

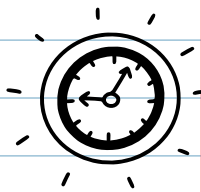
Papa has always been a constant in my life. The calm shore alongside my bubbling grandma. It is important to recognize that this disease does not change who he is. His face is the same. His personality is no different than it ever was.

Sometimes this disease makes him retreat into his childhood. But he is still the same Papa, kind and thoughtful. So what if he offers me coffee four times in the course of 10 minutes? He's being gracious—it's not his fault that he forgets.

It's difficult to tell what's going on in that mind of his, at times. I wonder if my grandma knows better, taking care of him every day.



In some ways, Papa is made of memories. My dad said that Papa simply could not make new ones. He holds the old ones close to his heart, like precious jewels, clearer than any moment; memories of the dairy farm, stories from up to 70 years ago. There seems to be no space for other ones.

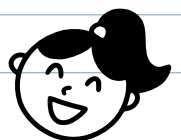


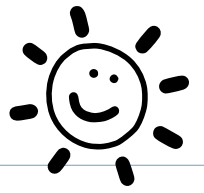
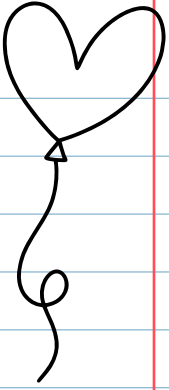
And how do I feel about this? A deep melancholy. The fact that this terrible disease could take my Papa away from me, and my family, and my grandma, is unimaginable.

I know that we must learn from him. Sit on the patio with him, appreciate the breeze, wet grass and warm sun, flowers raising their pretty heads. We don't have to take it all in a stride. We can walk slowly with him, smile alongside him, and love him. Love our dear Papa because he will always be our Papa.



Fun times with my Papa! 





My papa still loves Christmas and sweets, this is his favorite —Mars bar squares!  
Your support of my grandparents has meant so much to our entire family. We're  
so grateful for your generosity.

Hope this recipe brings a little extra sweetness to your holiday season and you  
create special memories baking together and knowing that your kindness is  
helping more families navigate the challenges of dementia.

- Lily



## Mars Bars Squares

### INGREDIENTS:

4 Mars Bars  
½ cup salted butter  
3 cups Rice Krispies

### TOPPING:

1 cup chocolate chips, semi-sweet  
¼ cup salted butter

### INSTRUCTIONS:

1. Melt the Mars bars and butter together in a pot, then mix the Rice Krispies in with them, coating the cereal completely.
2. Transfer to a well greased 9×9 or 8×8 pan. Pat into an even layer.
3. Melt the chocolate and butter for the topping, stirring until smooth, then pour it on top.
4. Cool in the fridge briefly to set the topping, then cut into pieces and serve.
5. Freeze or store in a closed container at room temp for up to 4 days.