functions is unsettling or distressing. To top it off, accurate information about dementia is sometimes hard to find.

Let me try to shift those unsettling feelings into better knowledge and greater understanding. Feeling upset makes it hard to figure out what is real, what is not and what you can do. There is something you can do about dementia.

My friend Dana — a geriatric social worker — and I — as a geriatric nurse — were talking about how distressing the worry

of dementia can be. We hear it in our work, from our friends, almost everywhere we go. Dementia seems to be the concern about growing older on everyone's mind.

It was cancer — "The Big C" — that used to have us all frightened. Now, the Big C is being overtaken by the Big D — dementia. We used to whisper about who had the Big C and how upsetting that was but now we hear that same concern expressed about dementia.

Information and limited knowledge can cause problems when talking about cancer.

We understand progress in cancer care is very real. And real improvements in treatment and care mean many of those who have cancer actually are living with it. As we understand the reality of living with cancer, the Big C myth is shattered.

Is the same thing that used



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to happen with cancer is happening in dementia? Our popular conversation across America about dementia seems sidetracked by myth and misinformation. Important new information about dementia often is downplayed as outdated ideas pop up. Dementia as "The Silent Epidemic" is one of these ideas.

Myth: Dementia will only

become a larger and larger problem.

Framing dementia as an epidemic is not quite truthful. The definition of epidemic implied here is an occurrence of a disease that is excessively common. An article in the *Annals of Internal Medicine* from 1982 called out concern for our "graying America" and rapidly escalating numbers of people affected by dementia. This article declared dementia "The Silent Epidemic," an epithet that stuck.

But the epidemic prevalence of dementia is overplayed. In 2013, three physicians published an important perspective in the *New England Journal of Medicine*. "New Insights into the Dementia Epidemic" (<http://www.nejm.org/doi/full/10.1056/NEJMp1311405>) reminds us as our society ages (more older people as a proportion

of the population) and our life expectancy increases (the average length of an American's life), then the absolute number of people diagnosed with dementia will indeed grow. That makes sense, right? But here's the kicker. Actual rates of dementia are falling.

Decreasing rates of dementia means we are falling far short of projections for "The Silent Epidemic." Falling rates within a larger population of older people does mean more families live with dementia today. But it does not mean the average individual's risk for the disease is climbing.

Some argue a bit over how much confidence we should have in reports of declining rates of dementia. We still don't completely understand cellular mechanisms of dementia, which can

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