

My voyage through Dementia

My voyage with Dementia - MCI - FTD is proceeding slowly on relatively calm seas.

This Christmas month, December, is one of my favourite months in the year. The snow is coming and will turn the countryside to a beautiful white. All the lights are glowing and everyone is in a very festive mood. The ship is decorated. Its Christmas!

This is the time of year that I look back over the last year - my fourth year with a confirmed dementia. And, it was a great year even with my mental issues. The voyage progresses and the seas are relatively quiet.

Until 2017, my wife and I had spent our winters in Florida. We sold our place in 2016 primarily because we were bored - 'same old - same old' - in winter and summer. Plus, I had flown home in an air ambulance from Florida to Toronto with both my father (2003) and my wife (2007). I didn't want to do that again. The third time it might be me in the hospital bed.

We worked on our bucket list. We went on 3 trips in 2017 - Cuba for 1 week, river cruise from Amsterdam to Budapest for 3 weeks and another 1 week river cruise on the Duoro river in Portugal. Travel is a little tough for us because we both have weak knees. We manage our bucket list one year at a time.

In the summer of 2017 we also managed (almost) to finish the landscaping of our front yard - no grass - just trees, perennials, grasses, tulips from Amsterdam, rocks and mulch. An exciting Spring is ahead in 2018, specially with all the tulips popping up.

My wife's favourite season is Christmas - the decorating begins in mid Nov and comes down early in the New Year. She does a great job and it gives me quite a boost too.

And, in 2017, we discovered the Alzheimer's Society of Huron County - a great find - for me with dementia and my wife as a caregiver.

If you don't know the Alzheimer team in Clinton please drop in and give them a hearty "Merry Christmas" (hugs are allowed). I don't know about cookies but the coffee pot will surely be on. I know they would love to see you!

Why am I telling you this? Because Dementia is nothing to be ashamed of. As part of my life, it is ever present and I intend to continue successfully to wherever the voyage takes me.

Hope you all had a great year and **Merry Christmas!**

Signed

Bob Murray - a Huron resident living well with dementia