

PUBLISHER'S NOTE

There is no denying that these stories truly tug at your heartstrings whether or not you understand or have witnessed Alzheimer's disease or other dementias first-hand. They also, as intended, honour those living with the disease and the caregivers doing their utmost to help as much as they can.

Hearts Linked by Courage by Alzheimer Society of York Region represents a thoughtful and diverse compilation from a variety of generous contributors, reminding us that this disease knows no boundaries. To a large degree, anyone can be affected, and the road is often long and arduous on many fronts.

I believe by continuing to educate ourselves and engage in caring conversations about a disease that affects so many, we can help to shift the narrative. Those who are living with Alzheimer's and other dementias are so much more than their disease.

I am grateful to have partnered with the tremendously compassionate team at Alzheimer Society of York Region including Lisa Day and Tammy Bucci.

HEARTS LINKED BY COURAGE

I am inspired, too, by the amazing support AS York provides in our region to help those on the dementia journey.

Mostly, it's been a privilege to read and share these real-life stories written with such love, wisdom, and candor.

Warmest thanks,

Sheri Andrunyk

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