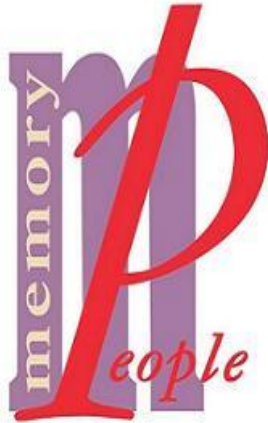


...bringing awareness



one person at a time...

The Memory People Page

This week we are featuring a post by Rick Phelps on the loneliness and dark days that this disease has brought into his life.

Loneliness and Dark Days

April, 2011

I wish somehow I could share, without of course people having to get this disease, the things we deal with; the loneliness, and the dark, dark days. The unknown feeling of what today will bring. The way I see what I see. How I hear what people are saying, but I really don't.

How when I am walking through our neighborhood, it's like a new journey, everyday. I see and hear things I didn't see or hear just the day before. You see, it's the same walk, the same sights, the same sounds, everyday. I simply don't remember them from day to day.

It amazes me how a simple trip to Walmart with my wife is now life changing. I know and worry when I first get into the car, I'm going to see someone and not have any idea who they are. And then, as always they stop us, we exchange our pleasantries and I walk away, as always asking Phyllis June, who was that???

People know. They know about me, and they think I know about them. That's the difference. These folks I once knew, for sometimes my entire life, are now but strangers.

This is why some people, patients if you will like me, don't venture out too far alone. It's like walking into another world. A world I have never been in. Of course I have. I have lived in this area my entire life.

This week:

-Rick begins work on the trailer for his documentary. He will have a film crew coming out to shoot two days' worth of footage about his life and the struggles he faces daily living with this disease.

-Rick continues to work on his book, "While I Still Can" The Awareness is happening, lives are, and will be changed greatly in the days, weeks, and months ahead.

Cont'd next page..

I have run squad here for over 24 years. You would think I would, or should know every street, every highway, every farm house. But I don't. I can no longer jump into my jeep and just go, knowing where I'm headed and what I am going there for.

It is every time nothing short of an ordeal. I have to first of all go through the house, like I'm leaving on vacation. Making sure everything is turned off. I have things with me I need, which of course is demanding, because I am constantly forgetting where I am going, and for what reason.

This happens every day, all the time with this disease. I tell you this not for pity, but for education. To try as I may to explain, just what one day is like in the life of an Alzheimer's Patient...it is terrifying at times. But then again, at others, you see things for the very first time in your life.

Try living that over and over, day after day...

I can no longer jump into my jeep and just go, knowing where I'm headed and what I am going there for.

***Faith is what gets you started, Hope is what keeps you going,
Love is what brings you to the end.
-Mother Angelica***

Caregiver Corner

The Power of Pictures...

Everyone enjoys looking through old pictures of days gone by and the memories that they bring. For our loved ones that are living with Alzheimer's, this can be especially true. Stimulating the patients' memories through photos can be a very enjoyable and heartwarming time for you and your loved one. Making a photo album of family, past get togethers and happy times can bring much comfort. It is very inexpensive if you have a scanner, to scan photos that would be special to your loved one and then have them developed at a local Walmart or photo processing center. Arranging them in an album is something your loved one can go back to often and enjoy.

Another idea is a digital picture frame – a little more pricey, but a wonderful thing to have to display special photos. They stand upright and come with a memory card that you can load your photos on and then choose the settings for the order and length of time each picture is shown.

Pictures can be a comfort and important connection for your loved one, helping them to connect to their past, and to you.



Alzheimer's Speaks Radio Show

This Friday June 17th at 4pm EST Lori La Bey will be hosting her blog talk radio show with Rick, the Channel Expert. She and Rick will be interviewing Mountaineer Alan Arnette, who will be sharing his story with Alzheimer's.

Follow this link to listen to Lori and Rick's interview with Musician Jay P from June 11th, to hear the Kick-off show with Rick from June 10th, and to tune in this Friday!

<http://www.blogtalkradio.com/alzheimersspeaks>

Chicken Soup. . .

A Poem by Norm Mac~

*A living hell is what it is, what else can I say,
It's in my mind and thoughts, every single day,
I'm fighting all the time, to do and say what's right,
Whilst every passing moment, getting more uptight,
I'm fighting for my life, with my family at my side,
Yet all I want to do is run away and hide,
I'm only 53, FIFTY THREE I SAY!!!
What future do I have, with Dementia in my way?
Some days are clear, life is good, and all is going well,
Others they are cloudy, a horrible living hell,
Dark days come, dark days go, etched into my mind
At the end of every day, an answer I can't find,
And so my fight goes on, until the day I rest,
But until that day, I will try my best,
To beat this damned disease, any way I can,
And to finally stop, Dementia's leaking Dam.*



We want to welcome all our new members to Memory People! You have found a very special family that will be here for you through thick and thin. In Rick's words, we fight this fight together, not asking for a handout, but just a hand up. Welcome!

We also want to wish a very Happy Birthday to all our members who are celebrating a birthday this week. We wish you blessings and a wonderful day with the people you love!