

**Mild Cognitive Impairment (MCI) / Early Alzheimer's / Dementia diagnosis
Promoting Hope and Fostering Dementia Positive Communities**

Abhilash Desai MD (Geriatric Psychiatrist)

Dr.abhilashdesai@icloud.com

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MCI & Alzheimer's / Dementia Positive Communities balance the tragic and sad dimensions of living with dementia with sharing of authentic resilient creative positive experiences and perspectives of living in the dementia land.

MCI & Alzheimer's / Dementia Positive Communities listen and allow themselves to be transformed by people (mentioned below) who are current leaders in how to embody and inhabit Dementia Positive and Joyful Living.

Featured Reading

Letter to those newly diagnosed by Walt, Mark, and 7 more authors available at the website of UW Medicine Memory and Brain Wellness Center, Seattle.

The Gathering Place members, Early stage memory loss enrichment program

Letter to those newly diagnosed (shortened version; please see the full version on the website)

Dear friend. We are a community of people living successfully with memory loss. It is normal to feel disbelief, anger, fear and denial. We have found that sharing what we are living with lightens the load and allows us to lessen stigma surrounding memory loss. Acceptance is important. We are all in this together. We would like to give you hope that you too can live a full life. Sincerely

Programs and Community Resources

YMCA Treasurer Valley, Idaho

- HOPE HEART PEACE free monthly virtual educational program to promote brain health - video recordings of previous sessions available on their website and to register for future events.
- Movement for memory program for individuals with MCI. Twice a week music and exercise program

Podcasts

Podcast: Dementia Matters by Dr. Nathaniel Chin (Geriatrician)

- 8/26/25. Mindfulness and Meditation Practices for Living with MCI
- 1/19/25. What now? Next steps after receiving MCI diagnosis

- 4/11/24. Living with Lewy Body: A neurologist's journey

Podcast: Caregiver Storyteller by Dr. Anne Kenny

- 7/1/25. Should you know your risk: Alzheimer's in our DNA. An inspirational story of the Pollack family

Podcast: Ask Dr. Mia by Dr. Mia (Geriatrician)

- 4/22/25. Life of meaning and purpose: Sam Simon the "Dementia Man"

Organizations and Support

Lorenzo's House: A website for individuals with younger-onset dementia (onset before age 65) and their families.

Alzheimer's Association

- Early stage support groups

National Council on Dementia Minds

- Support groups led by individuals with mild dementia

Voices of Alzheimer's

- A platform dedicated to empowering people living with Alzheimer's disease.

Saint Alphonsus Memory Center – Director: Dr. Kara Kuntz

- Brain health program (eBook available in English and Spanish): lifestyle interventions
- Blogs on brain health
- Video recordings on brain health and Improv to improve living with dementia

Healthy Living with MCI Quarterly free virtual education program by the Alzheimer's Disease Research Center, University of Wisconsin, led by Dr. Nathaniel Chin. Please visit the website to register.

Brain coach (e.g., Dr. Desai) to help you create, implement and stick to a strength-based intensive personalized brain fitness activity schedule (IPAS) based on *McCance Brain Care Score* and other tools.

Brain Fitness eBook by Dr. Desai and his wife. Available upon request via email.

