

Alzheimer Society

GREY - BRUCE

Dementia can be difficult. We have experienced the difficulty of a diagnosis. We have felt the difficulty of acceptance. Frequently, we live in the difficulty of the day-to-day. Dementia can be difficult but you do not have to go it alone.

This community supports the Alzheimer Society of Grey-Bruce. We have felt the power of that support and lived the help available every day.

Dementia can be difficult but with the amazing support from this region, we do not have to go it alone.

Anne and I met when we were young - at the “little helpers” pre-school group at our church. Even though we both grew up in Southampton and went to school together, things didn’t click until after we had both moved away. Anne was in Toronto training to become a nurse, while I was studying Biology and Education at the University of Western Ontario. You know how these things happen.

After school we moved back home to start our lives together. Anne worked at the local hospital and I began a career in education. Life blessed us with two wonderful children, our daughter Jennifer in 1978 and our son Jeremy in 1980. In 1983, we packed up the family and moved to England for a year-long educational exchange adventure. Travel and family have been two of our greatest joys!

Journeys, like that trip to England, have filled our lives. Dementia is a journey - definitely not one we would have chosen, but one that we have no choice in taking. Just like every journey dementia is all about adjusting, then adjusting again and then



adjusting more. We found those adjustments so much easier with the help of the Alzheimer Society of Grey-Bruce.

This organization is a hidden gem of a resource with amazing programs and activities.

Although we knew that something was up, it took nearly three years to get Anne's diagnosis of vascular dementia. We were both 63 at the time. A diagnosis of dementia comes with an unhealthy dose of fear. We kept it a secret, often not even discussing it among ourselves, hoping it would go away. For a while, it seemed like we could keep things from changing too much.

Still, things did change. Some changes made things harder. Others helped. One phone call really made a difference in our lives.

On the other end of that phone was a place where we could reveal ourselves, and this condition, to others in a trusted environment. It was fortune that the Alzheimer Society of Grey-Bruce called us that day. That was exactly what we both needed.

Minds in Motion[®]

A physical activity and brain stimulation program for people with dementia and their care partners.

In 2014, the Alzheimer Society of Grey-Bruce was looking to expand its increasingly

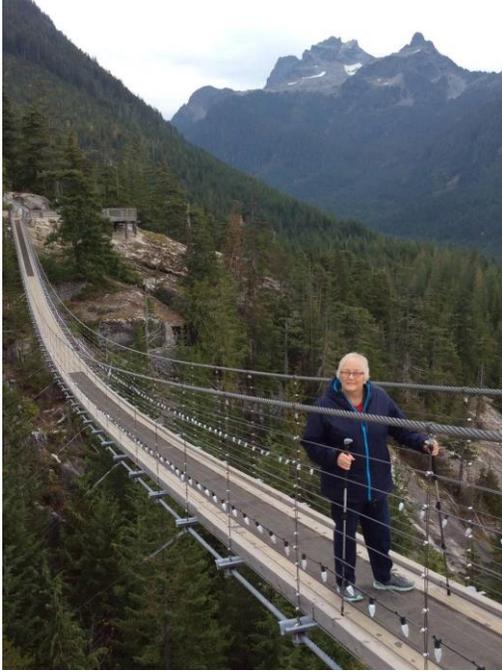
popular Minds in Motion program. It needed a new space in Southampton to grow into. As the facility coordinator at our church, it was my job to meet with them, hear about what they were doing and determine if this was a good fit.

That meeting went better than I could have ever imagined. **Both Carol and Susan oozed professionalism. Their knowledge, compassion and desire to help was clear.**

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The program itself sounded wonderful: [One hour of physical exercise followed by one hour of mentally stimulating activity, completed in a group setting once a week for eight weeks](#). It sounds simple enough but the results are powerful.



Anne and I determined to try it, but as we prepared for that first session, Anne did not want to go. In tears, she dreaded that this would expose her disease and her secret to the world and change things forever. Thankfully, we stuck it out.

The people in the group are more than just some other participants. They have become our friends, our good friends. Our laughter and joy are contagious! Each session gives us a gift.

It is comforting to see the person that you love enjoying herself, relaxed and with no fear.

Anne is now eager to attend. She is disappointed when each session is over. By donating today, you can help fill the void that remains when Minds in Motion ends.

Please consider making a donation by phone, mail, or [online](#) to the Alzheimer Society of Grey-Bruce. It will mean that Minds in Motion continues in this community.

Sincerely,

A handwritten signature in black ink that reads "Doug & Anne Goar". The signature is written in a cursive, flowing style.

Doug and Anne Goar

P.S. [Thank you for supporting local families living with dementia. A donation today can support the growth of Minds in Motion in Hanover, Markdale, Meaford, Owen Sound, Southampton and Thornbury.](#)