

Alzheimer's sufferers should not travel alone



abigail van buren

• dear abby

DEAR ABBY: I work for a major airline and saw something today that was very disturbing but more common than you might think. A relative of an 87-year-old lady with Alzheimer's disease put her on a plane with a card pinned to her clothes with her name and information written on it. It was not a non-stop flight, and we were asked to make sure she didn't get off the

plane before her final destination. The traveler obviously had no idea where she was going or what to do. Abby, as you know, things can happen when people fly. Weather and mechanical problems can leave passengers stranded away from home or their destination. Can you imagine how that would affect an already scared and confused lady? Airline personnel are not baby

sitters. People with this mental capacity should be escorted when traveling. Between elderly travelers and inexperienced travelers, we have a lot to deal with during peak seasons. — CONCERNED AIRLINE EMPLOYEE, AMARILLO, TEXAS
DEAR CONCERNED: I can see why you're concerned. All it would take for tragedy to strike is a flight attendant who is momentarily distracted and a traveler with diminished capacity who follows people off the plane and blends into the crowd in the terminal. The Alzheimer's Association urges families to always have a

caregiver accompany someone with Alzheimer's while traveling. It also offers helpful travel tips for the caregiver. Read on:
(1) Get plenty of rest before the trip.
(2) Dress the patient in clothes that are easy to put on and remove (skirts with elastic bands for women; sweatpants for men).
(3) Have the patient wear an ID bracelet at all times. Information on it should include: name, address and phone number. In addition, inside the patient's purse or pocket, place a card with the name of the hotel or person you'll be visiting.
(4) Be sure to carry pertinent

medications, medical records and insurance cards with you. (Also the tickets and money.)
(5) Check all luggage at the curb through to the final destination.
(6) Realize that change may create confusion and disorientation. Be realistic. Know going in that strange people, accommodations, time changes and busy terminals are all known to precipitate panic in AD patients.
(7) Keep the patient's diet and dining times simple and consistent.
(8) Do not travel at peak hours and seasons if at all possible.
(9) Carry a small sign that reads, "Please be patient. My () has

memory loss/Alzheimer's disease" to alert others of your special situation.
(10) If the AD patient is of the opposite sex and in a public restroom, ask someone to look in on him or her if it seems like it's taking a long time. Or place an "Occupied" sign on the door.
(11) Be patient. Reassuring the traveler with memory loss may mean reminding him or her repeatedly of where he or she is going.
Readers, for more valuable tips and suggestions, call the Alzheimer's Association toll-free at (800) 272-3900. Someone will be there to help you 24/7.

TUESDAY EVENING		Eagle Cable S-S&T Telephone JAN. 13, 2004									
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	Biography "David Koresch: Preacher of Fire"	Cold Case Files Investigators use clay modeling to identify a corpse.	Third Watch	Biography "David Koresch: Preacher of Fire"					
4	6	ABC	8 Simple Rules (N)	I'm With Her (N)	According to Jim (N)	Less Than Perfect (N)	Line of Fire "I'm Your Boogie Man" (N)	News (N)	(:35) Nightline (N)	(:06) Jimmy Kimmel Live Jaime Pressly (N)	
26	48	ANPL	"The Clinic" (2004) Jonathan Scarfe. A veterinary intern wonders if he is cut out for the work.	Animal Cops: Detroit "Territorial Dispute" (N)	"The Clinic" (2004) Jonathan Scarfe. A veterinary intern wonders if he is cut out for the work.	West Wing "20 Hours in America" (N)	Queer Eye for the Straight Guy (N)	News (N)	(:35) Late Show with David Letterman (N)	(:37) Late Show with David Letterman (N)	
63	54	BRAVO	Celebrity Poker Showdown "Winners' Round" The first five games' winners compete. (N)	Queer Eye for the Straight Guy (N)	West Wing "20 Hours in America" (N)	Queer Eye for the Straight Guy (N)					
11		CBS	Navy NCIS "Eye Spy" (N)	Guardian "Beautiful Blue Mystic" (N)	Judging Amy "Dancing in the Dark" (N)	News (N)	(:35) Late Show with David Letterman (N)	(:37) Late Show with David Letterman (N)			
24	50	DISC	Mountain Lion: An American Hunter (N)	Narrow Escapes "Hanging by a Thread" (N)	Justice Files "Killer on the Loose" (N)	New Detectives: Forensic Science (N)	Covert Action "Iron" (N)				
33	44	DISN	Kim Possible "Proud Family" (N)	Sister, Sister "Even Stevens" (N)	Sister, Sister "Lizzie McGuire" (N)	★ "Leave It to Beaver" (1997, Comedy) Christopher McDonald, Janine Turner. PG (N)					
49	81	EITV	101 SNL Moments	101 SNL Moments	101 SNL Moments	Howard S. Howard S. Saturday Night Live (N)					
22	56	ESPN	College Basketball	College Basketball Kentucky at Mississippi State.	SportsCenter (Live) (N)	Outside Gamemight					
54	57	ESPN2	College Basketball Wake Forest at Texas. (N)	NBA Fast Break Tuesday (Live) (N)	Season Fastbreak NFL Films						
32	46	FAM	★ ★ "Housesitter" (1992) Steve Martin.	Who? Who? 700 Club (N)	Funnest Home Videos						
35	31	FMC	(:01) ★ ★ ★ "Romancing the Stone" (1984)	(:01) ★ ★ ★ "The Star Chamber" (1983, Drama)	"The Seven Year Itch"						
53	68	FOOD	Emeril Live "Country Cooking"	Roker on the Road	Foodnation	Food Finds Amer. Festivals	Unwrapped Good Eats (N)	Emeril Live "Country Cooking"			
13	7	FOX	Simple Life (N) (N)	24 "Day 3: 10:00PM - 11:00PM" (N) (N)	Fox Report With Shepard Smith (N)	Cagney & Lacey "Family Connections" (N)	Kojak "Justice Deferred" (N)				
40	38	FX	Buffy Vampire	Married... Married...	Cops (N)	★ ★ "Broken Arrow" (1996) John Travolta, Christian Slater.					
30	55	FXSP	Football	Avalanche NHL Hockey Mighty Ducks of Anaheim at Colorado Avalanche.	Rocky Mt. Rocky Mt. Rocky Mt.						
5	14	HBO	(5:30) ★ ★ "The First Wives Club" (1996) PG	(:15) ★ ★ "Mr. Wrong" (1996, Comedy) Ellen DeGeneres, Bill Pullman. PG-13 (N)	Ellen DeGeneres: Here and Now (N)	★ "Just Married" (2003) Ashton Kutcher.					
62	67	HGTV	Outer Sensible	Decorating Design Designers' Designers' Home Design	Home Design Outer Sensible						
58	52	HIST	Deep Sea Detectives (N)	Tactical to Practical (N)	Modern Marvels "Non-Lethal Weapons" (N)	History's Crimes & Trials (N)	Deep Sea Detectives (N)				
59	-	HLTH	Bodies In Shape	Workout Fitness	Peak Performance (N)	Bodies In Shape Workout Fitness					
25	35	IND	★ ★ "Nothing to Lose" (1997, Comedy) (PA) Martin Lawrence, Tim Robbins. (N)	(:10) ★ ★ "Tango & Cash" (1989, Drama) (PA) Sylvester Stallone, Kurt Russell.	(:10) ★ ★ "Nothing to Lose" (1997) (PA)						
18	63	LIFE	Nanny (N)	Nanny (N)	★ ★ "When He Didn't Come Home" (1998) (N)	Golden Golden Nanny (N) Nanny (N)					
23	77	MTV	TRL (TV) (N)	Talldaters Video	Direct Effect (N)	Wake Up MTV Spec Real World (N)					
3	9	NBC	News (N)	Ent. Tonight	Tracy Morgan Show Whoopi "Airplane!" (N)	Frasier (N) (N)	(:31) Happy Family (N)	News (N)	(:35) Tonight Show		
8	8	NBC	Tracy Morgan Show Whoopi "Airplane!" (N)	Frasier (N) (N)	(:31) Happy Family (N)	(7:59) Law & Order: Special Victims Unit (N)	News (N)	(:35) Tonight Show (N)	(:37) Late Night (N)		
34	43	NICK	Oddparents Sabrina	Full House Full House	Cosby Cosby	Roseanne 3's Co. Cosby					
2	2	PBS	Nova "Submarines, Secrets and Spies" (N)	American Experience "Reconstruction: The Second Civil War" (N)	Baxter Black	As Time Goes By That's My Boy	Charlie Rose (N) (N)				
38	83	SCIFI	Beyond Belief	★ ★ "Retrospective" (1997) James Belushi. (N)	"Nostradamus" (2000) Rob Estes. (N)						
61	41	SPK	Real TV (N) Real TV (N)	Cheers (N) Cheers (N)	Star Trek: Next Gener. Star Trek: Next Gener.	Oblivious Oblivious					
39	51	TLC	While You Were Out (N)	Clean Sweep "Barbie's Fantasy Clutter House"	Medical Detectives Medical Detectives	Mega Machines (N)	Rides "Fast Forward Fast Back" (N)				
28	37	TNT	Law & Order (DVS)	Law & Order (DVS)	Charmed (N)	Angel "Release" (N)	X-Files (N)				
51	86	TRAV	Vegas Eats (N)	Made Made	Kings of the Road (N)	Vegas Eats	Made Made				
21	82	TVLND	All-Family All-Family	Sanford Bewitched	Griffith Leave	Family Ties Cheers (N)	Cheers (N) Sanford				
60	89	UNIV	Velo de Novia	Te Amaré en Silencio	Casos de la Vida Real	Impacto Noticiero	En las Mejores Familias				
20	34	USA	Law & Order	★ ★ "Final Destination" (2000) Devon Sawa.	Law & Order	JAG (N)					
12	3	WB	Friends (N)	Everybody-Raymond	★ ★ "Austin Powers: The Spy Who Shagged Me" (1999) Mike Myers, Heather Graham. (N)	News (N)	Friends (N) Will & Grace (N)				
99	36	WGN	★ ★ "Rambo: First Blood Part II" (1985) (N)	News (N)	Becker (N) Will-Grace	Osbourne Show					

WEDNESDAY EVENING		Eagle Cable S-S&T Telephone JAN. 14, 2004									
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	Biography "Lynda Carter" (N)	American Justice "Murder Online" (N)	City Confidential (N)	Third Watch "Honor" (N)	Biography "Lynda Carter" (N)				
4	6	ABC	My Wife and Kids	It's All Relative (N)	Bachelorette (Season Premiere) (N) (N)	Celebrity Mole Yucatan (N) (N)	News (N)	(:35) Nightline (N)	(:06) Jimmy Kimmel Live Gary Dourdan. (N)		
26	48	ANPL	King of the Jungle "Day 2"	Crocodile Hunter Diaries "Teamwork" (N)	Animal Cops: Detroit "Trapped in Trash" (N)	King of the Jungle "Day 2"	Crocodile Hunter Diaries "Teamwork" (N)				
63	54	BRAVO	★ ★ "The Vanishing" (1993, Suspense) Jeff Bridges, Kiefer Sutherland. (N)	West Wing "20 Hours in America" (N)	West Wing "College Kids" (N)	Inside the Actors Studio Tom Cruise. (N)					
7	11	CBS	CSI: Crime Scene Investigation "Butterfield" (N)	King of Queens (N)	Becker (N)	48 Hours Investigates (N)	News (N)	(:35) Late Show (N)	(:37) Late Show		
24	50	DISC	Jules' Most Dangerous: Amazon (N)	Silent Warriors: Terror at the CIA	FBI Files "Above the Law"	David and Goliath (N)	Covert Action "Rat" (N)				
33	44	DISN	Kim Possible "Proud Family" (N)	Sister, Sister "Even Stevens" (N)	Sister, Sister "Lizzie McGuire" (N)	★ ★ "Full-Court Miracle" (2003) Alex D. Linz. An NBA hopeful coaches a team of wireless students.					
49	81	EITV	101 SNL Moments	101 SNL Moments	101 SNL Moments	Howard S. Howard S. Saturday Night Live (N)					
22	56	ESPN	College Basketball	College Basketball North Carolina at Maryland.	SportsCenter (Live) (N)	Outside Gamemight					
54	57	ESPN2	NFL's Greatest Game	NBA Basketball Philadelphia 76ers at Dallas Mavericks.	Season Fastbreak NFL Live						
32	46	FAM	★ ★ "Dennis the Menace" (1993, Comedy)	Who? Who? 700 Club (N)	Funnest Home Videos						
35	31	FMC	(:01) ★ ★ ★ "Norma Rae" (1979) Sally Field.	(:01) Hour of Stars	(:01) ★ ★ ★ "Rawhide" (1951) Tyrone Power.						
53	68	FOOD	Emeril Live "Stews: Latin Style" (N)	Good Eats (N)	Oliver's Twist (N)	\$40-a-Day Ciao America (N)	Unwrapped Good Eats (N)	Emeril Live "Stews: Latin Style" (N)			
13	7	FOX	That '70s Show (N)	Simple Life (N)	The O.C. "The Links" (N)	Fox Report With Shepard Smith (N)	Cagney & Lacey "Post Partum" (N)	Kojak "Both Sides of the Law" (N)			
40	38	FX	Buffy Vampire	Married... Married...	Cops (N)	★ ★ "Predator" (1987) Carl Weathers					
30	55	FXSP	Football	Rocky Mt. See This Football	Nuggets NBA Basketball Denver Nuggets at Los Angeles Lakers. (Live)						
5	14	HBO	(5:15) ★ ★ "Showtime" (2002) PG-13 (N)	Pandemic-AIDS change ruffle the residents of a Florida island. PG-13 (N)	★ ★ "Sunshine State" (2002, Drama) Edie Falco. Winds of Change (N) PG-13 (N)	Sex and the City (N)	Curb Your Enthusiasm (N)				
62	67	HGTV	House Before Aft	Weekend Mission	Curb Curb	House Restore	House Before Aft				
58	52	HIST	Modern Marvels Technological breakdowns.	Modern Marvels Technological breakdowns.	Modern Marvels "Inviting Disaster" (N)	Big House "L.A. County Jail" (N)	Modern Marvels Technological breakdowns.				
59	-	HLTH	Bodies In Shape	Workout Fitness	Peak Performance (N)	Bodies In Shape Workout Fitness					
25	35	IND	Seinfeld (N)	Seinfeld (N)	Ripley's Believe It or Not! (N)	★ ★ "A Thin Line Between Love and Hate" (1996) Martin Lawrence, Lynn Whitfield. (N)	★ ★ "Stripes" (1981) Bill Murray. (N)				
18	63	LIFE	Nanny (N)	Nanny (N)	★ ★ "Out of Annie's Past" (1995) Premiere. (N)	Golden Golden Nanny (N) Nanny (N)					
23	77	MTV	TRL (TV) (N)	Talldaters Real World	Direct Effect (N)	Wake Up Video True Life (N)					
3	9	NBC	News (N)	Ent. Tonight	Apprentice "Sex, Lies and Altitude" (N)	West Wing "The Benign Prerogative" (N) (N)	(8:59) Law & Order "Payback" (N) (N)	News (N)	(:35) Tonight Show		
8	8	NBC	Apprentice "Sex, Lies and Altitude" (N)	West Wing "The Benign Prerogative" (N) (N)	(7:59) Law & Order "Payback" (N) (N)	News (N)	(:35) Tonight Show (N)	(:37) Late Night (N)			
34	43	NICK	Oddparents Drake	Full House Full House	Cosby Cosby	Roseanne Roseanne	Cosby Cosby				
2	2	PBS	Live From Lincoln Center "Joshua Bell and Orpheus at the Penhouse"	American Masters "Balanchine" (N) (N)	Two's Company	Charlie Rose (N) (N)					
38	83	SCIFI	(5:00) "The Arrival" (N)	★ ★ "The Second Arrival" (1998) (N)	★ ★ "Lifeform" (1996) Cotter Smith. (N)						
61	41	SPK	Real TV (N) Real TV (N)	Cheers (N) Cheers (N)	Star Trek: Next Gener. Star Trek: Next Gener.	★ ★ "Victory" (1981) House" (N)					
39	51	TLC	While You Were Out (N)	Clean Sweep A family room is a mess. (N)	Clean Sweep Organizing Kiddy clutter. (N)	For Better or for Worse Asian-themed wedding.	What Not to Wear Interior designer's exterior.				
28	37	TNT	Law & Order (DVS)	Law & Order (DVS)	Charmed (N)	Angel "Release" (N)	X-Files (N)				
51	86	TRAV	Las Vegas: Cheaters	World Poker Tour "WPT Championship" (N)	Las Vegas: Cheaters	World Poker Tour (N)					
21	82	TVLND	All-Family All-Family	Sanford Bewitched	Griffith Leave	Family Ties Cheers (N)	Cheers (N) Sanford				
60	89	UNIV	Velo de Novia	Te Amaré en Silencio	Casos de la Vida Real	Impacto Noticiero	En las Mejores Familias				
20	34	USA	Law & Order	★ ★ "Final Destination" (2000) Devon Sawa.	Law & Order	JAG (N)	Dead Zone (N)				
12	3	WB	Friends (N)	Everybody-Raymond	★ ★ "Austin Powers: International Man of Mystery" (1999) Mike Myers, Heather Graham. (N)	News (N)	Friends (N) Will & Grace (N)				
99	36	WGN	★ ★ "Rambo III" (1988) Sylvester Stallone. (N)	News (N)	Becker (N) Will-Grace	Osbourne Show					

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THURSDAY EVENING		Eagle Cable S-S&T Telephone JAN. 15, 2004									
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	Biography: Kurt Russell: Heavy Hitter	★ ★ "Unlawful Entry" (1992, Suspense) Kurt Russell, Ray Liotta. Premiere. (N)	Third Watch "A Rock and a Hard Place" (N)	Biography: Kurt Russell: Heavy Hitter					
4	6	ABC	Threat Matrix "PPX" (N)	Extreme Makeover (N)	Primetime Thursday (N)	News (N)	(:35) Nightline (N)	(:06) Jimmy Kimmel Live Amanda Bynes. (N)			
26	48	ANPL	Jeff Corwin Experience "Extreme Encounters"	Most Extreme: Gluttons	Animal Cops: Detroit "Embedded Chain" (N)	Jeff Corwin Experience "Extreme Encounters"	Most Extreme: Gluttons				
63	54	BRAVO	★ ★ "Mulholland Falls" (1996) Nick Nolte. A cop in postwar L.A. searches for his ex-lover's killer.	Queer Eye for the Straight Guy (N)	West Wing "The Red Mass" (N)	★ ★ "Mulholland Falls" (1996) Nick Nolte.					
7	11	CBS	Cold Case "Churchgoing People" (N)	CSI: Crime Scene Investigation (N) (DVS)	Without a Trace "Hawks and Handstands" (N)	News (N)	(:35) Late Show (N)	(:37) Late Show			
24	50	DISC	Supernature "Outer Limits" (N)	Digital Cool	New Detectives: Forensic Science (N)	Bunkers: Buried History (N)	Covert Action "Home" (N)				
33	44	DISN	Kim Possible "Proud Family" (N)	Sister, Sister "Even Stevens" (N)	Sister, Sister "Lizzie McGuire" (N)	★ ★ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff, Christy Carlson Romano. (N)					
49	81	EITV	101 SNL Moments	101 SNL Moments	101 SNL Moments	Howard S. Howard S. Saturday Night Live (N)					
22	56	ESPN	PGA Golf: Sony Open	NHL Hockey Dallas Stars at Colorado Avalanche. (Live)	SportsCtr. Rome Is Burning (N)						
54	57	ESPN2	College Basketball	College Basketball Louisville at East Carolina.	Gamenight Interruption	NFL Live Moments					
32	46	FAM	★ ★ "The Great Outdoors" (1988) Dan Aykroyd.	Who? Who? 700 Club (N)	Funnest Home Videos						
35	31	FMC	(:01) ★ ★ ★ "Capone" (1975) Ben Gazzara.	(:01) ★ ★ "The Sicilian" (1987) Terence Stamp	(:01) "The Boy in Blue"						
53	68	FOOD	Emeril Live "Gateway to Thailand"	Top 5 Amazing Innovations Food innovations.	Amer. Festivals Best Of (N)	Unwrapped Good Eats	Emeril Live "Gateway to Thailand"				