
Faye's Experience with Dementia



I was rapidly going downhill.

Doctors told me I was depressed. All I wanted to do was to lay in bed watching old TV reruns. I wouldn't answer the phone. I didn't care if I saw or talked to people.

It took a long time before I was diagnosed with dementia. Once I was, the Alzheimer InfoLine - a unique telephone support program offered by the Alzheimer Society of Nova Scotia - was my lifeline. They connected me with health services and information in my community. The over-the-phone counselling support lifted me and was exactly the help I needed, when I needed it most.

My **Reason to Care** is the 17,000 Nova Scotians who are on a similar journey to the one I am on. Nova Scotians like me and my family.

Thank you for your past support of ASNS. I am writing to you to ask you to considering renewing your support today.

When a Nova Scotian is diagnosed with Alzheimer's disease or another dementia, the Alzheimer Society is there to provide timely, compassionate, quality information and care. I have gotten to know many of the passionate and knowledgeable staff who provide training and information to individuals, family members, care givers and health care professionals. In 2019 alone, ASNS helped over 2,000 registered clients. That's 2,062 individuals who needed someone to have a reason to care about them.

2020 has created obstacles and challenges for everyone; but the Alzheimer Society of Nova Scotia has maintained and evolved many of their programs, which means I am still getting the support, the opportunity to learn, and a chance to meet with others in a confidential conversation group, as we laugh and cry, and share our experiences. It helped me to realize that the experiences I was demonstrating, so were others on the journey of Dementia! Those shared conversations gave me the assurance that those symptoms were not just in my mind and gave me the trust to share them.

These meetings and offerings mean so much to me. I want all Nova Scotians with dementia to have access to them! To do so, the Society needs your continued support. **Can you make a donation of \$50 today?** So many are living with dementia, now and in the future, who would be grateful that you had a reason to care; that you wanted these services to continue.

Please flip over to read more...

This year, you might also consider making an even bigger impact by becoming a monthly donor. It's easy to set up and include in your monthly budget. What's more, you'll provide support the Society can count on all year long.

The Alzheimer InfoLine, is the toll-free, counselling support line I have used many times. It costs \$60 to facilitate one telephone call through the Alzheimer InfoLine (with pre-activity and post-call follow-up, each call averages one hour of handling time).



A monthly gift of \$20 will provide four InfoLine calls for Nova Scotians this year.

Besides InfoLine, I also connected with health services nearby, attended one-on-one and group support, and met with others going through similar struggles. Along with support from my family, including my three beloved daughters, and my parish, it put me on the road I'm on now. I soon took ownership of my life, became open about my disease, and began advocating for others living with dementia in my community and around the country, so everyone is able to get the help they need – just as I did. As I became more confident, I reached out to erase the stigma associated with this disease. Stigma caused by fear and lack of knowledge. Stigma that held me back, keeping life from freely opening up. **I am learning that life can be beautiful, even with dementia.**

This was made possible because of donors like you. Thank you. My life has changed since a diagnosis of dementia. I often say this "isn't the dance card I expected, but it is the one I got." Now, I am a volunteer board member with the Alzheimer Society of Nova Scotia, my reasons to care about the future has amplified, if that was even possible.

Please consider a gift today to help the Society continue its wonderful work, delivering a higher quality of life for people with dementia today and, I hope, a brighter future without Alzheimer's tomorrow.

Sincerely,

A handwritten signature in black ink, appearing to read "Faye Forbes".

Faye Forbes
Alzheimer Society of Nova Scotia Board Member

P.S., your support has truly made a difference in my life. Please consider continuing that support with a monthly gift. Visit www.reasonstocare.ca to donate.