



Insights of Persons Living Well with Neurocognitive Disorders

Join a Dementia Minds Group: A special invitation from our board president.



Hello, my name is Bonnie Erickson, and I was diagnosed with White Matter Disease and Vascular Dementia in 2018. I am also the Board President and a founding member of the National Council of Dementia Minds. I would like to personally invite you to join a Dementia Minds group and experience a life enriching opportunity.

Dementia Minds groups are small groups (usually 8) of people living with dementia or mild cognitive impairment. We meet on a weekly basis and provide each other with support and so much more. Our groups:

- Share the experience of living with dementia and mild cognitive impairment
- Share strategies to live well
- Develop friendships
- Learn new things
- Have fun
- Create resources, presentations, and more for others
- Conduct presentations for persons living with dementia, licensed health care professionals, researchers, families, care partners, policymakers, and communities at large

To learn more about joining a Dementia Minds group visit our website at www.DementiaMinds.org. You are also welcome to contact our executive director, Brenda Roberts, via email at Brenda@DementiaMinds.org or phone 989-330-0290.

I hope to see you at a Dementia Minds meeting.

Bonnie

Board President, National Council of Dementia Minds

P.S. Please flip this page to see what Dementia Minds group participants have to say about joining a group.

Dementia Minds Groups: What do participants say about joining a Dementia Minds group?



Conversations with my Dementia Minds friends (I call them family) has really helped me embrace the term “LIVING WELL” and given me a brand-new outlook on life. Now, I can share that gift with others through advocacy and education. It is such a wonderful feeling when people thank me and tell me I am changing their life.

-Brian



When we are diagnosed, we are given very little information about dementia. It's new and it's interesting... which means *we are* interesting. But here is the best part, we ARE NOT alone. Dementia Minds allows us to meet and talk with others who are just like us. Dementia Minds also gives us a voice to advocate for ourselves and educate others.

-Terry



To educate oneself and others, embrace the condition thus minimizing societal stigma and fears. Thank you, National Council of Dementia Minds, for helping us live our new life to the fullest!

-Paul and Debra

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