

## ~ New Beginnings ~

May Newsletter insert By: Meredith Barrie



*"Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations." [Catherine Pulsifer](#)*

Living with Alzheimer's disease can be challenging and fearful. As a new diagnosis is given, a myriad of emotion can overcome us. We are faced with the arrival of change. As we embark on this journey it is important to celebrate our loved one and empower them with the support and love needed. Everyone feels the impact of the unknown to come. And everyone has a role in this newly adapted way of handling things which may, or may not arise.

A new chapter whether pleasant or unpleasant, can be faced with a brave and positive approach. The Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton is here to assist with resources, guidance, support and education. There are a variety of coping and communication strategies to implement to allow for some ease. We believe through education and awareness, involvement and empowerment, this journey can be a New Beginning so to speak. It can be a new way of looking at things, a new way of interacting and a new approach to ensure a successful path.

A New Beginning when embraced, can be a beautiful celebration of the person we know and love who is and always be their own unique and individual self.

Together family and friends can empower, and the Alzheimer Society is always here to assist.

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"For last year's words belong to last year's language,  
and next year's words await another voice.

And to make an end is to make a beginning."

*(Little Gidding)"*

— **T.S. Eliot**