

## How's Howie?

Howard's log: 02/04

I have been told by the doctor to start a journal, to track my "memory loss". I am not sure exactly what to write here or if Dr. Miller intends to read it. I will ask Sarah when she gets back from the market. It's because of her I am doing this. I think it's a foolish endeavor. I'm just getting older! But whatever makes the wife happy.... If I am being completely honest—and I have no good reason not to be—I am also doing this because of slight boredom. My days used to be structured around going into town for work and now I find myself reaching seventy and my working days are long gone. So this account of my days will probably be too empty to track anything, let alone something as volatile as the human memory.

Sarah is back with dinner. She says that I am supposed to record my feelings, actions and interactions of the day. Here:

- Feelings: annoyed at being treated like a schoolboy, disappointed with Sarah's choice of meal (lasagna), and tired by the extensive writing.
- Actions: did some gardening. Walked through the garden. Ate disappointing dinner and lunch.
- Interactions: ~~talked~~ listened to Sarah.

Sarah's Log: 02/04

Hello Dr. Miller! Sarah here. You told me to fact-check what Howie says right after he writes it, you meant in the journal right? Anyway, here are his mistakes:

- I did not go to the market today, rather, the supermarket, and I was clear about that. The market is closed on Thursdays and Howard knows that.

- It was not lasagna we had for dinner; it was a pasta casserole.
- Howard participated in the conversation just as much as I did.

Howard's Log: 03/04

I have just discovered that Sarah is supposed to read what I write here. So much for being honest, am I right? Anyways, apart from this minor inconvenience, my day was only mildly disagreeable.

- Feelings: I am annoyed. I was bored all day.
- Actions: I ate blueberry pancakes for breakfast and emptied the trash. In the afternoon I did a crossword.
- Interactions: I argued with my lovely Sarah. Then the kids called. Apparently, my grandson Kyle got into a good college. Wait until he drops out, I told them.

Sarah's Log: 03/04

Hello doctor! Howie doesn't seem to be improving. Today was our anniversary and he forgot about it. Furthermore, I spent an awful long amount of time explaining it to him, and that the pancakes were for that purpose. However, it appears to have eluded his memory yet again.

To be noted:

- It was not Kyle that got into a good college, it was Kevin. Kyle got into the state's community college.
- Howie needed my help playing crosswords, thus it was a team effort rather than the solo undertaking that his use of "I" seems to suggest.

All best,

Sarah.

Howard's Log: 04/04

Dear Doctor Miller, my wife writes these journal entries to you and therefore, I shall do the same. For the sake of a quiet evening, without screams in the kitchen ending this uninteresting day. You can say I would do anything to keep my wife happy, nay, I would do anything to keep her quiet.

Today's overview:

- Feelings: Felt useless, couldn't stand the way I am being treated and was driven CRAZY by this silly useless journal.
- Actions: Did what Sarah wanted me to do, what Sarah suggested I do, what Sarah asked me to do, what Sarah demanded I do.
- Interactions: Only Sarah's voice did I hear, only yesses did I answer with.

Good day.

Sarah's log: 04/04

Dear doctor,

I feel that, come the day when you read this, I will lose all your esteem as my husband cannot help but describe me in my most unflattering light. I assure you this is not the truth. Furthermore, since Howard is unwilling to cooperate, it is impossible for me to fact-check his writings, which are no more than a bunch of unfounded insults. I have also learned (thanks to my queries on the google) that bouts of anger are a common symptom for Alzheimer's and am thus sending you this account early, to receive your diagnosis as swiftly as possible. I cannot live with this torture of a journal anymore.

Respectfully yours,

Sarah

*Patient diagnosis for the case of Howard and Sarah Andrews:*

*No significant evidence of a neurodegenerative disease for the Mr. Howard Andrews  
though monitoring should continue.*

*Couple's therapy sessions have been prescribed and heavily recommended.*

*---Doctor Jason Miller---*