

People

Paula Abdul Has Moments of 'Bliss' with Her Dad Who Suffers from Alzheimer's

By: Julie Jordan
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Paula Abdul finds moments of bliss in the simple things now.

Returning as a judge on Fox's *So You Think You Can Dance: The Next Generation*, Abdul, 53, spoke to PEOPLE about One Last Thing and admitted she's grateful to be able to spend time with her father, Harry, who suffers from Alzheimer's.

"At this time in my life, I'm finding moments of bliss in places I would have never dreamed of before," she said. "In the most simple, sacred and loving moments like being with my dad."

Abdul says any time her father still recognizes her is precious.

"Just knowing – even if it's only for a moment – that he knows it's me who is loving him more than anything else in the world," she adds. "Truly, everything for me becomes perfect when that happens."

The new season of *So You Think You Can Dance: The Next Generation* airs May 30 on Fox.

<http://www.people.com/article/paula-abdul-father-suffering-alzheimers>