

Forget-me-not: Anchored By What Makes Us Humans

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This illustration, inspired by my own experiences with people with Alzheimer and their caregivers, invites to consider not just what we know, but how we hold that knowledge, and what keeps it connected to the people it ultimately serves. Through the image of a **brain shaped balloon**, floating upward, into the dark calmness of silence, I represent a traveling mind - one that slowly flies through thoughts and memories. The **flowers** decorating the balloon are **forget-me-nots**, which express the fear of losing control of one's mind and the desire not to be forgotten by those we love and care for. Although the balloon appears to be traveling away, it is anchored by a series of connecting elements. The **treble clef** represents art and how it can express personality, connecting the soul to creativity. The **heart** symbolizes love for family and friends, for life, and for deeply held beliefs. It reflects how emotional support and human closeness anchor the brain to the truth of being important and cared for. The **book** represents communication and maintaining a healthy relationship. Lastly, the **microscope** reminds us of the purpose of research: the ongoing effort to understand and to keep people anchored to the ground as long as possible.



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