

Volunteer Spotlight

Jim Adams

Support Group Facilitator



Accepting the Call

Jim Adams has been volunteering for the Alzheimer's Association for four years, serving as a Community Educator and a Support Group Facilitator. When programs and services for the Alzheimer's Association went virtual in 2020, Jim stepped up to help meet the needs of families in Wisconsin.

Jim has been co-facilitating 4 support groups: two for early dementia and two for lewy body dementia. While virtual support groups have been an adjustment from in-person meetings, it has provided some opportunities. Namely, Jim lives in Chetek, Wisconsin and is leading a group based in Milwaukee. "When I was asked to help with the Milwaukee-based support group, I agreed without question," Jim shared. "This is just another way I can contribute."

The hesitations of virtual support are something Jim has helped overcome through his support groups. "Person to person is best, but I'm thankful for technology," Jim shared. "Support groups are so important for families. Everyone is at different places, but all are willing to hear each other's stories, share their own stories and get tips."

Jim has a personal connection to dementia, as he lost his wife Diane in 2014 to lewy body dementia. He wrote a book entitled *Other Me's*, where he details their family journey during the last two years of Diane's life. "I needed to turn something bad into something good," says Jim. "That's when I got involved with the Alzheimer's Association."

