

Dear friend,

We are a community of people living successfully with memory loss. We understand that you also have received a diagnosis of memory loss. We want to recognize your courage in finding out what is going on. It is normal to feel disbelief, anger, fear, and denial, but know that you are not alone. Our hearts go out to you.

You may want to hide your diagnosis. Many of us did too, but we have found that sharing what we are living with lightens the load and allows us to lessen stigma surrounding memory loss. We urge you not to hide. Connect with others who are living with memory loss, and encourage your family to get support. Acceptance is important. We are all in this together.

We have learned to live with our memory loss and still have productive lives with family and friends. We would like to give you hope that you too can live a full life. There will be obstacles to come, but you have an opportunity to give back to your community and yourself, and to experience beauty, happiness, and kindness.

Sincerely,

Walt, Mark, Bob, Sarah, Roger, Ron, Helene, Rick, and Midge



Members of The Gathering Place
Early Stage Memory Loss Enrichment Program
Greenwood Senior Center, Seattle, WA