

# TROPICAL LIFE E

Miami Herald TUESDAY, DECEMBER 30, 2014 | EDITOR: JOAN CHRISOS jchrisos@miamiherald.com 305-376-2635

H1

## Life-changing *canvas*

BY BRITTANY CHANDANI  
Special to the Miami Herald

When Harvard graduate Liz Powers received a grant for social work, she decided to help homeless or disabled artists by sharing their artwork with the Boston community.

When Powers realized there wasn't a professional marketplace to sell their works, she organized an annual art show. Customers, however, wanted more than a yearly show, leading Powers and her brother, Spencer, to develop ArtLifting.com, an online marketplace devoted to selling artworks created by homeless or disabled artists.

ArtLifting, a project incubated at the Harvard Innovation Lab, selects artists from non-profits and homeless shelters across the country; it curates their art to highlight the top

pieces from each artist.

"They teach people that anything can be accomplished with a combination of hard work and surrounding yourself with a caring, supportive community," Liz said.

"I am very excited to help the artists achieve their dreams," added her brother. "When we tell an artist that someone bought their print, especially someone from outside their town, it's a world-changing experience. It gives customers the power to change lives."

Upon finding an Instagram tag #ArtTherapy, Spencer contacted David McCauley of Rise Up Gallery in Wynwood, who simultaneously contacted Spencer upon seeing his Instagram page for ArtLifting. The serendipitous moment made the perfect partnership.

McCauley found it hard to manage the business aspects of the gal-

**A Wynwood gallery, partnering with a website that markets work created by the disabled, is transforming the lives of the artists.**

lery while creating his own works and leading art therapy workshops. ArtLifting, meanwhile, wanted to expand and help more artists. The partnership allowed McCauley to focus on his artwork and teaching while ArtLifting's expansion into Miami showed the Powers that their dream of a global community can become a reality. They've recently launched a Kickstarter campaign to expand.

McCauley, an artist who broke his C6 vertebrae in a diving accident, moved from New Jersey to Miami to establish Rise Up Gallery, a branch of the nonprofit foundation he created in New Jersey after his accident. The pop-up gallery exhibits quarterly at various locations. McCauley also conducts free art therapy workshops at Jackson Rehabilitation Hospital the first Friday of the month; the art is then featured in the hospital. McCauley feels that the workshops bring "lots of smiles" and a "positive healing environment" for those who have re-

• TURN TO ARTLIFTING, 2E

**HELPING OTHERS:** Rise Up Gallery founder David McCauley, an artist in his own right, also provides art therapy workshops.



CAITLIN GRANFIELD

**DEFYING GRAVITY:** Ganapati Rios of Miami Beach, relaxes in a 'Harrison Hammock' at SMB Fitness in Sunny Isles during an exercise demonstration.

WORKING OUT

## Fitness studio offers classes for cancer survivors

BY CAITLIN GRANFIELD  
Special to the Miami Herald

Inside a women's fitness studio in Sunny Isles Beach, fitness instructors bend and swing on red bands that hang from the ceiling. What looks like a rehearsal for Cirque du Soleil is actually an "anti-gravity yoga" classroom inside SMB Fitness, where members entrust their bodies to the silky arms of Harrison — "Harrison Hammocks," that is.

Suspended like acrobats, the women hang upside down only a few feet off the floor, building abdominal strength while elongating their necks and backs. The studio aims to help women transform their souls, minds and bodies, hence the SMB acronym, through a variety of fitness classes. Among the highlights: prenatal workouts, "after-baby slimdown" and a free class for cancer survivors.

• TURN TO FITNESS, 6E

## Ana's Column

Ana Veciana-Suarez's column will resume next Tuesday in Tropical Life



MARSHA HALPER/MIAMI HERALD STAFF

## HEALTHCARE

### Caregiving for an early-onset patient

BY CRYSTAL CHEW  
South Florida News Service

On Roger Roessler's first date with Rosie, his hand shook when he picked up the phone.

"You should probably watch that," she joked. "It could be Parkinson's."

Five years later — after marriage, three kids and an accident that severed three of his fingers — Roessler does indeed have Parkinson's disease, a neurological disorder that typically targets those 60 and older.

Roessler was 40.

Today, Rosie, 31, who works as a property manager, assists her husband, who can still drive and helps take care of their three children. But everyday tasks can take

time to complete.

"I can fold a normal load of laundry in 10 minutes. It takes Roger 45," said Rosie.

Rosie is one of a growing number of caretakers who are caring for people who have early onset progressive conditions like Parkinson's and Alzheimer's. They're often balancing raising children and maintaining a job with caretaking, and can be caretakers for many years due to the patient's relatively young age when they contracted the disease.

"For the younger people, it's more complicated," said Tony Friguls, co-founder and president of Baba's Bunch, a nonprofit organization that provides assistance to those afflicted with Alz-

heimer's. "We can think of our 50s as our prime years. This is when probably you're still taking care of your children, you're at your prime professionally. This is where you get close to start thinking of retirement."

Caretakers, however, are more focused on getting through the day.

Rosie has to cut up Roger's food and was surprised when one day, four months ago, it took more than an hour to get him out of the shower and dressed.

"That was a lot of tears and feelings," she said. "Some things you can't see because it's a gradual progression, and others are like, 'Wake up, this is what is really happening to you.'"



MATIAS J. OCHNER/SOUTH FLORIDA NEWS SERVICE

**BALANCING ACT:** Rosie Roessler takes care of her husband, Roger, who has Parkinson's Disease, and their three children.

when his symptoms act up, Rosie steps in.

To help her cope, Rosie started a support group on Facebook, posting her experiences and gain-

• TURN TO CAREGIVERS, 2E

# NEW YEAR! NEW YOU!



**I LOST 48 LBS! \*\***

"I ate in restaurants with my family and was never hungry on this program. My cholesterol dropped 97 points!"  
Lauren Kotch, Boynton



Programs cost LESS than Weight Watchers!

**FREE CONSULTATION!**  
**1-866-513-0679**

OPEN EVENINGS  
TIL 7 PM!!

• Free Consultation • Private Counseling • Doctor Recommended  
★ Over 4500 Doctor Referrals • No Hunger • No Shots • Eat Real Food  
• Results Guaranteed in Writing • Programs for Men, Women, and Children

**Online Appointments: www.quickweightloss.net**

\*Based on a complete program. Offers cannot be combined. \*\*Weight Loss Varies With Individuals.

LAST CHANCE

**\$7  
A WEEK\***

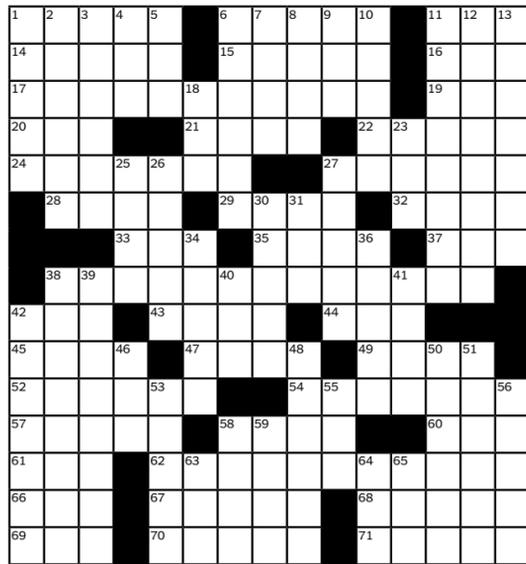
\*Plus the cost of supplements  
Offer expires 01/03/2015

# The New York Times Crossword

Edited by Will Shortz No. 1125

- ACROSS**
- 1 Sights in marinas
  - 6 Conventioneer's ID
  - 11 Emergency signal
  - 14 Computer screen array
  - 15 Bottled water with three mountain peaks in its logo
  - 16 Granite State sch.
  - 17 Position of 62-Across
  - 19 "Masters of Sex" channel, in TV listings
  - 20 \_\_\_ loss
  - 21 Castle defense
  - 22 Savory gelatin-based dish
  - 24 & 27 Record-setting achievement of 62-Across
  - 28 "Am I my brother's keeper?" speaker
  - 29 Morton product
  - 32 Prefix with bellum
  - 33 In good physical shape
  - 35 Avoid work
  - 37 California's Big \_\_\_
  - 38 Duration of 62-Across's 24-/27-Across
  - 42 Necessity for a doctor or taxi driver: Abbr.
  - 43 Bridge
  - 44 Before, to the Bard
  - 45 Med. school course
  - 47 Ovine mothers
  - 49 Figure (out)
  - 52 & 54 Moniker of 62-Across
  - 57 \_\_\_ Brown, host of "Iron Chef America"
  - 58 Pink-slip
  - 60 Texter's "Here's what I think"
  - 61 Take the gold
  - 62 American athlete born 11/25/1914
  - 66 \_\_\_ dye

- DOWN**
- 1 Bible book after Jonah
  - 2 \_\_\_ acid
  - 3 Hyundai model with a musical name
  - 4 Explosive stuff
  - 5 Seattle-to-Phoenix dir.
  - 6 Enshrouds in a mist
  - 7 Sports shoe brand
  - 8 Insects and seeds, for many birds
  - 9 Guy's partner
  - 10 Have as a terminus
  - 11 Mood suffusing "Psycho"
  - 12 Temporarily not airing, as a TV show
  - 13 The shower scene in "Psycho," e.g.
  - 18 D.D.E.'s running mate
  - 23 Paris : Mme. :: Madrid : \_\_\_
  - 25 Petty quarrel
  - 26 D.D.E. or J.F.K.
  - 27 The boards, to an actor
  - 30 Dress style introduced by Dior
  - 31 Bagel go-with



PUZZLE BY JEFFREY WECHSLER

- 34 Melville's first book
- 36 Language of Iran
- 38 Complete, as arrangements
- 39 "Sorry, ask me later"
- 40 Glimpsed
- 41 Pick-\_\_\_ (refreshing drink)
- 42 Purchasing plan
- 46 Ruling from a boxing ref
- 48 Lines to be memorized
- 50 Faucet
- 51 Jew or Arab
- 53 Relish
- 55 Early moon lander, for short
- 56 Sleep in a vertical position?
- 58 Greek salad component
- 59 Vows made "for better or worse"
- 63 Single
- 64 Sleeve
- 65 Melted chocolate, e.g.

**ANSWER TO PREVIOUS PUZZLE**



- 12 Temporarily not airing, as a TV show
- 13 The shower scene in "Psycho," e.g.
- 18 D.D.E.'s running mate
- 23 Paris : Mme. :: Madrid : \_\_\_
- 25 Petty quarrel
- 26 D.D.E. or J.F.K.
- 27 The boards, to an actor
- 30 Dress style introduced by Dior
- 31 Bagel go-with

Annual subscriptions are available for the best of Sunday crosswords from the last 50 years: 1-888-7-ACROSS. AT&T users: Text NYTX to 386 to download puzzles, or visit nytimes.com/mobileword for more information. Online subscriptions: Today's puzzle and more than 2,000 past puzzles, nytimes.com/crosswords (\$39.95 a year). Share tips: nytimes.com/wordplay. Crosswords for young solvers: nytimes.com/learning/xwords.

**THERAPY**

## Transforming the lives of disabled artists

• ARTLIFTING, FROM 1E

cently faced a life-changing ordeal.

"Able-bodied volunteers come into workshops and I feel them taking away a great deal as a result of participating," McCauley said. "Being involved and seeing the smile that it brings to faces, or seeing folks from different walks of life working together on common goals is quite a beautiful thing."

ArtLifting now features three Florida artists on its website: David McCauley, Laurie Kammer and Elizabeth D'Angelo. D'Angelo was a professional artist and teacher before becoming severely ill four years ago, leaving her paralyzed.

About her painting, she says on the website: "I disappear into it. It frees me to simply be."

### If you go

**David McCauley** teaches free art therapy classes from 2 to 4 p.m. on the first Friday of the month at Jackson Rehabilitation Hospital, 1611 NW 12th Ave. He brings all the supplies. For information, contact 305-585-6738. **ArtLifting.com** is the website where art is sold



MARSHA HALPER/MIAMI HERALD STAFF

**ARTISTS AT WORK:** David McCauley, collaborates with artist Marta Torres, left, who uses her feet to point a stream of paint onto a canvas during an art therapy workshop at Jackson Rehabilitation Hospital in Miami.

Kammer, an artist with T-10 spinal cord injuries, established a new path of stability through painting. In McCauley's art therapy workshop, Kammer teamed with a paralyzed man who could only use his mouth to hold a paintbrush. He

would paint one stroke and then she would paint one on the same canvas: They had an "art conversation," she said.

Because of ArtLifting, Kammer has derived an extra income and perhaps more importantly, confi-

dence to continue in her art-work and in her life.

"I felt like when I stopped creating in my life, my life actually stopped too," Kammer said. "When people have nothing left, sometimes art is what lifts them out of the dark."

**DEAR ABBY**

## Bilingual kids will gain broader mental development



ABBY

**Dear Abby:** "Left Out in Florida" (Sept. 2) feels it is inconsiderate of her daughter-in-law to speak only her native language (not English) with her children in front of their grandparents. You advised that the mother should speak English in this

situation.

My son attends a bilingual immersion school, and I have experience with this issue. I have attended lectures about raising bilingual children.

It is extremely difficult to pass on a language other than English to kids living in America. As the children grow, they will be increasingly drawn to English. The most successful families are

those who do exactly what the mom in the letter is doing. This is the recommendation of experts.

What should also be happening is translation for others when necessary. Ideally, there is a level of support from family and friends who understand what a worthwhile, yet difficult, task this is.

Bilingualism is an incredible gift to give a child. It goes beyond just learning another

language. It broadens mental development, thought patterns and world perspective. It must be done during childhood while the brain is still pliable, and continue until adulthood or the language will be lost.

These parents obviously understand the value of what they are doing. I hope the grandparents will support it.

— Bilingual Mom

Thank you for lending your insight.



MATIAS J. OCNER/SOUTH FLORIDA NEWS SERVICE

**BY THE BOOK:** Roger and Rosie Roesler with their children, Jensen, 14, Hunter, 8, Cameron, 6.

**HEALTHCARE**

## Caregiving for an early-onset patient

• CAREGIVERS, FROM 1E

ing insight from others. She also works closely with the Miami-based National Parkinson Foundation to spread awareness to young caretakers.

But not all caregivers are young.

Joseph Pinkston, 82, of Miami Lakes, is the main caregiver for his son, Joseph Pinkston Jr., 55, who was diagnosed with dementia in 2008. When Pinkston Jr. was diagnosed, he lost his ability to do the job he held for 12 years as a deputy clerk for the U.S. District Court. Today, he can't say a word and has even wandered away, ending up at Palmetto General Hospital one night.

"He's helpless," said the father, who takes his son to an adult day-care center during the week so he can run errands, go to doctor

appointments and pick up Pinkston Jr.'s three children from school, who are 14, 12 and 10.

"You can't relax for even one minute. He's got the mentality of a 2-year-old," he said.

Dr. Ranjan Duara, medical director at Mount Sinai Wien Center for Alzheimer's Disease and Memory Disorders, believes the most important factor for helping young onset patients and their caretakers is to recognize and acknowledge the stigma associated with the disease.

"A lot of people just sort of accept the stigma and try to hide," Duara said. "That isn't a healthy approach to the problem at all."

Duara recommends dealing with the depression that is often common among younger patients.

"It needs to be recognized and treated with medications and psychological support, sometimes as a combination," said Duara, who advises planning for the future, legally and financially.

One of the most important factors is finding a strong support system.

Consider Ivon Bertan, 53, who has been a caregiver for 20 years to her husband Abe, 53, who has Parkinson's. As his Parkinson's progressed, Ivon had to cut back on her job as a real estate agent.

"I had to become much better with time management," she said.

For the past eight years, the couple has gone to support groups at Baptist Medical Arts Building in Kendall, where they can talk about their experiences, fears and hopes.

"We've found that is a successful formula for us and the people in the group," said Abe.

Doctors and others who specialize in these conditions say support groups are key to managing the condition and the emotional toll it takes on the patient, the caregiver and the extended family.

"The devastating effects on the family are often overlooked. It's important for the caregiver to have social support," said Dr. Brad Herskowitz, a neurologist at the Baptist Health Neuroscience Center. "It can be physically and emotionally exhausting, especially as the disease progresses."

### Resources

For more information on the National Parkinson Foundation, visit parkinson.org.

For more information on Baba's Bunch, visit babasbunch.org.

#### Support Group Meetings

**What:** Baptist Health — Parkinson's Disease Support Group

**Where:** Baptist Medical Arts Building, Health Resource Center, 8950 N. Kendall Dr., Suite 105, Kendall.

**When:** English-speaking groups meet 7-8 p.m. on the second Friday of the month; Spanish-speaking groups meet noon-2 p.m. on the third Saturday of the month.

**Info:** Call 786-596-2800 or visit baptisthealth.net.

**What:** Mount Sinai Wien Center Support Groups (English) for Alzheimer's Disease and Other Memory Disorders

**Where:** Mount Sinai Medical Center — Wien Center for Alzheimer's, 4300 Alton Rd., Miami Beach.

**When:** 12:30-2 p.m. on fourth Wednesday of the month.

**Info:** For Spanish-speaking groups or groups that meet in Aventura or Coral Gables, call 305-674-2121 or visit msmc.com.

**CAROLYN HAX**

## Stifling feelings took years to overcome

While I'm away, readers give the advice.

**On minimizing feelings:** There is no way minimizing a loved one's issues could possibly comfort



HAX

them. It might shut them up so the minimizer won't have to risk effort or embarrassment by being supportive, but the damage it does in the process is incalculable. Minimizing is belittling and it's an insidious form of verbal abuse. It runs in families. It ran in mine.

My mother was clearly a victim of this process and she did her level best to

pass it down to me. I was not permitted to be too cold, too hot, feel pain, be dissatisfied, mourn the death of a pet, or express anything negative by any sort of physical manifestation. My feelings shifted between guilt at breathing other people's air and intense anger. Mom was bound and determined I should be HAPPY, and she stayed home with me instead of getting a job in order to make sure of it.

After I left home and married a man who was good enough to cut me some slack, I finally became a person. I will never forget how horrified my mother was when I hugged my daughter after she skinned her knee.

— Anonymous

**On awful partners and great ones:** My best friend is married to a guy I don't care for all that much. I think I knew my now-husband was for keeps when I discovered that whenever we spent time with Bestie and Husband, my guy both made Husband somehow less awful, and was happy to engage with Husband so I could engage with Bestie.

I try to return the favor whenever we see one of his good friends and that friend's irritating wife.

— Anonymous  
— Free and Transparent

Email Carolyn at tellme@washpost.com, follow her on Facebook at facebook.com/carolyn.hax.