



Herb Magley is a Board Member of the Alzheimer's Association Oklahoma Chapter, a support group leader, an advocate at the state and federal levels, a community educator, a state and national speaker. He provides education and entertainment programs at senior centers and independent, assisted living and memory care communities. Herb served as the caregiver for his wife and best friend, Gail for 13 years. Gail developed signs of Younger Onset Alzheimer's in 2003 at the age of 52, but it took 2 years to get a formal diagnosis. Herb retired to care for Gail and to commit his life to those who are on their Alzheimer's journeys. He recruited hundreds and hundreds of active and former Alzheimer's family caregivers to collaborate with him to develop the popular document: "25 Rules for Alzheimer's Caregivers".

As Gail's caregiver, Herb faced numerous day to day challenges that at times felt insurmountable. Knowing that he needed help in order to continue to care for Gail, he found the support that he so desperately needed from the Alzheimer's Association. Through it all, Herb learned how to be a better caregiver. He learned to be patient, to handle the daily challenges, and to perform any and all tasks, no matter how awkward or difficult it was to help Gail. He learned the value of living in the moment and looking for the small joys and humor in life, to make Gail's suffering even a tiny bit less. Herb shares his journey and his top caregiving tips with caregivers all over the world as he continues to advocate tirelessly for Alzheimer's research and caregiver support.