

For Immediate Release

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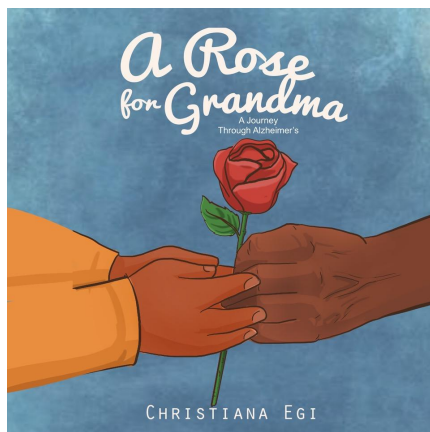
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Nigeria Dementia Awareness Initiative Officially Begins!

I am thrilled to announce the launch of the Nigeria Dementia Awareness Initiative on September 21, 2023, coinciding with the release of my third book, "Unraveled," and World Alzheimer's Day!

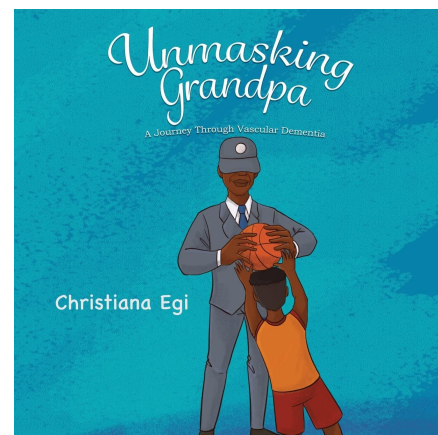
Over the course of 35 years, I have amassed invaluable knowledge and experiences in the fields of Mental Health, Health and Wellness, and Dementia Care. My journey includes working on the crisis unit of Canada's largest psychiatric hospital and serving as the proprietor of memory care facilities in Toronto, Canada.



Throughout my career as a Registered Nurse, I have been a tireless advocate for improving the quality of life, respect, and dignity of individuals living with dementia and other cognitive disorders. In 2021, I authored my first of three children's book, "A Rose for Grandma," with the primary goal of demystifying dementia, raising awareness, educating, and dismantling the stigma surrounding ageism, dementia, and mental illness, all through the perspective of children.

My books, including my second, "Unmasking Grandpa," serve as catalysts for conversations that amplify the voices of those silenced by dementia.

Driven by a solution-oriented mindset, I have channeled the despair, confusion, myths, and



devastation experienced by families impacted by dementia into concrete solutions. This includes establishing Alexis Lodge Retirement Residences, where we provide person-centered and relational care in home-like environments, supporting both our residents and their families on their dementia journeys. Our approach prioritizes respect, love, and care. Additionally, I co-host a bi-weekly wellness podcast to emphasize the importance of healthy lifestyles and the prevention of chronic diseases such as Alzheimer's and other types of dementia. In 2022, I founded a charitable organization dedicated to assisting underserved communities of Black, Indigenous, and people of color facing the challenges of dementia.

As a native Nigerian, it is only natural for me to bring my extensive knowledge, expertise, and advocacy to my homeland to raise awareness about dementia. Together, we aim to peel back the layers of despair, confusion, superstition, myth, and stigma surrounding dementia and other cognitive disorders.

I invite you to join hands with us as we work together to Unmask Dementia and halt its progression. Please take a moment to peruse the brochure below and let us know how you can contribute to our cause.