




Helene: photo on  
book flap

**"THIS BOOK GIVES CONCRETE GUIDANCE AND DELIVERS A MESSAGE  
OF JOY AND HOPE TO ALL WHO MUST MAKE THIS JOURNEY."**

— Dr. Ranjan Duara,

Director, Wien Center for Alzheimer's Disease & Memory Disorders

# CHOOSING JOY



**ALZHEIMER'S: A BOOK OF HOPE**

**HELENE BERGER**

Book cover



Ady : age 13

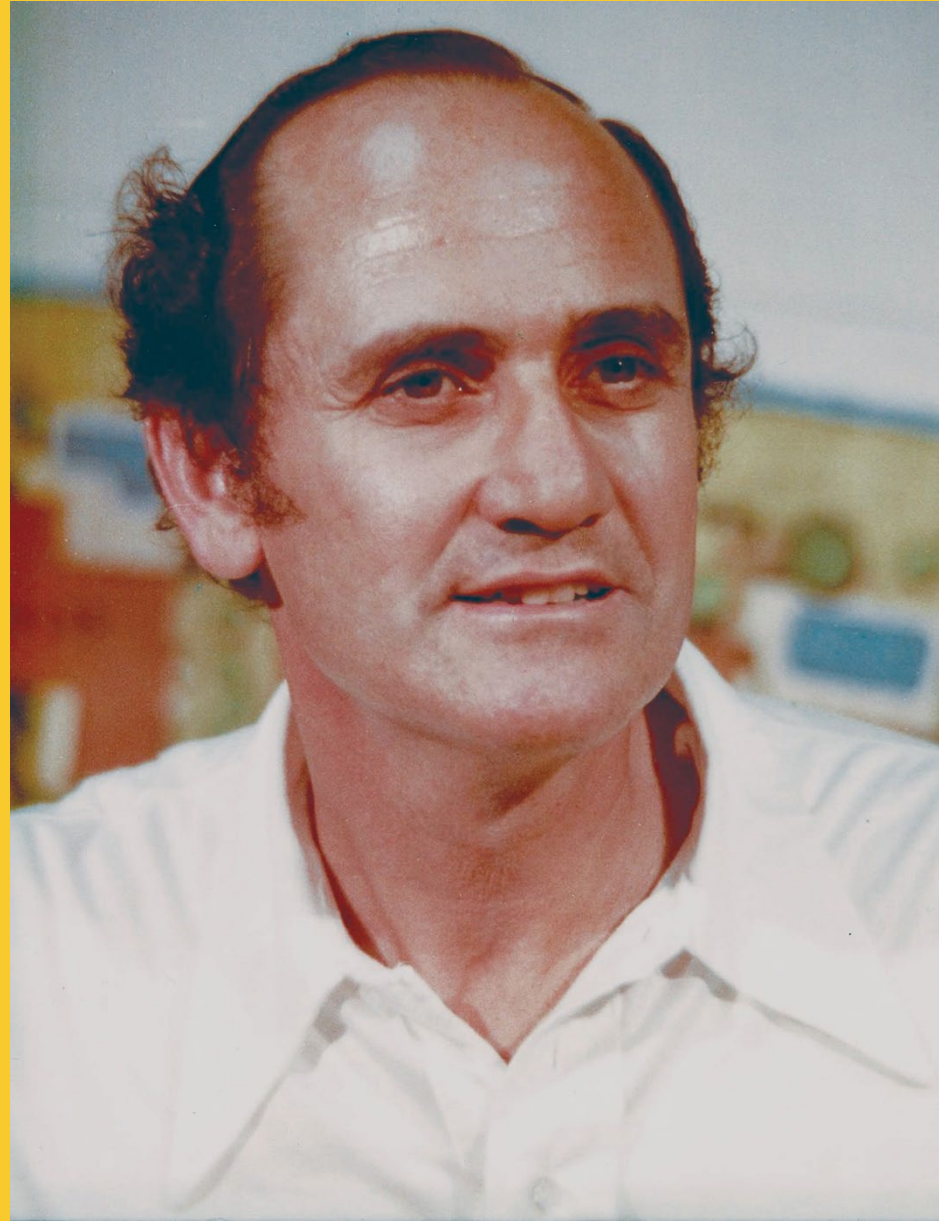


Ady : in Airforce

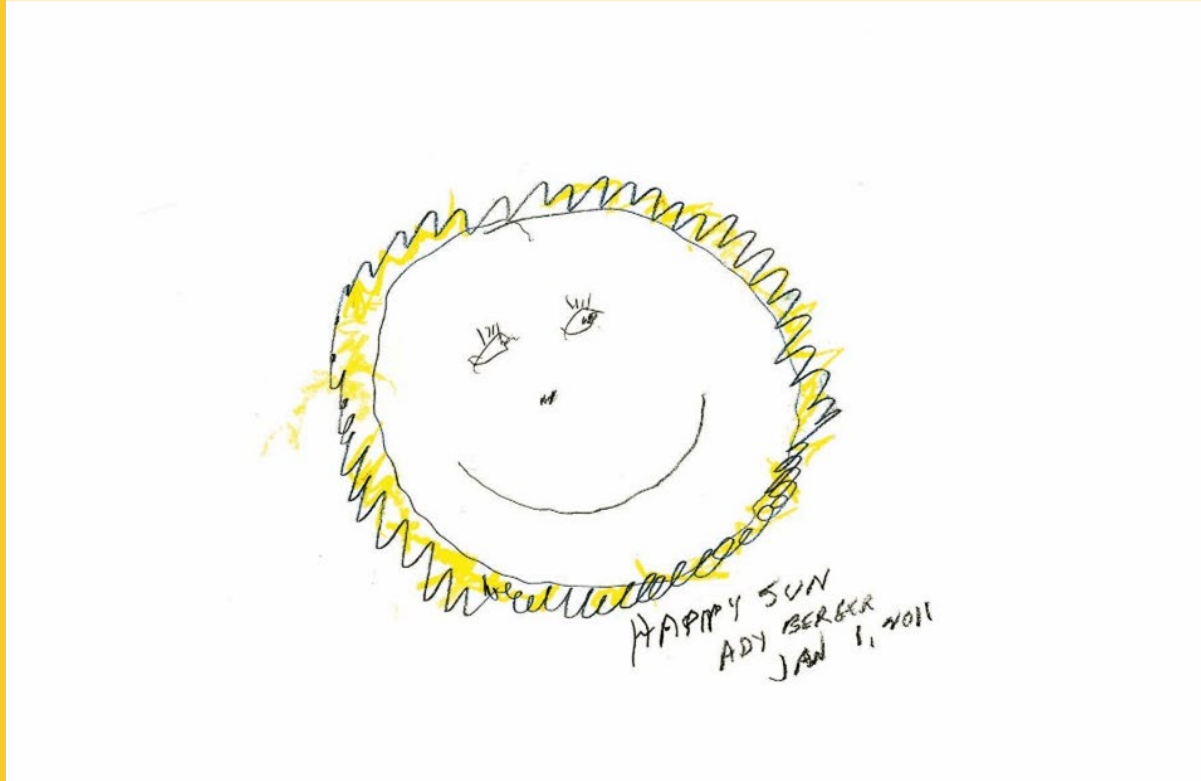


Helene & Ady wedding

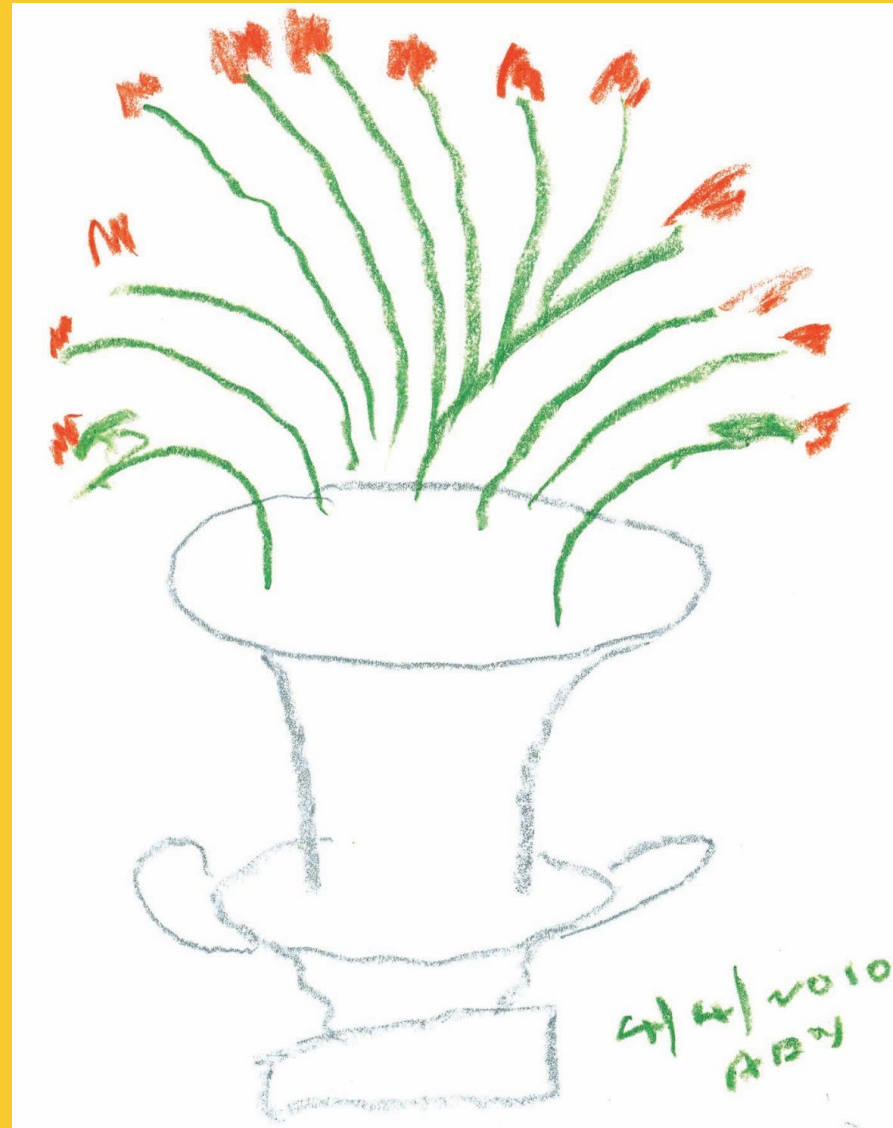




Ady: Mid Career



Ady: Drawing that became cover  
Named: HAPPY SUN - 2 months before he passed away



Ady: Drawing



Sunday, August 16, at 2:30

The Boston Symphony Orchestra is pleased to present  
Lincoln Center's  
MOSTLY MOZART FESTIVAL ORCHESTRA  
GERARD SCHWARZ conducting

#### ALL-MOZART PROGRAM

Symphony No. 24 in B-flat, K.182

Allegro spiritoso  
Andantino grazioso  
Allegro

*Sinfonia concertante* in E-flat, K.364(320d),  
for violin and viola

Allegro maestoso  
Andante  
Presto

TAMARA SMIRNOVA-SAJFAR, violin  
BURTON FINE, viola

#### INTERMISSION

Piano Concerto No. 16 in D, K.451

Allegro  
[Andante]  
Allegro di molto

RUDOLF FIRKUŠNÝ

Symphony No. 39 in E-flat, K.543

Adagio—Allegro  
Andante con moto  
Menuetto: Allegro  
Finale: Allegro

Rudolf Firkušný plays the Steinway piano.

Please do not take pictures during the concert. Flashbulbs, in particular, are  
distracting to the musicians and other audience members.

Ady: Notes on Tanglewood program





Ady: Drawing Ady & Helene



Ady: Drawing of Helene

July 18, 2010

DEAR HELENE,

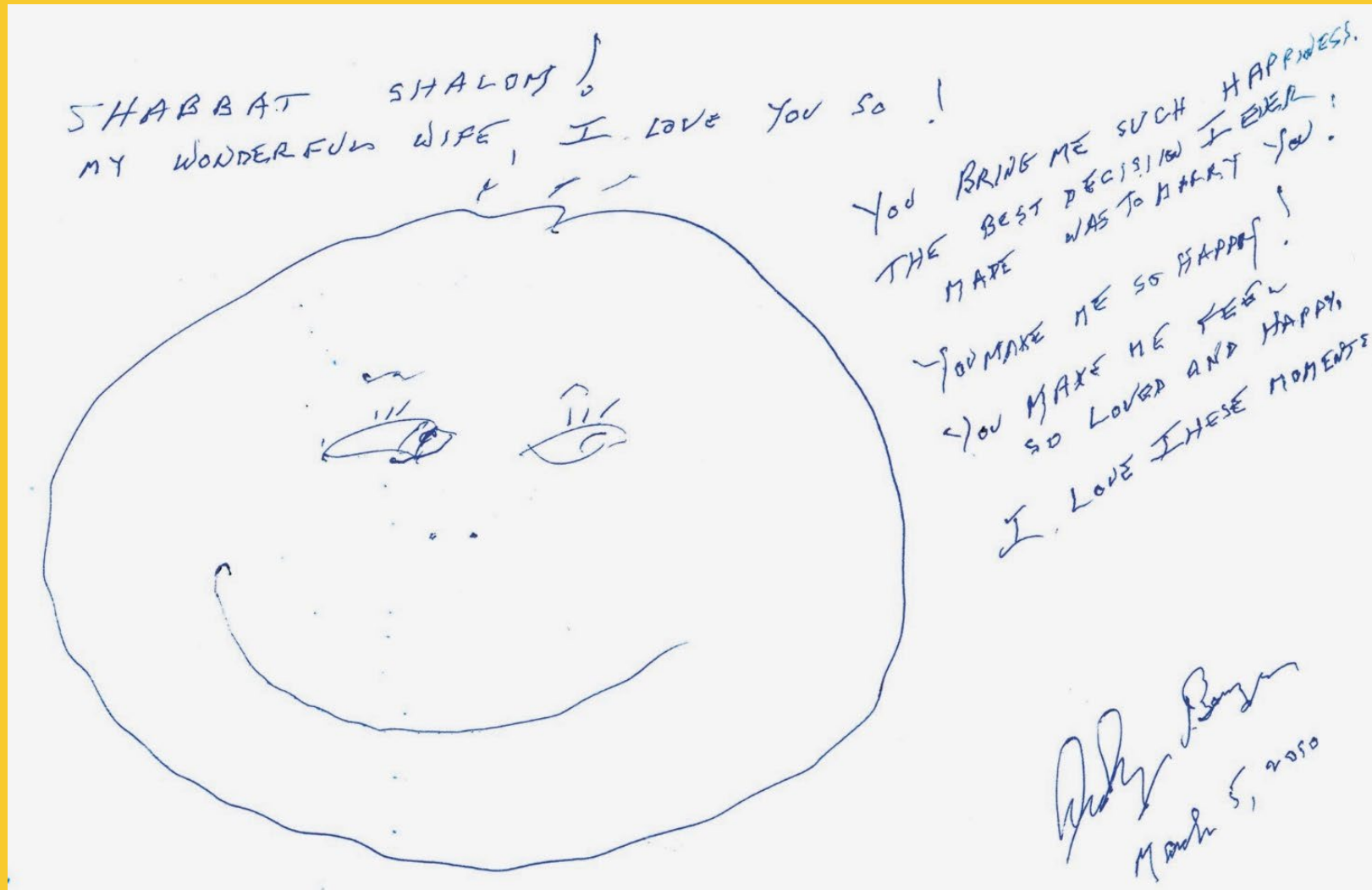
YOU WERE 19 WHEN I MET YOU,  
AND 19 WHEN I MARRIED YOU!

AND YOUR MOTHER TOOK A LIKING TO ME FROM  
THE 1<sup>ST</sup> DAY! SHE HAS GOOD VISION!

I LOVE YOU, SO!

Ady

Ady: Typical note he wrote nightly during his final years



Ady: Drawing with note

Which is your favorite time with  
your wife?  
DANCING WITH HER IN MY ARMS.

What is your planning for this Summer?  
TO GO TO THE BEKTHARE WITH HELENE.

Tell me about Israel?  
IT IS A BEAUTIFUL COUNTRY WHERE THE  
PEOPLE ARE FREE TO DO WHAT THEY WANT.

What do you like most about your  
wife?  
HELENE IS LOVING AND CARING AND WONDERFUL,  
AND I LOVE EVERYTHING ABOUT HER.

My Son  
March 9, 2010

Ady: Typical answers to written questions



What political parties do you have in US.

DEMOCRATS  
REPUBLICANS  
INDEPENDENTS

What is the more problem now Haiti?

PEOPLE ARE HUNGRY  
AFTER THE EARTH QUAKE.

Which is the more problem important  
for the president USA.

UNEMPLOYMENT

Where is the city The White House?

WASHINGTON, D.C.

Tell me about your?

I STARTED OUT BY BUILDING HOUSES IN PEMAUNSETT, N.J.  
WE USED SOLID POURER CONCRETE GABERS.

Ady Rapp  
Feb 10, 2010

When is your beautiful experience with  
your wife?

WHEN I MET HELEN, SHE WAS ONLY 19 YEARS  
OLD, STANDING BY THE SIDE OF THE POOL IN A BATHING  
SUIT! AND I FELL IN LOVE IMMEDIATELY. WE GOT  
MARRIED 9 MONTHS LATER, WHEN SHE WAS STILL 19!

When is your best time with your  
son Mark. years ago?

MY SON, MARK, AND I TOOK A BICYCLE TRIP  
THRU IRELAND, AND IT WAS WONDERFUL.

When is your best time with your  
Daughter Bonnie. Few years ago?

I LOVE TO SWIM LAPS WITH BONNIE -  
SWIM IS REALLY, REALLY GOOD!

How why you are very happy?

I LOVE MY WIFE AND SHE LOVES ME!

TUESDAY 10, 2010  
ADY RAPP  
FISH BECKER

Ady: written responses to questions

DEAR RACHEL!

FEB 2010

I WOULD LIKE TO WISH YOU A

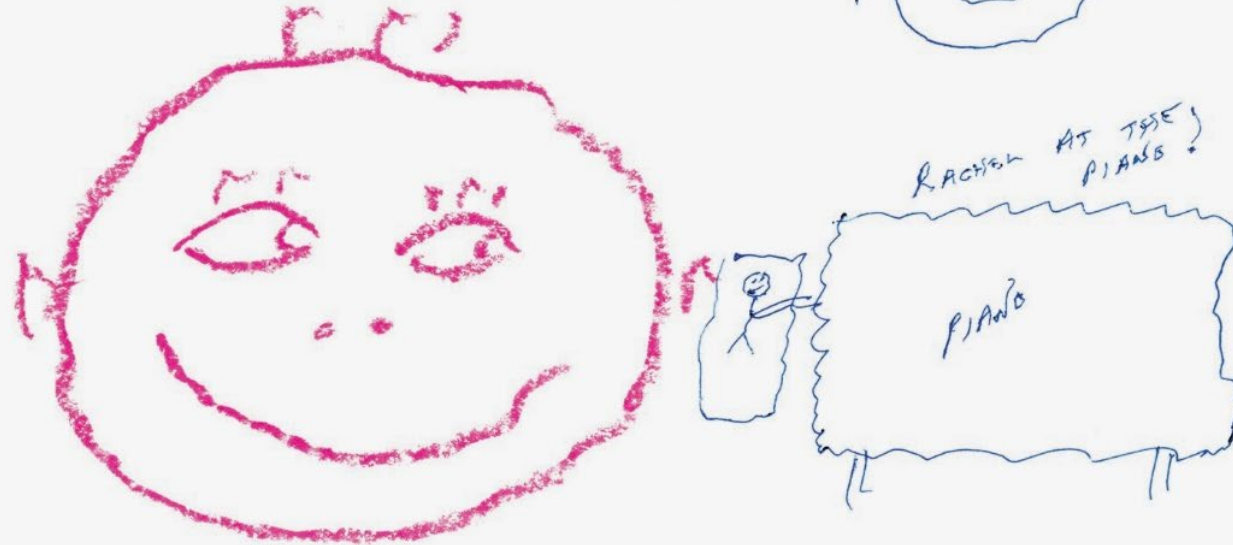
HAPPY BIRTHDAY! I LOVE LISTENING

TO YOU PLAYING THE PIANO. AND I

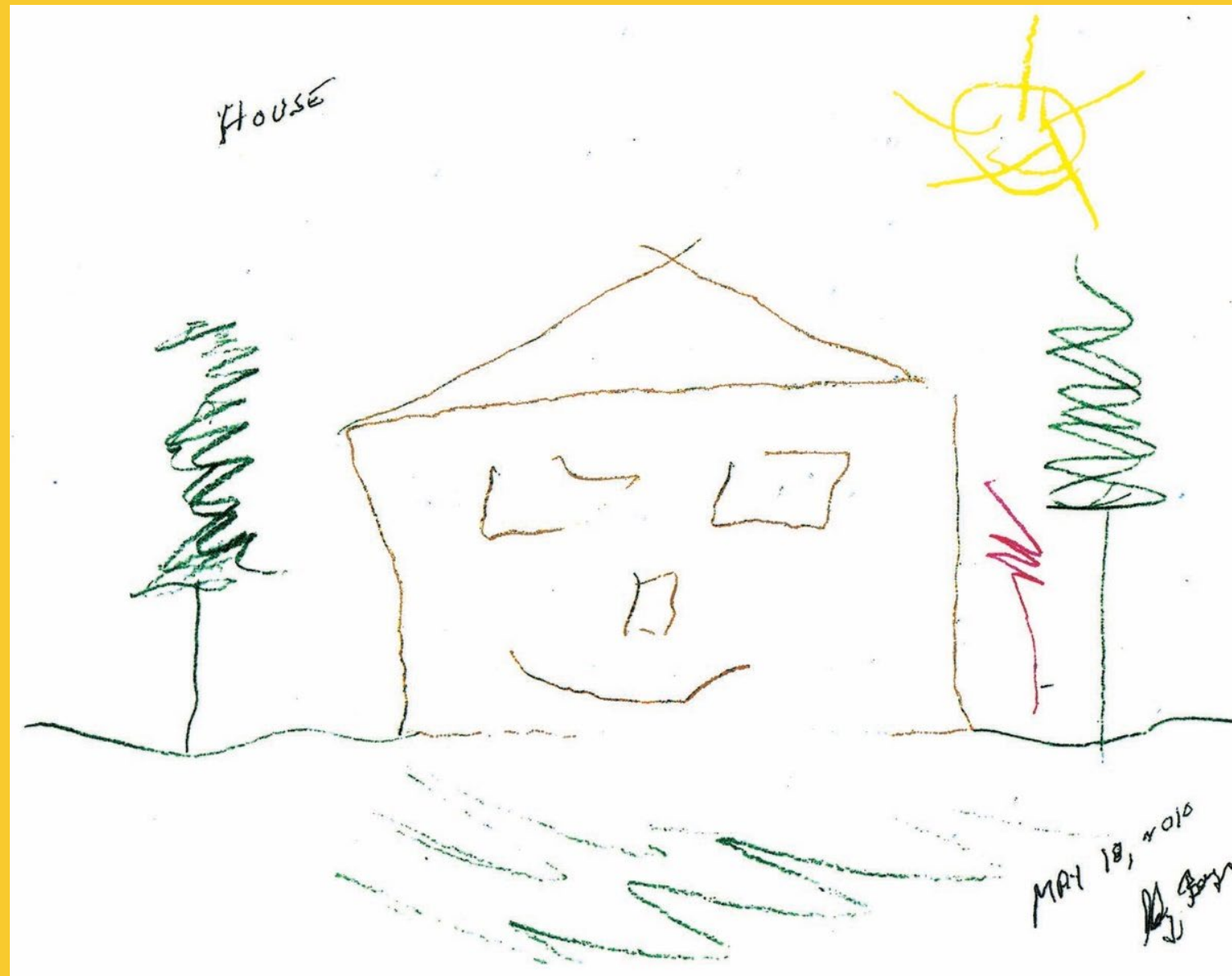
UNDERSTAND YOU ARE PLAYING TENNIS SO WELL TOO.

I AM SO PROUD OF YOU.

LOVE, KISSES, AND HUGS,  
GRANPA



Ady: Drawing Rachel at Piano with note

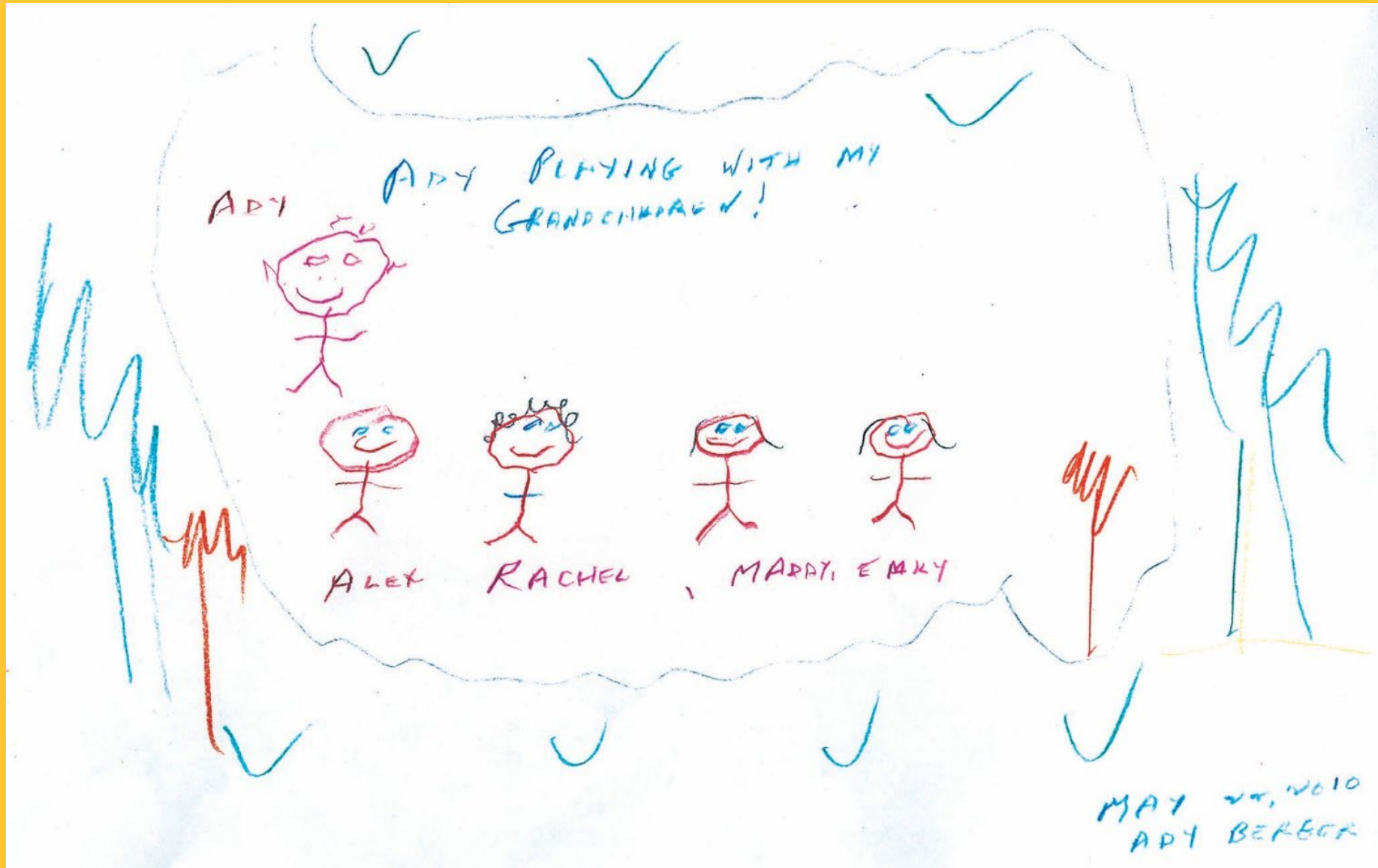


Ady: Drawing: Happy House



Ady: Drawing





Ady: Drawing titled: Ady playing with my grandchildren





Photo: Early photo of grandchildren- now all post college graduation



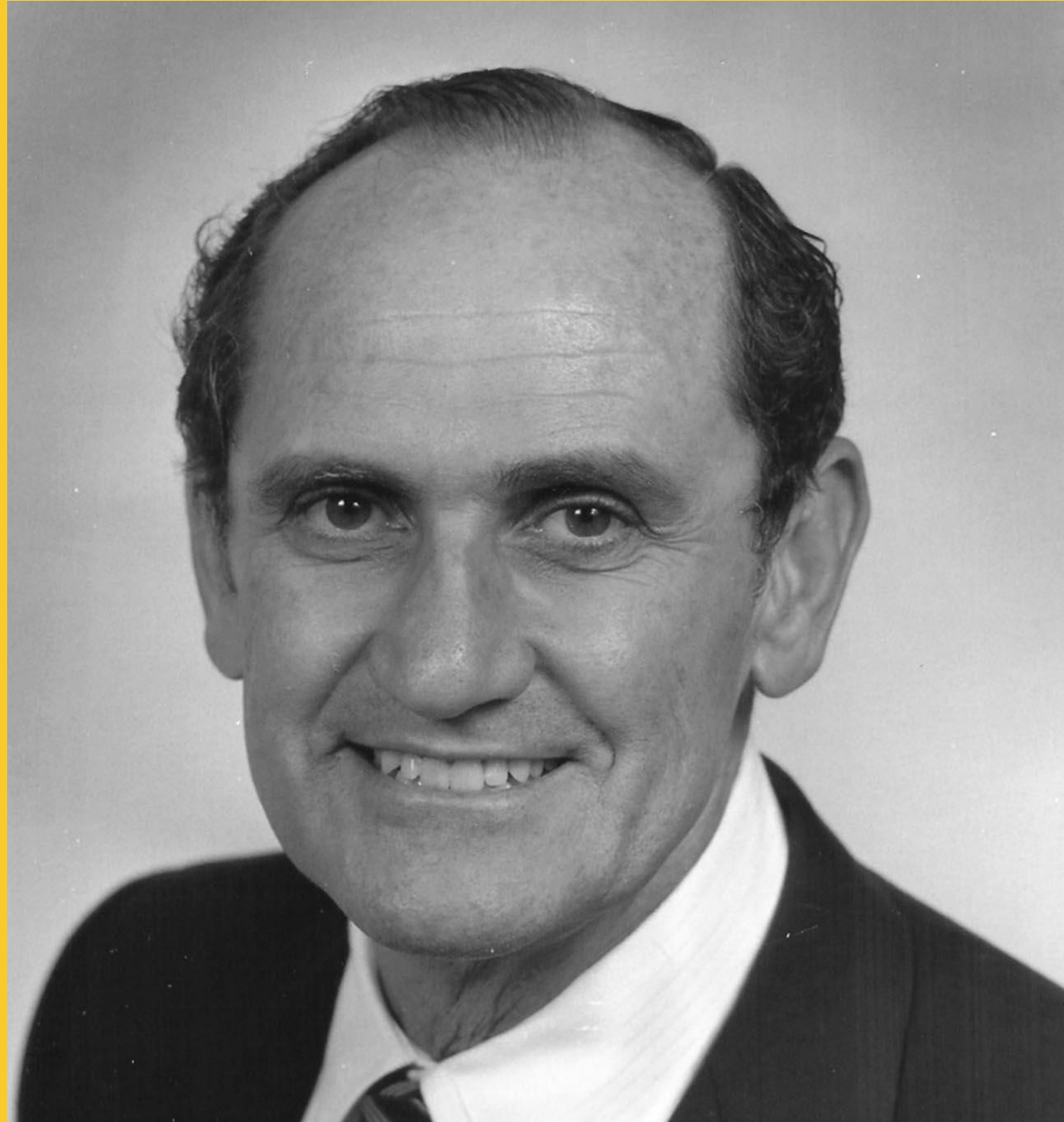
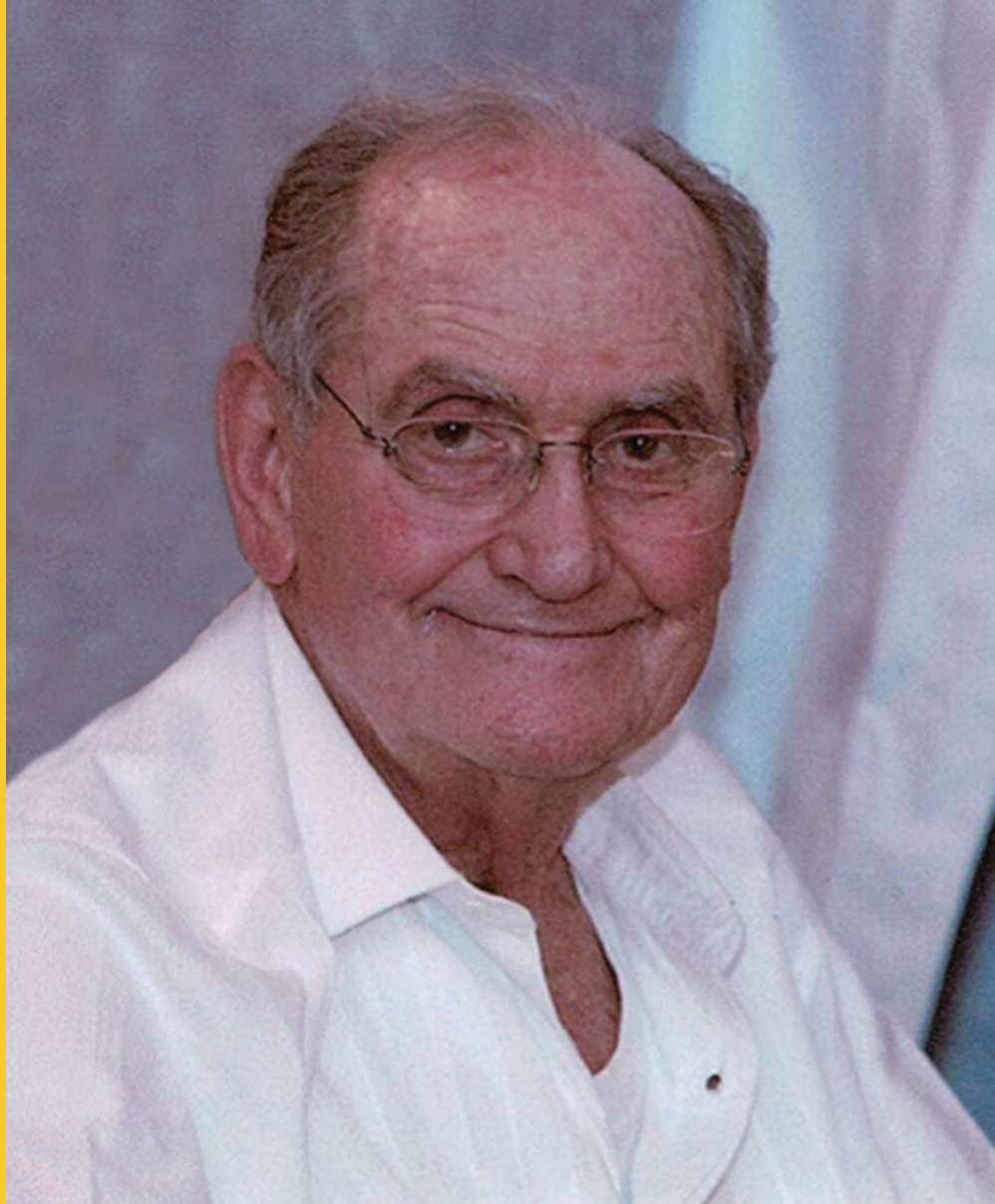


Photo of Ady late career



Helene & Ady at 50th Anniversary




Ady's sweet smile during Alzheimer's years

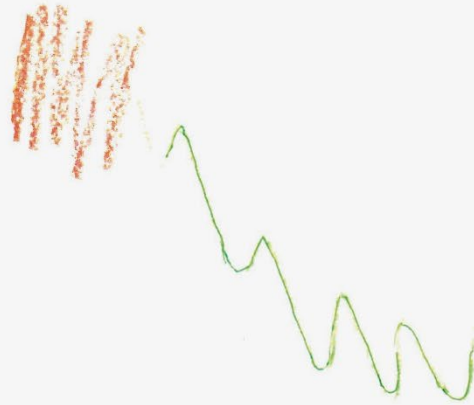




Ady's last concert at Tanglewood



MY DARLING WIFE, HELENE.  
YOU MAKE ME SO HAPPY?  
I AM SO LUCKY TO HAVE YOU.  
I LOVE YOU!  




3/24/11

Ady: Note to me the last night of his life



Helene: Photo November 2021