

WEBVTT

NOTE duration: "00:22:05.708"

NOTE Confidence: 0.98253906

00:00:00.080 --> 00:00:01.760 Hi. I'm Joan Monnen, and

NOTE Confidence: 0.98253906

00:00:01.760 --> 00:00:03.120 I'm from Yale School of

NOTE Confidence: 0.98253906

00:00:03.120 --> 00:00:04.960 Public Health. And our team

NOTE Confidence: 0.98253906

00:00:04.960 --> 00:00:06.559 at Yale recently had a

NOTE Confidence: 0.98253906

00:00:06.559 --> 00:00:08.100 chance to talk to Linda

NOTE Confidence: 0.98253906

00:00:08.320 --> 00:00:10.160 about her experience with mixed

NOTE Confidence: 0.98253906

00:00:10.160 --> 00:00:10.660 dementia

NOTE Confidence: 0.9503822

00:00:11.039 --> 00:00:12.799 and interacting with health care

NOTE Confidence: 0.9503822

00:00:12.799 --> 00:00:13.299 professionals.

NOTE Confidence: 0.9974309

00:00:14.415 --> 00:00:15.935 Linda has been invited to

NOTE Confidence: 0.9974309

00:00:15.935 --> 00:00:17.635 speak for many organizations

NOTE Confidence: 0.9644614

00:00:18.735 --> 00:00:20.895 and is currently volunteering for

NOTE Confidence: 0.9644614

00:00:20.895 --> 00:00:22.755 the national and local chapters

NOTE Confidence: 0.9644614

00:00:22.815 --> 00:00:24.275 of the Alzheimer's Association

NOTE Confidence: 0.9414299

00:00:25.135 --> 00:00:26.895 and the LiveWell Institute in
NOTE Confidence: 0.9414299

00:00:26.895 --> 00:00:27.955 Plantsville, Connecticut.
NOTE Confidence: 0.9985726

00:00:28.869 --> 00:00:30.230 And her goal is to
NOTE Confidence: 0.9985726

00:00:30.230 --> 00:00:31.529 share her experiences
NOTE Confidence: 0.9957688

00:00:32.229 --> 00:00:34.010 with the community and health
NOTE Confidence: 0.9957688

00:00:34.070 --> 00:00:34.570 professionals
NOTE Confidence: 0.98998237

00:00:35.350 --> 00:00:36.790 to improve the lives of
NOTE Confidence: 0.98998237

00:00:36.790 --> 00:00:38.170 people living with dementia
NOTE Confidence: 0.9900202

00:00:38.550 --> 00:00:39.530 and their families.
NOTE Confidence: 0.9757843

00:00:40.309 --> 00:00:41.829 Last time we spoke with
NOTE Confidence: 0.9757843

00:00:41.829 --> 00:00:43.925 Linda, she shared her experience
NOTE Confidence: 0.9852059

00:00:44.625 --> 00:00:46.325 being diagnosed with dementia,
NOTE Confidence: 0.99912184

00:00:46.865 --> 00:00:48.485 which was a negative experience.
NOTE Confidence: 0.9855991

00:00:49.265 --> 00:00:50.625 Importantly, she gave us some
NOTE Confidence: 0.9855991

00:00:50.625 --> 00:00:52.225 advice about how health care
NOTE Confidence: 0.9855991

00:00:52.225 --> 00:00:52.725 professionals

NOTE Confidence: 0.99960977

00:00:53.104 --> 00:00:54.005 could do better.

NOTE Confidence: 0.9708253

00:00:54.465 --> 00:00:56.065 We wanted to invite Linda

NOTE Confidence: 0.9708253

00:00:56.065 --> 00:00:57.990 back because we realized the

NOTE Confidence: 0.9708253

00:00:57.990 --> 00:01:00.170 importance of not only understanding

NOTE Confidence: 0.99918187

00:01:00.950 --> 00:01:02.790 the challenges that people living

NOTE Confidence: 0.99918187

00:01:02.790 --> 00:01:03.450 with dementia

NOTE Confidence: 0.9940508

00:01:03.910 --> 00:01:05.770 and their families are facing,

NOTE Confidence: 0.9995402

00:01:06.150 --> 00:01:07.610 but we also need to

NOTE Confidence: 0.9998038

00:01:07.910 --> 00:01:08.890 better understand

NOTE Confidence: 0.99782556

00:01:09.190 --> 00:01:10.709 the path that leads to

NOTE Confidence: 0.99782556

00:01:10.709 --> 00:01:11.209 resilience

NOTE Confidence: 0.99713403

00:01:11.584 --> 00:01:12.645 after a diagnosis.

NOTE Confidence: 0.99711293

00:01:13.584 --> 00:01:14.545 It's great to have you

NOTE Confidence: 0.99711293

00:01:14.545 --> 00:01:15.365 back, Linda.

NOTE Confidence: 0.99795693

00:01:16.145 --> 00:01:17.505 Thank you. It's great to

NOTE Confidence: 0.99795693

00:01:17.505 --> 00:01:19.024 see you. Yeah. So I'm
NOTE Confidence: 0.99795693

00:01:19.024 --> 00:01:20.545 gonna ask you some more
NOTE Confidence: 0.99795693

00:01:20.545 --> 00:01:21.045 questions.
NOTE Confidence: 0.9794549

00:01:21.744 --> 00:01:23.365 So the first one is,
NOTE Confidence: 0.9794549

00:01:23.424 --> 00:01:25.204 after you received your diagnosis,
NOTE Confidence: 0.9993053

00:01:25.700 --> 00:01:26.900 can you share how you
NOTE Confidence: 0.9993053

00:01:26.900 --> 00:01:27.959 got to a place
NOTE Confidence: 0.99899375

00:01:28.340 --> 00:01:29.860 where you are living well
NOTE Confidence: 0.99899375

00:01:29.860 --> 00:01:30.600 with dementia?
NOTE Confidence: 0.93570614

00:01:34.020 --> 00:01:35.080 I'll try to.
NOTE Confidence: 0.9994173

00:01:36.980 --> 00:01:38.180 Right after I got my
NOTE Confidence: 0.9994173

00:01:38.180 --> 00:01:38.680 diagnosis,
NOTE Confidence: 0.9766645

00:01:39.905 --> 00:01:41.505 everything was very bleak to
NOTE Confidence: 0.9766645

00:01:41.505 --> 00:01:42.005 me,
NOTE Confidence: 0.97058785

00:01:42.465 --> 00:01:44.145 and it was like,
NOTE Confidence: 0.99936426

00:01:46.865 --> 00:01:48.405 I felt very trapped.

NOTE Confidence: 0.99445236
00:01:48.785 --> 00:01:50.085 It was sort of like
NOTE Confidence: 0.9610881
00:01:50.465 --> 00:01:51.585 being in, like, a dark
NOTE Confidence: 0.9610881
00:01:51.585 --> 00:01:53.185 tunnel trying to feel your
NOTE Confidence: 0.9610881
00:01:53.185 --> 00:01:53.925 way out.
NOTE Confidence: 0.94898444
00:01:55.880 --> 00:01:56.860 And so
NOTE Confidence: 0.93041235
00:01:59.000 --> 00:02:00.120 I had to,
NOTE Confidence: 0.9997408
00:02:01.320 --> 00:02:03.000 I had to rely on
NOTE Confidence: 0.9997408
00:02:03.000 --> 00:02:03.820 other people
NOTE Confidence: 0.92529315
00:02:04.840 --> 00:02:06.380 to help me,
NOTE Confidence: 0.995412
00:02:07.535 --> 00:02:08.035 and,
NOTE Confidence: 0.9993073
00:02:10.575 --> 00:02:11.635 you know, with support
NOTE Confidence: 0.9793059
00:02:12.175 --> 00:02:13.294 and trying to get me
NOTE Confidence: 0.9793059
00:02:13.294 --> 00:02:14.355 to a better place
NOTE Confidence: 0.42337152
00:02:15.055 --> 00:02:15.555 because
NOTE Confidence: 0.9967319
00:02:16.655 --> 00:02:17.475 I realized
NOTE Confidence: 0.98660594

00:02:17.775 --> 00:02:18.275 that
NOTE Confidence: 0.99136925

00:02:19.340 --> 00:02:20.940 I wasn't given an immediate
NOTE Confidence: 0.99136925

00:02:20.940 --> 00:02:22.860 death sentence, and I wanted
NOTE Confidence: 0.99136925

00:02:22.860 --> 00:02:24.380 my life to be as
NOTE Confidence: 0.99136925

00:02:24.380 --> 00:02:25.680 good as it could be.
NOTE Confidence: 0.9292433

00:02:26.620 --> 00:02:27.120 And,
NOTE Confidence: 0.9896842

00:02:28.060 --> 00:02:29.440 and that was my goal,
NOTE Confidence: 0.9990216

00:02:29.820 --> 00:02:31.360 but I didn't quite know
NOTE Confidence: 0.9990216

00:02:31.580 --> 00:02:32.320 how to
NOTE Confidence: 0.9985411

00:02:33.194 --> 00:02:34.474 push away how I was
NOTE Confidence: 0.9985411

00:02:34.474 --> 00:02:34.974 feeling.
NOTE Confidence: 0.7205573

00:02:36.394 --> 00:02:36.894 So,
NOTE Confidence: 0.97433424

00:02:39.915 --> 00:02:41.194 I I mean, I have
NOTE Confidence: 0.97433424

00:02:41.194 --> 00:02:42.315 I have a very good
NOTE Confidence: 0.97433424

00:02:42.315 --> 00:02:43.375 support circle.
NOTE Confidence: 0.87795615

00:02:46.394 --> 00:02:47.694 I have my family,

NOTE Confidence: 0.99908894
00:02:48.650 --> 00:02:49.790 and I have
NOTE Confidence: 0.9956319
00:02:50.250 --> 00:02:51.930 I have some very close
NOTE Confidence: 0.9956319
00:02:51.930 --> 00:02:52.430 friends.
NOTE Confidence: 0.9858968
00:02:53.450 --> 00:02:53.950 And,
NOTE Confidence: 0.9992806
00:02:56.250 --> 00:02:57.690 quite frankly, I don't know
NOTE Confidence: 0.9992806
00:02:57.690 --> 00:02:58.410 that I would be at
NOTE Confidence: 0.9992806
00:02:58.410 --> 00:02:59.870 the point I'm at
NOTE Confidence: 0.99548906
00:03:01.050 --> 00:03:01.550 without
NOTE Confidence: 0.9850374
00:03:02.465 --> 00:03:03.685 without their support.
NOTE Confidence: 0.9871432
00:03:08.385 --> 00:03:09.585 And it's it put me
NOTE Confidence: 0.9871432
00:03:09.585 --> 00:03:10.625 in a position that I'm
NOTE Confidence: 0.9871432
00:03:10.625 --> 00:03:12.165 not used to being in.
NOTE Confidence: 0.9408411
00:03:17.840 --> 00:03:19.780 I always felt very independent,
NOTE Confidence: 0.98816496
00:03:25.680 --> 00:03:26.800 but that's what I had
NOTE Confidence: 0.98816496
00:03:26.800 --> 00:03:27.459 to do.
NOTE Confidence: 0.9656609

00:03:29.235 --> 00:03:30.135 So I,
NOTE Confidence: 0.9977162

00:03:32.755 --> 00:03:33.255 especially
NOTE Confidence: 0.9807143

00:03:33.875 --> 00:03:35.075 in terms of wanting to
NOTE Confidence: 0.9807143

00:03:35.075 --> 00:03:36.935 be there for, my daughter,
NOTE Confidence: 0.9855487

00:03:38.435 --> 00:03:39.635 get myself to a better
NOTE Confidence: 0.9855487

00:03:39.635 --> 00:03:41.415 place, which even though
NOTE Confidence: 0.9627468

00:03:41.955 --> 00:03:43.470 I'm choked up right now,
NOTE Confidence: 0.9627468

00:03:43.550 --> 00:03:44.750 I'm at a much better
NOTE Confidence: 0.9627468

00:03:44.750 --> 00:03:45.250 place.
NOTE Confidence: 0.9565381

00:03:47.310 --> 00:03:47.790 So,
NOTE Confidence: 0.9913613

00:03:52.590 --> 00:03:53.490 along with
NOTE Confidence: 0.97334355

00:03:54.110 --> 00:03:55.490 the people I knew personally,
NOTE Confidence: 0.94337463

00:03:57.655 --> 00:03:59.355 I began going to therapy,
NOTE Confidence: 0.9875301

00:04:00.855 --> 00:04:01.355 and
NOTE Confidence: 0.8869074

00:04:02.215 --> 00:04:03.415 it took a very long
NOTE Confidence: 0.8869074

00:04:03.415 --> 00:04:03.915 time,

NOTE Confidence: 0.8672733
00:04:06.775 --> 00:04:07.015 to
NOTE Confidence: 0.718537
00:04:07.894 --> 00:04:08.635 I'm constantly,
NOTE Confidence: 0.9839414
00:04:09.254 --> 00:04:10.635 I continue to go
NOTE Confidence: 0.58454126
00:04:11.015 --> 00:04:11.515 because
NOTE Confidence: 0.91962266
00:04:11.980 --> 00:04:13.440 I can't remember things.
NOTE Confidence: 0.9284003
00:04:14.860 --> 00:04:15.360 So,
NOTE Confidence: 0.9024026
00:04:17.740 --> 00:04:19.279 it helped me a lot.
NOTE Confidence: 0.8778249
00:04:19.980 --> 00:04:20.480 And,
NOTE Confidence: 0.9879774
00:04:24.634 --> 00:04:25.535 when I
NOTE Confidence: 0.7828044
00:04:26.395 --> 00:04:27.134 trying to
NOTE Confidence: 0.9850438
00:04:27.514 --> 00:04:28.815 give you a short,
NOTE Confidence: 0.99013805
00:04:29.194 --> 00:04:30.154 you know, a short way
NOTE Confidence: 0.99013805
00:04:30.154 --> 00:04:30.714 to tell
NOTE Confidence: 0.93206334
00:04:31.435 --> 00:04:32.335 k. So
NOTE Confidence: 0.9890977
00:04:32.794 --> 00:04:34.895 I felt that before
NOTE Confidence: 0.99555093

00:04:36.010 --> 00:04:36.670 I was
NOTE Confidence: 0.9837496

00:04:37.370 --> 00:04:38.730 I got help to get
NOTE Confidence: 0.9837496

00:04:38.730 --> 00:04:39.790 to a better place,
NOTE Confidence: 0.9685421

00:04:40.410 --> 00:04:42.010 all I saw was doom
NOTE Confidence: 0.9685421

00:04:42.010 --> 00:04:42.830 and gloom.
NOTE Confidence: 0.9107952

00:04:43.770 --> 00:04:45.470 And with help,
NOTE Confidence: 0.9997446

00:04:46.010 --> 00:04:47.070 I saw that
NOTE Confidence: 0.9985425

00:04:48.010 --> 00:04:48.990 I'm a mom
NOTE Confidence: 0.9444129

00:04:50.074 --> 00:04:52.095 and that I'm still me,
NOTE Confidence: 0.93359375

00:04:54.955 --> 00:04:55.775 and that,
NOTE Confidence: 0.99736774

00:04:58.154 --> 00:04:59.615 if I don't let
NOTE Confidence: 0.87045395

00:05:01.035 --> 00:05:01.535 dementia
NOTE Confidence: 0.9518038

00:05:02.555 --> 00:05:04.014 get the better of me,
NOTE Confidence: 0.9518038

00:05:04.270 --> 00:05:05.949 that for whatever period of
NOTE Confidence: 0.9518038

00:05:05.949 --> 00:05:06.449 time,
NOTE Confidence: 0.97753733

00:05:06.830 --> 00:05:07.729 I can live,

NOTE Confidence: 0.9693543
00:05:09.629 --> 00:05:11.409 a good quality of life,
NOTE Confidence: 0.9865201
00:05:11.870 --> 00:05:13.009 and I can,
NOTE Confidence: 0.9988744
00:05:13.949 --> 00:05:15.169 I can help others?
NOTE Confidence: 0.9869732
00:05:17.814 --> 00:05:19.194 I have a question about
NOTE Confidence: 0.9869732
00:05:19.414 --> 00:05:21.175 the therapist. How were you
NOTE Confidence: 0.9869732
00:05:21.175 --> 00:05:23.335 connected to the therapist? How
NOTE Confidence: 0.9869732
00:05:23.335 --> 00:05:25.094 did you find someone you
NOTE Confidence: 0.9869732
00:05:25.094 --> 00:05:26.474 felt comfortable with?
NOTE Confidence: 0.9965651
00:05:28.534 --> 00:05:30.055 I'm not I don't remember
NOTE Confidence: 0.9965651
00:05:30.055 --> 00:05:31.094 how I first went to
NOTE Confidence: 0.9965651
00:05:31.094 --> 00:05:31.594 him.
NOTE Confidence: 0.9638645
00:05:35.170 --> 00:05:36.770 I must I guess I
NOTE Confidence: 0.9638645
00:05:36.770 --> 00:05:38.290 spoke to somebody that I
NOTE Confidence: 0.9638645
00:05:38.290 --> 00:05:38.790 knew
NOTE Confidence: 0.9974079
00:05:39.650 --> 00:05:41.270 that connected me with him.
NOTE Confidence: 0.9974079

00:05:41.410 --> 00:05:43.250 Mhmm. I don't remember who.
NOTE Confidence: 0.9974079

00:05:43.250 --> 00:05:45.089 Yeah. Is there anything that
NOTE Confidence: 0.9974079

00:05:45.089 --> 00:05:46.070 you appreciate
NOTE Confidence: 0.9927694

00:05:46.534 --> 00:05:47.595 that he does,
NOTE Confidence: 0.99957275

00:05:48.375 --> 00:05:49.194 in therapy
NOTE Confidence: 0.9887393

00:05:49.735 --> 00:05:51.115 that's especially helpful?
NOTE Confidence: 0.8325326

00:05:53.095 --> 00:05:53.595 Yes.
NOTE Confidence: 0.7493727

00:05:55.335 --> 00:05:55.835 Well,
NOTE Confidence: 0.99727505

00:05:57.414 --> 00:05:58.314 first of all,
NOTE Confidence: 0.9877362

00:06:01.820 --> 00:06:03.500 he does it's the type
NOTE Confidence: 0.9877362

00:06:03.500 --> 00:06:04.860 of it's the type of,
NOTE Confidence: 0.9877362

00:06:05.339 --> 00:06:07.360 session where there's conversation,
NOTE Confidence: 0.9827291

00:06:08.620 --> 00:06:10.060 not where I'm just having
NOTE Confidence: 0.9827291

00:06:10.060 --> 00:06:11.120 to talk because
NOTE Confidence: 0.9852675

00:06:11.500 --> 00:06:12.880 that I need feedback.
NOTE Confidence: 0.9849252

00:06:13.285 --> 00:06:14.105 Mhmm. And,

NOTE Confidence: 0.9887352
00:06:14.485 --> 00:06:15.685 I need him to be
NOTE Confidence: 0.9887352
00:06:15.685 --> 00:06:16.904 honest with me,
NOTE Confidence: 0.99916553
00:06:17.605 --> 00:06:18.105 and
NOTE Confidence: 0.9742396
00:06:19.285 --> 00:06:20.885 he does all of that.
NOTE Confidence: 0.9742396
00:06:20.885 --> 00:06:22.265 And and he also,
NOTE Confidence: 0.9990132
00:06:24.005 --> 00:06:24.745 he also
NOTE Confidence: 0.9674533
00:06:26.290 --> 00:06:27.810 helps me to get to
NOTE Confidence: 0.9674533
00:06:27.810 --> 00:06:28.790 a better place,
NOTE Confidence: 0.8919386
00:06:29.570 --> 00:06:30.070 and,
NOTE Confidence: 0.99329203
00:06:31.010 --> 00:06:32.470 if I fall a little,
NOTE Confidence: 0.98600525
00:06:32.770 --> 00:06:33.890 he helps me get back
NOTE Confidence: 0.98600525
00:06:33.890 --> 00:06:35.030 to where I was.
NOTE Confidence: 0.99487454
00:06:35.730 --> 00:06:36.850 But it's the getting to
NOTE Confidence: 0.99487454
00:06:36.850 --> 00:06:37.830 a better place
NOTE Confidence: 0.9048787
00:06:38.450 --> 00:06:39.190 that was,
NOTE Confidence: 0.99979126

00:06:40.450 --> 00:06:41.190 so valuable.
NOTE Confidence: 0.9988009

00:06:41.725 --> 00:06:42.225 Mhmm.
NOTE Confidence: 0.98952353

00:06:44.685 --> 00:06:46.145 So what would you say
NOTE Confidence: 0.98952353

00:06:46.205 --> 00:06:47.885 it it means for you
NOTE Confidence: 0.98952353

00:06:47.885 --> 00:06:49.585 to live well with dementia?
NOTE Confidence: 0.9991319

00:06:50.525 --> 00:06:51.885 Have you thought about what
NOTE Confidence: 0.9991319

00:06:51.885 --> 00:06:53.805 living well might look like
NOTE Confidence: 0.9991319

00:06:53.805 --> 00:06:55.025 for you in the future?
NOTE Confidence: 0.99925685

00:06:56.285 --> 00:06:56.785 Well,
NOTE Confidence: 0.9994051

00:06:57.750 --> 00:06:59.130 this is the future
NOTE Confidence: 0.98213995

00:06:59.510 --> 00:07:00.730 from when I started.
NOTE Confidence: 0.97982013

00:07:02.310 --> 00:07:02.790 So,
NOTE Confidence: 0.9926444

00:07:03.830 --> 00:07:05.130 I'm living in the moment.
NOTE Confidence: 0.9180938

00:07:05.990 --> 00:07:06.490 Okay.
NOTE Confidence: 0.9744536

00:07:07.110 --> 00:07:08.730 I know things will change,
NOTE Confidence: 0.9838181

00:07:09.270 --> 00:07:10.070 but I'm

NOTE Confidence: 0.98357224
00:07:11.645 --> 00:07:12.685 I know how I would
NOTE Confidence: 0.98357224
00:07:12.685 --> 00:07:14.285 like things to be. But
NOTE Confidence: 0.98357224
00:07:14.285 --> 00:07:15.985 I don't concentrate on that,
NOTE Confidence: 0.9969909
00:07:16.764 --> 00:07:17.264 because
NOTE Confidence: 0.99685395
00:07:17.805 --> 00:07:18.944 it's not an upward
NOTE Confidence: 0.9123928
00:07:19.965 --> 00:07:21.905 it's not an upward cycle,
NOTE Confidence: 0.99695736
00:07:22.285 --> 00:07:23.505 and I don't want
NOTE Confidence: 0.98396665
00:07:24.430 --> 00:07:25.970 I don't wanna waste my
NOTE Confidence: 0.99974525
00:07:26.750 --> 00:07:27.569 brain energy
NOTE Confidence: 0.991066
00:07:27.949 --> 00:07:29.949 on thinking about the future.
NOTE Confidence: 0.991066
00:07:29.949 --> 00:07:31.150 I mean, I I know
NOTE Confidence: 0.991066
00:07:31.150 --> 00:07:31.650 what
NOTE Confidence: 0.9900046
00:07:32.270 --> 00:07:33.629 I know about the future,
NOTE Confidence: 0.9900046
00:07:33.629 --> 00:07:34.830 but I don't wanna think
NOTE Confidence: 0.9900046
00:07:34.830 --> 00:07:36.110 about it because that will
NOTE Confidence: 0.9900046

00:07:36.110 --> 00:07:37.389 decrease. That will make the
NOTE Confidence: 0.9900046

00:07:37.389 --> 00:07:38.690 quality of my life
NOTE Confidence: 0.99905884

00:07:39.445 --> 00:07:40.264 much less.
NOTE Confidence: 0.99922323

00:07:40.725 --> 00:07:42.824 So beyond the practical things,
NOTE Confidence: 0.98967934

00:07:43.285 --> 00:07:44.324 I try not to go
NOTE Confidence: 0.98967934

00:07:44.324 --> 00:07:45.525 there, and I try to
NOTE Confidence: 0.98967934

00:07:45.525 --> 00:07:46.505 live in the moment.
NOTE Confidence: 0.99969435

00:07:47.685 --> 00:07:49.365 It's important for me to
NOTE Confidence: 0.99969435

00:07:49.365 --> 00:07:49.865 have
NOTE Confidence: 0.9995419

00:07:51.205 --> 00:07:51.705 positive
NOTE Confidence: 0.9999138

00:07:52.005 --> 00:07:52.505 energy
NOTE Confidence: 0.9999229

00:07:53.480 --> 00:07:53.980 by
NOTE Confidence: 0.9994691

00:07:54.360 --> 00:07:56.060 surrounding myself with
NOTE Confidence: 0.99609935

00:07:56.600 --> 00:07:57.100 positivity
NOTE Confidence: 0.9742023

00:07:57.480 --> 00:07:59.800 and by also doing what
NOTE Confidence: 0.9742023

00:07:59.800 --> 00:08:01.660 I consider positive things.

NOTE Confidence: 0.9044119
00:08:02.840 --> 00:08:04.300 And in my case,
NOTE Confidence: 0.9837114
00:08:04.920 --> 00:08:06.280 what in terms of doing
NOTE Confidence: 0.9837114
00:08:06.280 --> 00:08:07.420 positive things,
NOTE Confidence: 0.9071477
00:08:08.294 --> 00:08:08.794 there's,
NOTE Confidence: 0.9982415
00:08:10.854 --> 00:08:12.455 there's the part where it
NOTE Confidence: 0.9982415
00:08:12.455 --> 00:08:13.655 means a lot to me
NOTE Confidence: 0.9982415
00:08:13.655 --> 00:08:14.935 to be able to help
NOTE Confidence: 0.9982415
00:08:14.935 --> 00:08:15.435 others
NOTE Confidence: 0.982604
00:08:16.055 --> 00:08:17.095 in any way that I
NOTE Confidence: 0.982604
00:08:17.095 --> 00:08:17.595 can.
NOTE Confidence: 0.92154574
00:08:18.294 --> 00:08:18.615 And,
NOTE Confidence: 0.99871963
00:08:20.455 --> 00:08:21.675 I think I'm lucky
NOTE Confidence: 0.99965715
00:08:22.250 --> 00:08:22.750 that
NOTE Confidence: 0.9597323
00:08:23.210 --> 00:08:24.830 despite where I'm at
NOTE Confidence: 0.9106998
00:08:25.370 --> 00:08:26.750 in terms of dementia,
NOTE Confidence: 0.9895201

00:08:27.210 --> 00:08:28.729 that I can have a
NOTE Confidence: 0.9895201

00:08:28.729 --> 00:08:29.229 clear,
NOTE Confidence: 0.97084427

00:08:30.090 --> 00:08:30.970 what I hope is a
NOTE Confidence: 0.97084427

00:08:30.970 --> 00:08:32.030 clear conversation
NOTE Confidence: 0.9815953

00:08:32.330 --> 00:08:33.630 with you right now,
NOTE Confidence: 0.9988711

00:08:34.170 --> 00:08:35.710 and pass along
NOTE Confidence: 0.9618468

00:08:36.975 --> 00:08:38.415 what my experience has been
NOTE Confidence: 0.9618468

00:08:38.415 --> 00:08:40.415 like, and hopefully, that will
NOTE Confidence: 0.9618468

00:08:40.415 --> 00:08:41.235 help others.
NOTE Confidence: 0.9981029

00:08:42.654 --> 00:08:43.154 And
NOTE Confidence: 0.8836112

00:08:43.535 --> 00:08:44.915 then I have things
NOTE Confidence: 0.96470326

00:08:45.455 --> 00:08:46.355 that I do,
NOTE Confidence: 0.9212971

00:08:46.655 --> 00:08:48.415 you know, just things that
NOTE Confidence: 0.9212971

00:08:48.415 --> 00:08:49.475 I enjoy doing,
NOTE Confidence: 0.78787553

00:08:52.260 --> 00:08:52.760 Like,
NOTE Confidence: 0.9890221

00:08:54.580 --> 00:08:55.720 I like gardening.

NOTE Confidence: 0.9998414
00:08:56.500 --> 00:08:57.720 I like photography.
NOTE Confidence: 0.91203576
00:08:59.220 --> 00:09:00.500 I'm a I'm a big,
NOTE Confidence: 0.8865104
00:09:02.100 --> 00:09:03.080 movie buff.
NOTE Confidence: 0.9979786
00:09:05.105 --> 00:09:05.605 So
NOTE Confidence: 0.9628942
00:09:06.625 --> 00:09:09.024 it's, strange. Like, I I
NOTE Confidence: 0.9628942
00:09:09.024 --> 00:09:11.024 remember more from a long
NOTE Confidence: 0.9628942
00:09:11.024 --> 00:09:11.764 time ago,
NOTE Confidence: 0.995922
00:09:12.225 --> 00:09:13.345 so I watch a lot
NOTE Confidence: 0.995922
00:09:13.345 --> 00:09:13.845 of
NOTE Confidence: 0.7827506
00:09:14.225 --> 00:09:14.725 classics.
NOTE Confidence: 0.96564627
00:09:16.545 --> 00:09:17.024 And,
NOTE Confidence: 0.98225135
00:09:18.870 --> 00:09:20.410 I can watch new things.
NOTE Confidence: 0.96914077
00:09:21.590 --> 00:09:22.090 But,
NOTE Confidence: 0.9850904
00:09:23.590 --> 00:09:25.350 as I'm sitting there, I
NOTE Confidence: 0.9850904
00:09:25.350 --> 00:09:26.790 can enjoy or not like
NOTE Confidence: 0.9850904

00:09:26.790 --> 00:09:28.390 it so much, but I
NOTE Confidence: 0.9850904

00:09:28.390 --> 00:09:29.510 don't I wind up not
NOTE Confidence: 0.9850904

00:09:29.510 --> 00:09:30.010 remembering
NOTE Confidence: 0.9898093

00:09:31.154 --> 00:09:32.375 what the movie is.
NOTE Confidence: 0.9646226

00:09:32.755 --> 00:09:34.195 A book, honestly, I'm okay
NOTE Confidence: 0.9646226

00:09:34.195 --> 00:09:35.235 with that because if it's
NOTE Confidence: 0.9646226

00:09:35.235 --> 00:09:36.755 entertainment for a period of
NOTE Confidence: 0.9646226

00:09:36.755 --> 00:09:38.295 time, then I've been entertained.
NOTE Confidence: 0.9646226

00:09:38.515 --> 00:09:39.015 Mhmm.
NOTE Confidence: 0.95802855

00:09:39.635 --> 00:09:40.135 And,
NOTE Confidence: 0.99208504

00:09:41.315 --> 00:09:43.095 just, you know, different things
NOTE Confidence: 0.99208504

00:09:43.154 --> 00:09:43.895 like that
NOTE Confidence: 0.97957516

00:09:44.519 --> 00:09:46.920 to stimulate my brain Mhmm.
NOTE Confidence: 0.97957516

00:09:47.000 --> 00:09:47.399 And,
NOTE Confidence: 0.9900252

00:09:48.920 --> 00:09:50.120 make me feel like I'm
NOTE Confidence: 0.9900252

00:09:50.120 --> 00:09:51.100 in a better place

NOTE Confidence: 0.9353139

00:09:51.480 --> 00:09:53.079 Mhmm. So I can have

NOTE Confidence: 0.9353139

00:09:53.079 --> 00:09:54.120 as happy a life as

NOTE Confidence: 0.9353139

00:09:54.120 --> 00:09:56.220 possible. And it's much happier,

NOTE Confidence: 0.99787444

00:09:58.199 --> 00:09:59.100 than it was.

NOTE Confidence: 0.9768771

00:09:59.965 --> 00:10:01.485 I'm not saying it's perfect.

NOTE Confidence: 0.9768771

00:10:01.485 --> 00:10:03.005 It's not perfect, and there

NOTE Confidence: 0.9768771

00:10:03.005 --> 00:10:04.304 are things that are troubling,

NOTE Confidence: 0.96703804

00:10:05.325 --> 00:10:06.845 but, you know, I do

NOTE Confidence: 0.96703804

00:10:06.845 --> 00:10:07.585 my best.

NOTE Confidence: 0.93323714

00:10:08.125 --> 00:10:08.525 And,

NOTE Confidence: 0.91256285

00:10:10.365 --> 00:10:12.125 I think with all things

NOTE Confidence: 0.91256285

00:10:12.125 --> 00:10:12.625 considered,

NOTE Confidence: 0.99726456

00:10:13.085 --> 00:10:14.385 I think I'm doing

NOTE Confidence: 0.99755085

00:10:15.470 --> 00:10:17.010 really my best right now.

NOTE Confidence: 0.99940675

00:10:17.870 --> 00:10:19.890 What services from your environment

NOTE Confidence: 0.99940675

00:10:20.030 --> 00:10:21.950 have been especially helpful to

NOTE Confidence: 0.99940675

00:10:21.950 --> 00:10:22.450 you?

NOTE Confidence: 0.9610456

00:10:24.270 --> 00:10:24.770 Well,

NOTE Confidence: 0.99771595

00:10:27.150 --> 00:10:28.370 my psychiatrist

NOTE Confidence: 0.9411255

00:10:28.670 --> 00:10:30.645 has been especially helpful, as

NOTE Confidence: 0.9411255

00:10:30.645 --> 00:10:31.465 I've mentioned,

NOTE Confidence: 0.92711675

00:10:32.565 --> 00:10:33.065 and,

NOTE Confidence: 0.9997792

00:10:34.085 --> 00:10:35.304 I'm not sure

NOTE Confidence: 0.9781713

00:10:35.845 --> 00:10:36.345 about,

NOTE Confidence: 0.9997593

00:10:36.804 --> 00:10:38.184 how I first learned

NOTE Confidence: 0.9822713

00:10:38.804 --> 00:10:40.825 about LiveWell or the Alzheimer's

NOTE Confidence: 0.7618711

00:10:41.205 --> 00:10:41.705 Association.

NOTE Confidence: 0.9963081

00:10:42.725 --> 00:10:43.225 But

NOTE Confidence: 0.9606316

00:10:45.689 --> 00:10:46.129 the,

NOTE Confidence: 0.900994

00:10:46.569 --> 00:10:48.490 in particular they're both great

NOTE Confidence: 0.900994

00:10:48.490 --> 00:10:48.990 organizations.

NOTE Confidence: 0.9301932
00:10:50.250 --> 00:10:51.629 I spend more time
NOTE Confidence: 0.9371066
00:10:52.250 --> 00:10:53.069 with LiveWell,
NOTE Confidence: 0.931424
00:10:54.089 --> 00:10:54.589 and,
NOTE Confidence: 0.9723899
00:10:56.970 --> 00:10:57.949 they've been,
NOTE Confidence: 0.99929976
00:10:59.050 --> 00:10:59.550 beyond
NOTE Confidence: 0.9993826
00:11:00.375 --> 00:11:00.875 helpful
NOTE Confidence: 0.9952215
00:11:01.415 --> 00:11:01.495 to me.
NOTE Confidence: 0.9892848
00:11:03.175 --> 00:11:03.995 They're supportive,
NOTE Confidence: 0.99935883
00:11:04.455 --> 00:11:06.215 and they do many things
NOTE Confidence: 0.99935883
00:11:06.215 --> 00:11:07.335 to bring out the best
NOTE Confidence: 0.99935883
00:11:07.335 --> 00:11:07.995 of me
NOTE Confidence: 0.980144
00:11:08.775 --> 00:11:10.715 that I can participate in,
NOTE Confidence: 0.980144
00:11:10.934 --> 00:11:11.835 whether it's
NOTE Confidence: 0.9827429
00:11:13.589 --> 00:11:15.750 whether it's something like a
NOTE Confidence: 0.9827429
00:11:15.750 --> 00:11:18.890 conversation we're having now or
NOTE Confidence: 0.97470087

00:11:19.429 --> 00:11:21.029 the conversations that we have

NOTE Confidence: 0.97470087

00:11:21.029 --> 00:11:21.529 there,

NOTE Confidence: 0.98747015

00:11:23.350 --> 00:11:24.649 or or different activities

NOTE Confidence: 0.9832422

00:11:25.029 --> 00:11:26.329 to participate in.

NOTE Confidence: 0.9982376

00:11:26.774 --> 00:11:28.375 I can offer what I

NOTE Confidence: 0.9982376

00:11:28.375 --> 00:11:29.675 know through my experience,

NOTE Confidence: 0.9967453

00:11:30.134 --> 00:11:31.274 and I can also

NOTE Confidence: 0.99968576

00:11:31.815 --> 00:11:32.714 learn ways

NOTE Confidence: 0.95208657

00:11:33.254 --> 00:11:33.754 to,

NOTE Confidence: 0.99584717

00:11:34.774 --> 00:11:36.154 live as healthy

NOTE Confidence: 0.9886073

00:11:37.095 --> 00:11:38.295 a life as I can

NOTE Confidence: 0.9886073

00:11:38.295 --> 00:11:39.975 right now and as happy

NOTE Confidence: 0.9886073

00:11:39.975 --> 00:11:41.480 a life as I can

NOTE Confidence: 0.9886073

00:11:41.480 --> 00:11:42.940 right now. They've been

NOTE Confidence: 0.9498361

00:11:43.720 --> 00:11:44.220 hugely,

NOTE Confidence: 0.98087096

00:11:46.040 --> 00:11:47.179 helpful to me.

NOTE Confidence: 0.9809958
00:11:48.279 --> 00:11:49.740 And then, you know,
NOTE Confidence: 0.9994123
00:11:50.120 --> 00:11:50.620 privately,
NOTE Confidence: 0.9459765
00:11:51.480 --> 00:11:52.460 I need help.
NOTE Confidence: 0.99735016
00:11:52.855 --> 00:11:54.475 And so, you know,
NOTE Confidence: 0.9894875
00:11:54.855 --> 00:11:55.355 I
NOTE Confidence: 0.93478245
00:11:55.735 --> 00:11:57.015 am getting the help that
NOTE Confidence: 0.93478245
00:11:57.015 --> 00:11:57.675 I need,
NOTE Confidence: 0.920432
00:11:58.615 --> 00:11:59.015 and,
NOTE Confidence: 0.99969184
00:12:00.215 --> 00:12:01.495 that makes it easier for
NOTE Confidence: 0.99969184
00:12:01.495 --> 00:12:02.395 me to concentrate.
NOTE Confidence: 0.9334889
00:12:02.855 --> 00:12:04.075 It's sort of like
NOTE Confidence: 0.8072575
00:12:05.750 --> 00:12:06.809 like if initially,
NOTE Confidence: 0.94269234
00:12:09.510 --> 00:12:11.190 I had, like my brain
NOTE Confidence: 0.94269234
00:12:11.190 --> 00:12:12.170 was like a large
NOTE Confidence: 0.9998367
00:12:12.790 --> 00:12:13.290 circle
NOTE Confidence: 0.95106316

00:12:14.390 --> 00:12:15.290 of information,
NOTE Confidence: 0.9880875

00:12:15.670 --> 00:12:16.890 different types of information.
NOTE Confidence: 0.9681274

00:12:17.350 --> 00:12:18.630 It's like the circle has
NOTE Confidence: 0.9681274

00:12:18.630 --> 00:12:20.170 gotten much smaller,
NOTE Confidence: 0.9964497

00:12:20.655 --> 00:12:21.635 so I feel like there's
NOTE Confidence: 0.9964497

00:12:21.695 --> 00:12:22.175 limited
NOTE Confidence: 0.9996462

00:12:22.495 --> 00:12:23.875 very limited space
NOTE Confidence: 0.99854153

00:12:25.215 --> 00:12:26.115 for me to
NOTE Confidence: 0.99744

00:12:27.615 --> 00:12:28.915 think clearly
NOTE Confidence: 0.787616

00:12:29.295 --> 00:12:29.795 or,
NOTE Confidence: 0.9532026

00:12:32.015 --> 00:12:33.375 I feel like everything is
NOTE Confidence: 0.9532026

00:12:33.375 --> 00:12:35.315 moving in very slow motion.
NOTE Confidence: 0.93374944

00:12:35.960 --> 00:12:36.780 And sometimes
NOTE Confidence: 0.8536873

00:12:37.800 --> 00:12:39.179 I can absorb,
NOTE Confidence: 0.9762447

00:12:40.280 --> 00:12:41.640 you know, what I'm involved
NOTE Confidence: 0.9762447

00:12:41.640 --> 00:12:43.240 in, and sometimes I just

NOTE Confidence: 0.9762447

00:12:43.240 --> 00:12:43.740 can't.

NOTE Confidence: 0.9428775

00:12:44.520 --> 00:12:46.120 But so since this circle

NOTE Confidence: 0.9428775

00:12:46.120 --> 00:12:47.100 is much smaller

NOTE Confidence: 0.9780983

00:12:49.080 --> 00:12:50.120 like, now I'm losing my

NOTE Confidence: 0.9780983

00:12:50.120 --> 00:12:51.100 train of thought.

NOTE Confidence: 0.96743935

00:12:51.705 --> 00:12:53.385 Since the circle is much

NOTE Confidence: 0.96743935

00:12:53.385 --> 00:12:53.885 smaller,

NOTE Confidence: 0.9983223

00:12:54.425 --> 00:12:55.465 I have to,

NOTE Confidence: 0.9862608

00:12:56.265 --> 00:12:56.765 concentrate.

NOTE Confidence: 0.98558193

00:12:57.625 --> 00:12:58.585 There's not a lot of

NOTE Confidence: 0.98558193

00:12:58.585 --> 00:12:59.405 free space,

NOTE Confidence: 0.99975187

00:13:00.665 --> 00:13:02.525 so I have to concentrate

NOTE Confidence: 0.9995477

00:13:02.905 --> 00:13:05.225 on the things that keep

NOTE Confidence: 0.9995477

00:13:05.225 --> 00:13:06.684 me most vital.

NOTE Confidence: 0.97659093

00:13:09.620 --> 00:13:10.820 That kind of leads to

NOTE Confidence: 0.97659093

00:13:10.820 --> 00:13:12.679 my next question, which is,
NOTE Confidence: 0.9990778

00:13:13.059 --> 00:13:14.900 what gives you meaning and
NOTE Confidence: 0.9990778

00:13:14.900 --> 00:13:15.400 purpose
NOTE Confidence: 0.98932153

00:13:16.260 --> 00:13:17.640 these days? Uh-huh.
NOTE Confidence: 0.81921345

00:13:22.675 --> 00:13:23.175 Well,
NOTE Confidence: 0.98913085

00:13:26.035 --> 00:13:27.334 I mean, my background
NOTE Confidence: 0.96699655

00:13:28.355 --> 00:13:29.315 gives me a lot of
NOTE Confidence: 0.96699655

00:13:29.315 --> 00:13:30.855 meaning, personal meaning,
NOTE Confidence: 0.97388005

00:13:31.554 --> 00:13:33.475 in terms of, you know,
NOTE Confidence: 0.97388005

00:13:33.475 --> 00:13:34.675 the family I grew up
NOTE Confidence: 0.97388005

00:13:34.675 --> 00:13:35.175 with,
NOTE Confidence: 0.95307475

00:13:35.800 --> 00:13:37.400 the family I made is
NOTE Confidence: 0.95307475

00:13:37.400 --> 00:13:39.340 all very important to me.
NOTE Confidence: 0.95307475

00:13:39.559 --> 00:13:40.700 So I think that
NOTE Confidence: 0.99949914

00:13:41.320 --> 00:13:43.020 I have some inner strength.
NOTE Confidence: 0.971119

00:13:43.880 --> 00:13:44.920 I don't know if that's

NOTE Confidence: 0.971119
00:13:44.920 --> 00:13:45.420 just,
NOTE Confidence: 0.97928965
00:13:47.480 --> 00:13:49.000 yeah, I think that that's
NOTE Confidence: 0.97928965
00:13:49.000 --> 00:13:50.565 how I was raised, to
NOTE Confidence: 0.97928965
00:13:50.565 --> 00:13:51.945 learn how to be resilient.
NOTE Confidence: 0.9715247
00:13:53.765 --> 00:13:54.585 But, also,
NOTE Confidence: 0.98511744
00:13:55.205 --> 00:13:56.345 it's not necessarily,
NOTE Confidence: 0.98943007
00:13:58.405 --> 00:14:00.405 natural process anymore, so I
NOTE Confidence: 0.98943007
00:14:00.405 --> 00:14:01.525 have to think about it
NOTE Confidence: 0.98943007
00:14:01.525 --> 00:14:02.025 more.
NOTE Confidence: 0.8271545
00:14:02.645 --> 00:14:02.965 And,
NOTE Confidence: 0.999748
00:14:04.820 --> 00:14:05.640 that's where
NOTE Confidence: 0.99465746
00:14:06.100 --> 00:14:07.640 the support that I'm getting
NOTE Confidence: 0.99465746
00:14:07.780 --> 00:14:09.300 from the different services that
NOTE Confidence: 0.99465746
00:14:09.300 --> 00:14:10.120 I've mentioned
NOTE Confidence: 0.9815951
00:14:10.660 --> 00:14:12.260 are so helpful to me
NOTE Confidence: 0.9815951

00:14:12.260 --> 00:14:13.140 to keep me, like, on
NOTE Confidence: 0.9815951

00:14:13.140 --> 00:14:14.420 the right track, so to
NOTE Confidence: 0.9815951

00:14:14.420 --> 00:14:16.040 speak. And I because
NOTE Confidence: 0.9621994

00:14:16.340 --> 00:14:17.559 I'm often going,
NOTE Confidence: 0.9714266

00:14:20.704 --> 00:14:23.024 not not staying focused, and
NOTE Confidence: 0.9714266

00:14:23.024 --> 00:14:24.404 I'm going off on different
NOTE Confidence: 0.9714266

00:14:24.464 --> 00:14:25.925 tangents in my mind
NOTE Confidence: 0.89825726

00:14:26.305 --> 00:14:27.204 that are,
NOTE Confidence: 0.9994644

00:14:29.505 --> 00:14:31.105 not necessarily the best things
NOTE Confidence: 0.9994644

00:14:31.105 --> 00:14:32.899 for me to be focused
NOTE Confidence: 0.94467443

00:14:33.680 --> 00:14:34.800 on. I mean, a very
NOTE Confidence: 0.94467443

00:14:34.800 --> 00:14:36.019 simple little thing.
NOTE Confidence: 0.98970664

00:14:36.880 --> 00:14:37.839 I used to watch the
NOTE Confidence: 0.98970664

00:14:37.839 --> 00:14:38.820 news at night,
NOTE Confidence: 0.9889109

00:14:40.160 --> 00:14:41.920 and I don't think anybody
NOTE Confidence: 0.9889109

00:14:41.920 --> 00:14:43.279 would disagree that there's some

NOTE Confidence: 0.9889109
00:14:43.279 --> 00:14:45.220 pretty disturbing news right now.
NOTE Confidence: 0.91453755
00:14:45.760 --> 00:14:47.935 And I don't I I
NOTE Confidence: 0.91453755
00:14:47.935 --> 00:14:49.235 I don't do that because,
NOTE Confidence: 0.96443415
00:14:52.415 --> 00:14:54.175 everything gets to me more
NOTE Confidence: 0.96443415
00:14:54.175 --> 00:14:54.675 easily,
NOTE Confidence: 0.9557091
00:14:55.375 --> 00:14:56.735 and that would have gotten
NOTE Confidence: 0.9557091
00:14:56.735 --> 00:14:57.635 to me before,
NOTE Confidence: 0.9445923
00:14:58.015 --> 00:14:58.895 but I guess I would
NOTE Confidence: 0.9445923
00:14:58.895 --> 00:15:00.675 have fallen asleep for now.
NOTE Confidence: 0.99074197
00:15:01.880 --> 00:15:03.240 There's no way. It takes
NOTE Confidence: 0.99074197
00:15:03.240 --> 00:15:05.000 me too long to get
NOTE Confidence: 0.99074197
00:15:05.000 --> 00:15:06.380 myself back to,
NOTE Confidence: 0.9657126
00:15:08.360 --> 00:15:10.120 relaxed enough state to be
NOTE Confidence: 0.9657126
00:15:10.120 --> 00:15:11.160 able to go to sleep,
NOTE Confidence: 0.9657126
00:15:11.160 --> 00:15:12.440 and that's probably a lot
NOTE Confidence: 0.9657126

00:15:12.440 --> 00:15:13.480 of people feel that way,
NOTE Confidence: 0.9657126

00:15:13.480 --> 00:15:15.334 but that's just one small
NOTE Confidence: 0.9657126

00:15:15.394 --> 00:15:16.935 example of how to know
NOTE Confidence: 0.99853927

00:15:17.475 --> 00:15:18.214 what things
NOTE Confidence: 0.97422814

00:15:19.235 --> 00:15:20.514 what things are good for
NOTE Confidence: 0.97422814

00:15:20.514 --> 00:15:21.795 you and what things are
NOTE Confidence: 0.97422814

00:15:21.795 --> 00:15:23.074 bad for you and how
NOTE Confidence: 0.97422814

00:15:23.074 --> 00:15:23.894 to readjust,
NOTE Confidence: 0.99952865

00:15:25.875 --> 00:15:27.870 from a totally different life
NOTE Confidence: 0.99952865

00:15:27.870 --> 00:15:28.370 before
NOTE Confidence: 0.85644495

00:15:28.830 --> 00:15:30.370 to now and be accepting,
NOTE Confidence: 0.9981479

00:15:31.230 --> 00:15:32.690 and don't dwell on
NOTE Confidence: 0.99473715

00:15:33.550 --> 00:15:34.690 don't dwell on
NOTE Confidence: 0.964054

00:15:35.310 --> 00:15:36.450 the used to be's.
NOTE Confidence: 0.9993501

00:15:36.830 --> 00:15:37.730 Focus on
NOTE Confidence: 0.9034492

00:15:38.190 --> 00:15:39.550 the what is now. Focus

NOTE Confidence: 0.9034492

00:15:39.550 --> 00:15:40.450 on the present.

NOTE Confidence: 0.9994781

00:15:42.105 --> 00:15:43.145 And that was just one

NOTE Confidence: 0.9994781

00:15:43.145 --> 00:15:45.385 small example of how I've

NOTE Confidence: 0.9994781

00:15:45.385 --> 00:15:45.885 learned

NOTE Confidence: 0.9947369

00:15:46.345 --> 00:15:47.085 how to

NOTE Confidence: 0.94792277

00:15:47.465 --> 00:15:49.005 sort of change around,

NOTE Confidence: 0.9517037

00:15:51.065 --> 00:15:52.525 my days a little bit

NOTE Confidence: 0.9517037

00:15:52.585 --> 00:15:53.085 and

NOTE Confidence: 0.98726887

00:15:56.080 --> 00:15:57.920 and keep as focused as

NOTE Confidence: 0.98726887

00:15:57.920 --> 00:15:59.279 I can be, which is

NOTE Confidence: 0.98726887

00:15:59.279 --> 00:16:00.960 just it's not for all

NOTE Confidence: 0.98726887

00:16:00.960 --> 00:16:01.460 day.

NOTE Confidence: 0.8926009

00:16:03.600 --> 00:16:04.420 For today,

NOTE Confidence: 0.9938318

00:16:04.880 --> 00:16:06.160 since I I'm speaking to

NOTE Confidence: 0.9938318

00:16:06.160 --> 00:16:06.660 you,

NOTE Confidence: 0.9291792

00:16:07.200 --> 00:16:07.700 I,
NOTE Confidence: 0.9979635

00:16:09.185 --> 00:16:10.805 yesterday, I did nothing.
NOTE Confidence: 0.9631119

00:16:12.145 --> 00:16:13.285 I just rested,
NOTE Confidence: 0.9167464

00:16:14.065 --> 00:16:14.565 and,
NOTE Confidence: 0.986947

00:16:15.985 --> 00:16:17.665 it was early for this
NOTE Confidence: 0.986947

00:16:17.665 --> 00:16:18.485 is the morning,
NOTE Confidence: 0.97950333

00:16:19.185 --> 00:16:20.465 and it was early for
NOTE Confidence: 0.97950333

00:16:20.465 --> 00:16:21.505 me to wake up, and
NOTE Confidence: 0.97950333

00:16:21.505 --> 00:16:22.485 that's tough.
NOTE Confidence: 0.9976897

00:16:24.030 --> 00:16:24.750 But I,
NOTE Confidence: 0.96525425

00:16:25.230 --> 00:16:26.590 I got up earlier than
NOTE Confidence: 0.96525425

00:16:26.590 --> 00:16:27.790 I needed to so I
NOTE Confidence: 0.96525425

00:16:27.790 --> 00:16:28.770 could try to be,
NOTE Confidence: 0.99877256

00:16:30.750 --> 00:16:31.890 better here today.
NOTE Confidence: 0.9765125

00:16:32.990 --> 00:16:34.430 So the things that give
NOTE Confidence: 0.9765125

00:16:34.430 --> 00:16:35.890 me meaning and purpose,

NOTE Confidence: 0.9953875
00:16:37.790 --> 00:16:38.290 are
NOTE Confidence: 0.9680807
00:16:40.805 --> 00:16:42.165 I love doing things that
NOTE Confidence: 0.9680807
00:16:42.165 --> 00:16:43.285 I think can help other
NOTE Confidence: 0.9680807
00:16:43.285 --> 00:16:43.785 people.
NOTE Confidence: 0.8742453
00:16:44.644 --> 00:16:45.144 And,
NOTE Confidence: 0.9995388
00:16:48.964 --> 00:16:50.264 being a single mom
NOTE Confidence: 0.94338405
00:16:50.964 --> 00:16:51.464 and
NOTE Confidence: 0.9998624
00:16:53.620 --> 00:16:54.600 being a lawyer
NOTE Confidence: 0.990738
00:16:55.380 --> 00:16:56.360 all those years
NOTE Confidence: 0.98802596
00:16:56.820 --> 00:16:58.040 didn't give me an opportunity
NOTE Confidence: 0.98802596
00:16:58.260 --> 00:17:00.200 to do as much outside
NOTE Confidence: 0.98544794
00:17:00.740 --> 00:17:02.280 as I might have liked
NOTE Confidence: 0.98544794
00:17:02.420 --> 00:17:02.920 to.
NOTE Confidence: 0.9979328
00:17:04.195 --> 00:17:04.695 But,
NOTE Confidence: 0.9736196
00:17:06.435 --> 00:17:07.015 you know,
NOTE Confidence: 0.9903107

00:17:08.195 --> 00:17:09.395 where I'm at in life
NOTE Confidence: 0.9903107

00:17:09.395 --> 00:17:10.435 now is at a different
NOTE Confidence: 0.9903107

00:17:10.435 --> 00:17:10.935 place
NOTE Confidence: 0.6629577

00:17:11.635 --> 00:17:12.135 and,
NOTE Confidence: 0.95476687

00:17:14.675 --> 00:17:16.455 not necessarily by my choice,
NOTE Confidence: 0.99916035

00:17:17.119 --> 00:17:18.160 but it is what it
NOTE Confidence: 0.99916035

00:17:18.160 --> 00:17:19.440 is. It was not my
NOTE Confidence: 0.99916035

00:17:19.440 --> 00:17:20.500 choice, but
NOTE Confidence: 0.9789705

00:17:20.800 --> 00:17:22.000 it is what it is.
NOTE Confidence: 0.9789705

00:17:22.000 --> 00:17:23.760 So I find I've gotta
NOTE Confidence: 0.9789705

00:17:23.760 --> 00:17:24.980 do things that
NOTE Confidence: 0.9996626

00:17:25.520 --> 00:17:26.500 make me feel
NOTE Confidence: 0.8886306

00:17:27.040 --> 00:17:27.540 purposeful.
NOTE Confidence: 0.9894439

00:17:28.480 --> 00:17:29.619 And so
NOTE Confidence: 0.98919487

00:17:29.935 --> 00:17:32.115 I find that helping others,
NOTE Confidence: 0.9615306

00:17:33.375 --> 00:17:35.455 is very, very rewarding for

NOTE Confidence: 0.9615306
00:17:35.455 --> 00:17:35.955 me.
NOTE Confidence: 0.9934449
00:17:36.655 --> 00:17:37.155 And,
NOTE Confidence: 0.9868616
00:17:37.615 --> 00:17:38.115 also,
NOTE Confidence: 0.9964741
00:17:40.575 --> 00:17:41.955 being able to
NOTE Confidence: 0.9990108
00:17:44.100 --> 00:17:45.080 forgive myself
NOTE Confidence: 0.9856421
00:17:46.340 --> 00:17:49.320 when I'm I'm constantly making
NOTE Confidence: 0.9856421
00:17:49.540 --> 00:17:50.520 mistakes or
NOTE Confidence: 0.99366677
00:17:52.180 --> 00:17:53.780 not operating like I used
NOTE Confidence: 0.99366677
00:17:53.780 --> 00:17:54.440 to operate
NOTE Confidence: 0.9561479
00:17:54.820 --> 00:17:56.625 and and then try to
NOTE Confidence: 0.9561479
00:17:56.625 --> 00:17:58.005 focus on the things
NOTE Confidence: 0.9837937
00:17:59.185 --> 00:18:00.065 that I can do the
NOTE Confidence: 0.9837937
00:18:00.065 --> 00:18:00.965 best at.
NOTE Confidence: 0.99893034
00:18:03.984 --> 00:18:05.425 Was there anything else you'd
NOTE Confidence: 0.99893034
00:18:05.425 --> 00:18:06.945 like to share that you
NOTE Confidence: 0.99893034

00:18:06.945 --> 00:18:08.225 didn't get a chance to
NOTE Confidence: 0.99893034

00:18:08.225 --> 00:18:08.725 say?
NOTE Confidence: 0.94018555

00:18:14.650 --> 00:18:16.350 I want people to know,
NOTE Confidence: 0.9989108

00:18:18.010 --> 00:18:18.510 who
NOTE Confidence: 0.99632955

00:18:19.130 --> 00:18:20.750 have some type of dementia
NOTE Confidence: 0.99632955

00:18:20.809 --> 00:18:22.190 or who are involved
NOTE Confidence: 0.99638027

00:18:22.890 --> 00:18:23.390 with,
NOTE Confidence: 0.95384246

00:18:24.010 --> 00:18:25.609 you know, people that have
NOTE Confidence: 0.95384246

00:18:25.609 --> 00:18:26.669 dementia that,
NOTE Confidence: 0.9918173

00:18:27.674 --> 00:18:28.654 there is hope.
NOTE Confidence: 0.9732987

00:18:31.355 --> 00:18:33.434 We all know the end
NOTE Confidence: 0.9732987

00:18:33.434 --> 00:18:33.934 story,
NOTE Confidence: 0.9981213

00:18:35.034 --> 00:18:35.534 but
NOTE Confidence: 0.9638332

00:18:35.835 --> 00:18:37.215 there's a lot between,
NOTE Confidence: 0.99965596

00:18:40.020 --> 00:18:41.160 getting a diagnosis
NOTE Confidence: 0.93828726

00:18:42.180 --> 00:18:43.960 and the very end story.

NOTE Confidence: 0.996923
00:18:44.740 --> 00:18:45.240 And
NOTE Confidence: 0.9979598
00:18:46.020 --> 00:18:46.920 it's possible
NOTE Confidence: 0.95736957
00:18:47.780 --> 00:18:48.280 to,
NOTE Confidence: 0.9994586
00:18:48.900 --> 00:18:49.400 lead
NOTE Confidence: 0.999625
00:18:50.100 --> 00:18:51.480 a meaningful life
NOTE Confidence: 0.9998385
00:18:52.565 --> 00:18:54.025 after you have a diagnosis
NOTE Confidence: 0.9614895
00:18:54.325 --> 00:18:55.625 like this, and
NOTE Confidence: 0.9784436
00:18:56.244 --> 00:18:57.945 you wanna lead as
NOTE Confidence: 0.99049324
00:18:59.125 --> 00:18:59.625 as
NOTE Confidence: 0.9282258
00:19:00.244 --> 00:19:01.685 much of a a high
NOTE Confidence: 0.9282258
00:19:01.685 --> 00:19:03.785 quality that you're able to
NOTE Confidence: 0.9282258
00:19:03.845 --> 00:19:05.225 where you feel like,
NOTE Confidence: 0.9850951
00:19:05.525 --> 00:19:06.645 you know, you're still a
NOTE Confidence: 0.9850951
00:19:06.645 --> 00:19:07.145 person,
NOTE Confidence: 0.98542064
00:19:07.980 --> 00:19:09.100 and you can,
NOTE Confidence: 0.97451323

00:19:11.100 --> 00:19:12.559 your life can have meaning,
NOTE Confidence: 0.80098945

00:19:13.420 --> 00:19:13.920 and,
NOTE Confidence: 0.93669933

00:19:16.300 --> 00:19:17.100 you can,
NOTE Confidence: 0.99886435

00:19:18.940 --> 00:19:20.425 you can have a lot
NOTE Confidence: 0.99886435

00:19:20.425 --> 00:19:21.085 of quality
NOTE Confidence: 0.97798306

00:19:22.265 --> 00:19:23.085 to your life,
NOTE Confidence: 0.99182785

00:19:23.865 --> 00:19:24.365 and,
NOTE Confidence: 0.99793243

00:19:26.185 --> 00:19:27.965 I think that that's what
NOTE Confidence: 0.9676825

00:19:28.905 --> 00:19:30.525 not only people with dementia
NOTE Confidence: 0.9981798

00:19:31.385 --> 00:19:31.885 should
NOTE Confidence: 0.9996982

00:19:32.520 --> 00:19:33.340 get help
NOTE Confidence: 0.99748063

00:19:33.880 --> 00:19:35.960 to focus on, but people
NOTE Confidence: 0.99748063

00:19:35.960 --> 00:19:36.460 surrounded
NOTE Confidence: 0.96155256

00:19:37.960 --> 00:19:39.320 by dementia in any which
NOTE Confidence: 0.96155256

00:19:39.320 --> 00:19:39.820 way.
NOTE Confidence: 0.90811217

00:19:42.840 --> 00:19:44.280 If if they don't feel

NOTE Confidence: 0.90811217
00:19:44.280 --> 00:19:45.100 that way,
NOTE Confidence: 0.9635603
00:19:46.115 --> 00:19:47.395 or they have a lot
NOTE Confidence: 0.9635603
00:19:47.395 --> 00:19:48.515 of questions or whatever it
NOTE Confidence: 0.9635603
00:19:48.515 --> 00:19:50.215 may be, there are resources,
NOTE Confidence: 0.9981595
00:19:51.395 --> 00:19:52.855 and it's very important
NOTE Confidence: 0.9377409
00:19:53.395 --> 00:19:55.175 because it's a very difficult
NOTE Confidence: 0.9995365
00:19:55.555 --> 00:19:56.775 thing to live with.
NOTE Confidence: 0.94375926
00:19:57.155 --> 00:19:58.755 It's very important to get
NOTE Confidence: 0.94375926
00:19:58.755 --> 00:20:00.355 the help that's out there,
NOTE Confidence: 0.94375926
00:20:00.355 --> 00:20:01.175 and also
NOTE Confidence: 0.97805524
00:20:02.580 --> 00:20:03.560 just for me
NOTE Confidence: 0.78018343
00:20:04.340 --> 00:20:04.840 to,
NOTE Confidence: 0.99203885
00:20:07.300 --> 00:20:07.800 to
NOTE Confidence: 0.9843609
00:20:09.140 --> 00:20:10.280 be very, very
NOTE Confidence: 0.9993042
00:20:11.060 --> 00:20:11.560 resilient
NOTE Confidence: 0.9920483

00:20:12.180 --> 00:20:13.160 and strong.
NOTE Confidence: 0.99941367

00:20:14.644 --> 00:20:15.924 So, you know, I can
NOTE Confidence: 0.99941367

00:20:15.924 --> 00:20:17.205 be here talking to you
NOTE Confidence: 0.99941367

00:20:17.205 --> 00:20:17.705 today
NOTE Confidence: 0.9527774

00:20:18.164 --> 00:20:18.825 as opposed
NOTE Confidence: 0.99914753

00:20:19.445 --> 00:20:20.984 to being under my covers
NOTE Confidence: 0.96560764

00:20:22.164 --> 00:20:24.484 and and crying about, you
NOTE Confidence: 0.96560764

00:20:24.484 --> 00:20:26.325 know, what happened. I I
NOTE Confidence: 0.96560764

00:20:26.325 --> 00:20:28.244 I can't change it. I
NOTE Confidence: 0.96560764

00:20:28.244 --> 00:20:29.225 wish it didn't,
NOTE Confidence: 0.98265344

00:20:29.859 --> 00:20:30.679 but it did.
NOTE Confidence: 0.9974166

00:20:31.380 --> 00:20:31.880 And,
NOTE Confidence: 0.98496014

00:20:33.139 --> 00:20:33.940 you know, I don't I
NOTE Confidence: 0.98496014

00:20:33.940 --> 00:20:35.700 don't really I try not
NOTE Confidence: 0.98496014

00:20:35.700 --> 00:20:36.899 to think about every day.
NOTE Confidence: 0.98496014

00:20:36.899 --> 00:20:38.019 Oh my god. This is

NOTE Confidence: 0.98496014
00:20:38.019 --> 00:20:39.299 what this is what I
NOTE Confidence: 0.98496014
00:20:39.299 --> 00:20:40.340 have. This is what I
NOTE Confidence: 0.98496014
00:20:40.340 --> 00:20:40.840 have.
NOTE Confidence: 0.8154282
00:20:43.385 --> 00:20:44.744 I I I know I
NOTE Confidence: 0.8154282
00:20:44.744 --> 00:20:45.484 have this,
NOTE Confidence: 0.7842281
00:20:46.105 --> 00:20:46.605 and,
NOTE Confidence: 0.97798294
00:20:47.705 --> 00:20:49.304 so much more limited than
NOTE Confidence: 0.97798294
00:20:49.304 --> 00:20:50.365 I used to be,
NOTE Confidence: 0.98899335
00:20:50.825 --> 00:20:51.325 but
NOTE Confidence: 0.93564373
00:20:53.625 --> 00:20:55.164 I can have a meaningful
NOTE Confidence: 0.93564373
00:20:55.304 --> 00:20:56.840 life with a lot of
NOTE Confidence: 0.93564373
00:20:56.840 --> 00:20:57.340 positivity,
NOTE Confidence: 0.9656905
00:20:59.560 --> 00:21:00.840 and it can take people
NOTE Confidence: 0.9656905
00:21:00.840 --> 00:21:02.619 a while. Don't give up.
NOTE Confidence: 0.9656905
00:21:02.840 --> 00:21:04.140 Do not give up
NOTE Confidence: 0.78675723

00:21:04.840 --> 00:21:05.340 because,
NOTE Confidence: 0.95197356

00:21:06.760 --> 00:21:08.600 it's it is it's a
NOTE Confidence: 0.9978234

00:21:09.400 --> 00:21:10.860 it's very it's possible.
NOTE Confidence: 0.99256897

00:21:11.445 --> 00:21:12.105 It's possible. So,
NOTE Confidence: 0.97224325

00:21:14.725 --> 00:21:16.484 I understand not being happy
NOTE Confidence: 0.97224325

00:21:16.484 --> 00:21:17.924 about life when there your
NOTE Confidence: 0.97224325

00:21:17.924 --> 00:21:19.625 life when there's no quality
NOTE Confidence: 0.952947

00:21:20.244 --> 00:21:20.904 of life.
NOTE Confidence: 0.9991461

00:21:21.605 --> 00:21:22.105 But
NOTE Confidence: 0.9948654

00:21:22.725 --> 00:21:23.945 while there's quality,
NOTE Confidence: 0.96039236

00:21:25.180 --> 00:21:26.720 get the help you need,
NOTE Confidence: 0.999131

00:21:28.859 --> 00:21:29.359 to
NOTE Confidence: 0.98672366

00:21:30.380 --> 00:21:31.200 to learn
NOTE Confidence: 0.97455657

00:21:31.740 --> 00:21:33.600 how to not focus on,
NOTE Confidence: 0.9965289

00:21:34.859 --> 00:21:36.300 what's wrong with you and
NOTE Confidence: 0.9965289

00:21:36.300 --> 00:21:37.980 to learn about the things

NOTE Confidence: 0.9965289
00:21:37.980 --> 00:21:38.880 that are still
NOTE Confidence: 0.99948424
00:21:39.340 --> 00:21:40.400 right with you.
NOTE Confidence: 0.9982034
00:21:42.375 --> 00:21:44.075 Well, thank you so much.
NOTE Confidence: 0.9958408
00:21:45.335 --> 00:21:46.715 You have such a wonderful
NOTE Confidence: 0.9958408
00:21:46.934 --> 00:21:48.154 gift that you're
NOTE Confidence: 0.98390377
00:21:48.774 --> 00:21:50.135 sharing with all of us
NOTE Confidence: 0.98390377
00:21:50.135 --> 00:21:51.755 that's making such a difference.
NOTE Confidence: 0.9856225
00:21:52.455 --> 00:21:54.375 And so I'm really grateful
NOTE Confidence: 0.9856225
00:21:54.375 --> 00:21:55.850 that you came and talked
NOTE Confidence: 0.9856225
00:21:55.850 --> 00:21:57.470 with us about this and
NOTE Confidence: 0.9856225
00:21:57.530 --> 00:21:59.369 such an important message. Thank
NOTE Confidence: 0.9856225
00:21:59.369 --> 00:22:01.210 you so much. Thank you.
NOTE Confidence: 0.9856225
00:22:01.210 --> 00:22:02.330 And I hope it helps
NOTE Confidence: 0.9856225
00:22:02.330 --> 00:22:03.630 to anybody who's listening.
NOTE Confidence: 0.9962195
00:22:04.730 --> 00:22:05.470 Thank you.