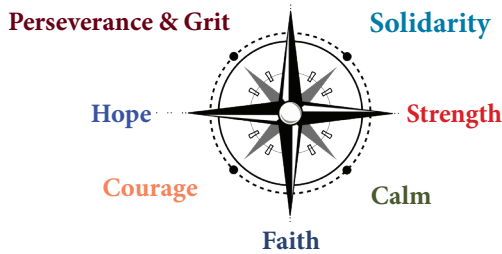


What is Your True North?



HOW CAN THE MEMORY LOSS COMPASS ROSE GUIDE YOU? A WORKSHEET

BY KEVIN KVARDA



Leverage your helpers! (Solidarity, Courage, Strength) Take advantage of help that family and friends can offer. For me, word finding, writing, math, lack of comprehension with NEW concepts, etc, take a long time.

Do you like to do things by yourself? Why? _____

Do you like to have others help you? Why? _____

Find and use your higher power to gain strength and knowledge and guide your Mission Statement

(Solidarity, Hope, Courage, Faith, Strength) For example, my higher power is God. My mission statement is “As a STRONG advocate for the cure for Alzheimer’s Dementia, Primary Progressive Aphasia, etc. I co-create a world where all these diseases are gone by 2025. How: By working with Doctors, SLP’s, others who have these diseases, local agencies (UW MBWC, Alzheimer’s Association, etc.), Washington State Capitol, Washington D.C.”

What is your higher power? _____

Do you have a Mission Statement? _____

Embrace change (Solidarity, Hope, Faith, Strength, Calm, Perseverance & Grit) We are “different” now. This is a good thing! This is a “new me”. Many things are still intact, and I have gained many new friends through my disability and diagnosis. Embracing change IS difficult sometimes. For example, I am not adept with multi-tasking anymore. Conversations with multiple people and loud animals are very challenging most of the time. But I find that I have great stamina with projects, chores, and some days are more normal. Embracing change relies on trust of your self, family, friends, caregivers.

What is your Vision for your self? _____

What Actions can you take to achieve your Vision? _____

Support groups are GOLD (Solidarity, Hope, Courage, Faith, Strength, Calm, Perseverance & Grit) After I got my diagnosis, I wanted to find as many support groups as I could find. It was so EASY to find them, especially here in the Seattle/Eastside/Snohomish areas. My Memory Loss support groups are also my new “rock”. We talk about almost anything, and through each meeting we all get ‘lifted up’ in different ways. It’s like a wonderful ‘surrogate family’.

What do you need or want to get out of a support group? _____

Compassion (Solidarity, Hope, Courage, Strength, Calm) To recognize the suffering of others and then take action to help. Since my disability, my family (Norma, Riley, Andrew, Quinlan, and Jordan) gives me compassion every day in different ways. Marigrace Becker, Program Manager at UW MBWC gives compassion to EVERYONE, EVERY time she leads meetings!

Have you ever received compassion? How did it feel after? _____

Have you ever given compassion to others? How did it feel after? _____

Giving back (Solidarity, Hope, Faith, Calm) I want to help...one day in the future, I believe that the cure will be found, and I hope I made a dent in the cure in my lifetime. Educate yourself and your caregivers, go to events or Zoom meetings, ask “Hi, can I help?”

What can I do to help, now with my disability? _____