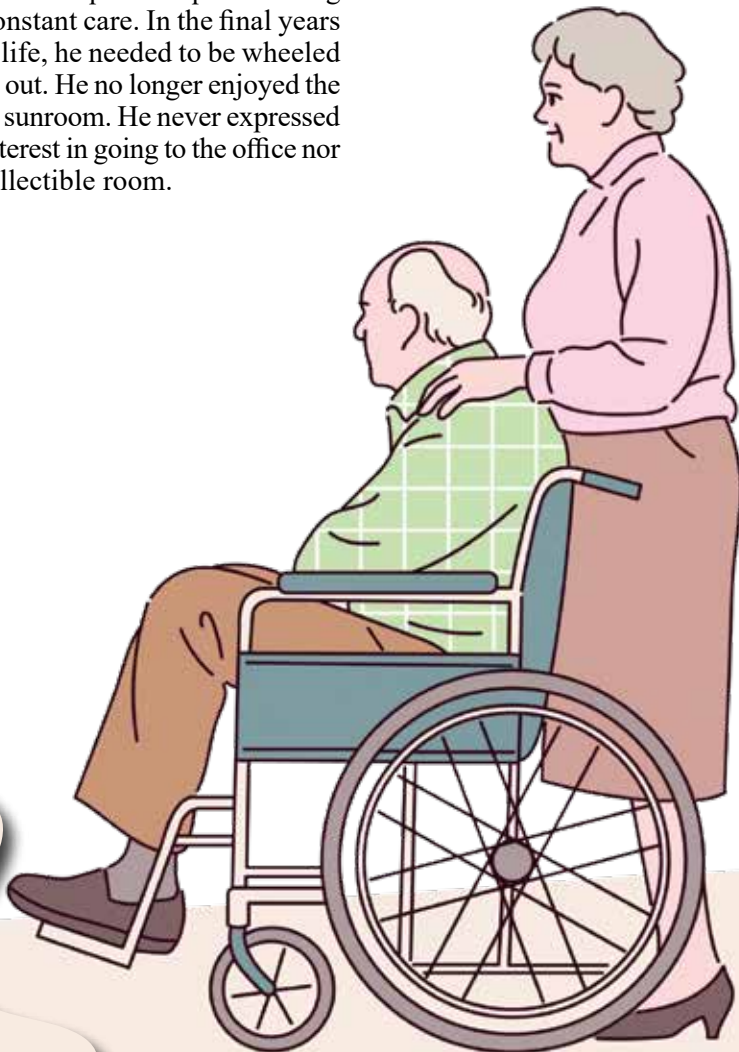


treatment rituals and predictable outcomes. With each subsequent infection, Jack started experiencing respiratory ailments, precipitating a gradual exacerbation of his cognitive disarray and emotional perturbation. Her hope for better tomorrows started fading away. Regardless of worldly events, Brenda's world remained unaffected.

Constant drooling and inability to articulate his words led to utter frustration. Unable to express himself, he became harsher. Even in private, Brenda could not joke about him wearing a bib as Jack took it as an insult. His custom-built wheelchair had to be constantly adjusted from time to time in order to fit his current abilities. He required frequent cleaning and constant care. In the final years of his life, he needed to be wheeled in and out. He no longer enjoyed the lavish sunroom. He never expressed any interest in going to the office nor his collectible room.

Roby, her beloved companion, the Australian Shepherd dog, had to be put down a year ago due to debilitating bone cancer. His painful limping and agony had ambushed her inner peace and had made her fall into a deep depression. But, Brenda had been forced to rise up from her dark moments of life to care for Jack. She kept missing all the impromptu lunch gatherings with her friends. They were not welcomed at home due to Jack's insecurities, and she lost touch with many of them.

On Jack's first death anniversary, Brenda had traveled all the way to Porto to spill the ashes of tribulations in her life. This is where they met.



This was where their story began, and this was where she would end it.

She walked by the Douro River side on the Avenue Gustavo Eiffel, and she could see people walking on the upper and lower bridges as the old Monastery stood there unoccupied. She walked towards the bridge, still confused about which "bridge" she should cross with her newly achieved freedom. Freedom to remain as the widow of a soccer legend or the freedom to write her own story.

As the twilight clouds merged and drifted, the fading light was filtered and through their midst formed an upside-down crown, the sensation of the universe conspiring for Brenda to fulfill her personal destiny. "Women who take great risks often suffer great consequences", Brenda muttered to herself ascending up the steps. A breath of relief and a halo of an admirable determination reflected around her.

Dedicated to Patients suffering from Progressive Supranuclear Palsy and their loved ones.

**Dr. Reena Kavilaveetil** is a Neurologist specializing in Clinical Neurophysiology with board certification in Epilepsy and Neuromuscular Disease, as well as Electrodiagnostic Medicine in EEG and EMG. With nearly two decades of experience, she operates her private practice in the Tampa Bay area. She also holds the position of Vice-Chairman within the Neuroscience Department and actively participates in the peer review committee at Advent Hospital in Tampa. Previously, she served as the co-director of the Epilepsy Program at Advent Hospital until 2022.

**Dr. Kavilaveetil** earned her medical degree from Kottayam Medical College and pursued further training in General Neurology and fellowship at the University of Illinois in Chicago. In addition to her clinical roles, Dr. Kavilaveetil is deeply involved in professional organizations. She is a member of Florida medical association. She currently holds the prestigious position of President of the AKMG Florida Chapter and is the Convention Chair for the AKMG 2025 Cruise Convention. Her commitment to excellence in neurological care and leadership within her field is evident through her extensive experience and ongoing contributions.