

To: Tom, Matt and Mark

I have dementia caused by Alzheimers. I have struggled with the results and cried a lot and at times tell myself I can deal with it.

I keep a journal that I would like to share with you so that you can understand my journey. After I share my wishes reading my journal will help you understand my fears.

The vain and silly things I want to make you aware of are: Please make sure that I always have my rocking chair, coordinate my clothing, and keep my hair colored (medium golden brown). Keep my dentures and teeth clean and do not ever leave me with no dentures in my mouth.

I am not going to be embarrassed about my diagnosis....I am not going to hid it from my family, friends and church family because I need all the help I can get.

I must tell you about when I started going to First Parish Church and joined the weekly Women's Group to knit with them. I was so excited to be doing something I always loved to do with a group of fun women. What a surprise when I could not figure out how to knit. It didn't how many times I got help getting started I could not do it.

I gave it up and bowed out of knitting group, passed my yarns and needles over to the group and moved on and helped other groups with activities in the church that I felt comfortable with.

The story behind this is... A week ago the First Parish gave me a Prayer Shawl for comfort and it was made with the yarn that I left in the office a year ago.

I am staying positive and when I'm confused I swallow my pride and ask Tom for help and only let the tears flow when I am alone and allow myself to think about it.

A strong person is not the one who doesn't cry. A strong person is the one who cries, sheds tears and then gets up to fight again.

I want you to know how much I love you and when the care is overwhelming that is the time to place me in dementia care. I want all three of you to have peace of mind that you have done all you could do and not have any guilt feelings whatsoever. I am at peace with whatever decision that has to be made.

Visit me, give me hugs, send me cards, text me, and send pictures of the family. Please know that I will be content.

When I awoke this morning I asked myself what is life all about. I found the answer in my room. The fan said to be cool, the window said to see the world, the clock said every moment is precious. The door said to push harder. The floor said kneel down and pray.