



Ed Steeves' Reasons to Care

For the first time in my life, I won't be able to go home for Christmas.

I usually go to New Brunswick – a place that holds special memories for me because it's where I spent time with my grandparents. But, because of COVID-19, Christmas is going to look a little different to me this year.



I am writing to tell you about my family. How our experience on the dementia journey could have been better with supports and programs like those offered by the Alzheimer Society of Nova Scotia. And why I'm asking you to support them this year.

We all have that one place. Not our actual home, but a place that feels like home. For me, it is a red and white lighthouse cottage. I spent every summer growing up with my grandma and grandpa at this home in Shediac. They taught me to enjoy the simple things in life; to know the value of hard work and doing things that will give you a sense of achievement, and to never take yourself too seriously! **I was lucky to have them live down the street and to grow up with their attention and love.**

So when my grandma was diagnosed with dementia, you can understand the shock it was for our family. I saw firsthand the impact on my grandfather, mother, aunts and uncles. Too many families have this experience. You might know it yourself. What I didn't know, was what I witnessed in my family then, would lead me to be a donor to the Alzheimer Society of Nova Scotia today. **I share, because I hope you will join me and make a donation to support people with Alzheimer's disease or another dementia, and their families, with a donation to the Alzheimer Society of Nova Scotia.**

I wish my mom and her siblings had education on the disease. I wish they would have had a safe space to talk about what they were experiencing and feeling.

I wish the Alzheimer Society of Nova Scotia's programs and services would have been available to my family, but Societies did not exist then. We are so lucky to have them now, and this is why it's so important to help.



It really could have meant the world of difference in how they helped my grandparents – and each other – through their dementia journey.

My **Reason to Care** this holiday season is knowing that by **Please flip over to read more...**





supporting the Alzheimer Society, families in our province will receive education and support, attend programs and get information that my family could not.

It's comforting to me that people can attend a Public Education Session (offered virtually during the pandemic!) where families can learn how to make the dementia journey a more positive one. These are free to attend only because of donors like you. But, it does cost the Society \$20 per person to attend. **A monthly gift of \$20 means you could help 12 people attend an education session each year.**



As a child I watched the stress that a dementia diagnosis puts on a family. My grandmother's disease progressed slowly at first. Eventually, she would do things like turn the stove on, or the iron, or the coffee maker, and walk away... sometimes almost burning down the little cottage.

I realized, later in life, that my grandparents experience taught me something else: that safe spaces for conversations are important. **Had my family had that understanding about dementia, visiting with my grandmother as she lived with the disease would have been a better experience for me.**

I went from having a very loving and affectionate grandmother, to someone who didn't recognize me. I remember becoming unsure of how to be around her. It became awkward to visit. My family had no one to help us deal with this; no safe spaces to talk. **As a volunteer with the Alzheimer Society I have seen firsthand how the Society has created those spaces for families.**

Please join me in making a donation today. Together, we can help more families have a better experience on the dementia journey.

What a great gift we can give.

Ed Steeves
Alzheimer Society of Nova Scotia Board Member

P.S. – This holiday season let Nova Scotians with dementia know that they are your **Reason to Care**. Please make a donation with the attached form, or online at www.reasonstocare.ca.

