Exclusive Poll
Can You Have LOVE Without SEX?
PAGE 40

SAVE 40% On Your Food Bill

PROTECT YOUR CASH
Don’t let money experts scam you

Never Have a Heart Attack
PAGE 20

MIRACLE MAKEOVER
How a whole town got healthy and you can too!

Clint Eastwood
His brave adventures, his daring new film

PLUS Raquel Welch, Scott Hamilton, Tom Joyner, and six others who inspire us

January|February 2010 aarpmagazine.org $4.50
For the eighth year, AARP The Magazine salutes outstanding individuals who are using their energy, creativity, and passion to make the world a better place.
Leeza Gibbons

For ten years Leeza Gibbons and her two siblings watched helplessly as their mother, Gloria Jean Gibbons, slipped slowly behind what Leeza calls the "veil of Alzheimer's."

"I saw my sister get depressed, my brother go into denial, and my father become isolated," says Gibbons, 52, the host of radio's Hollywood Confidential. Her solution: to become an advocate on behalf of caregivers.

In 2004 she cofounded The Leeza Gibbons Memory Foundation with James Huysman, Psy.D., to provide caregivers with resources for ensuring their own health and well-being. At Leeza's Place centers in Texas, Florida, California, New York, and Illinois—there are eight centers in all—caregivers are teamed with a Leeza's Care Advocate who helps them navigate the maze of issues that come with a loved one's diagnosis. Says Gibbons, "It's not just about the person who has that disease but everyone who loves and cares for that person." —J.D.M.