



Alheimers The Other Side Of Life How Alzheimer Patients Helped Me Cope

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My husband's diagnosis of Alzheimer's five years ago, drove me from the problem to the solution by becoming an Alzheimers volunteer. This led me to developing a program of art and journaling with Alzheimer and memory loss patients at a live in memory center. Teaching people to paint with watercolors brought, self-esteem, patience and pride to each one of the patients and their families. The journals also became their stories to reflect on as we both would read them to each other. Everything we did together became magic. This led to me writing this book and showing off their paintings and journals. This journey helped me understand memory loss is the other side of life. Memories come back for a moment through the Ipads, Memory loss patients have what we strive for, living in the moment. They gave me more than I gave them. I have dedicated this book to each one of my thirteen patients, with them I have learned much. I no longer shake when I hear the word Alzheimers. The Exelon patch and Aricept have kept my husband stable, so far. It is my hope, my journey will lead you to become an Alzheimers volunteer. We all need each other's help and love.

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