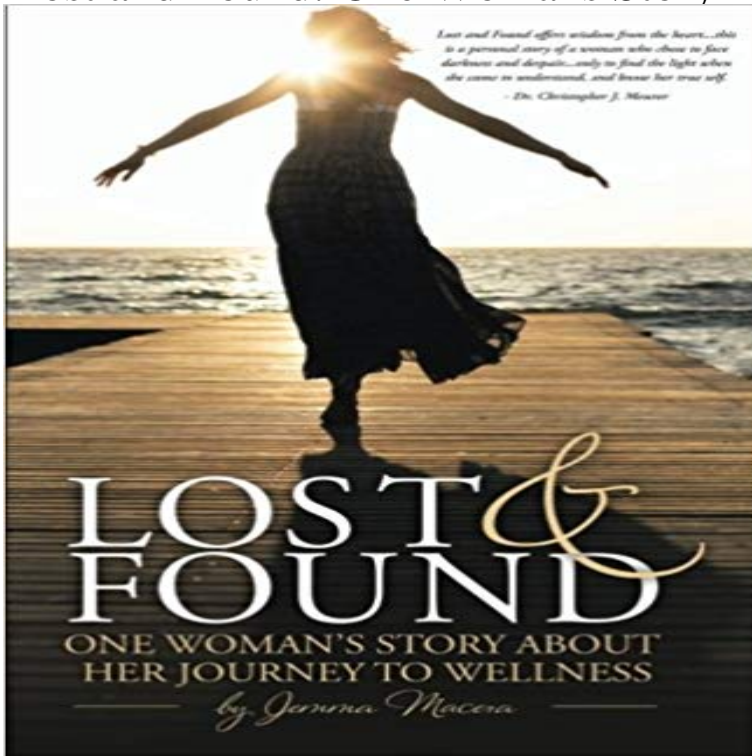


## Lost and Found: One Womans Story About her Journey to Wellness



Jemma Macera is a poet, author, and social activist living in Ithaca, New York. Her story reflects a first half of life with challenges that contributed to physical and emotional pain, and resulting symptoms of dementia in the second half of her life. Living in Ithaca provided her with ample alternative therapists and a supportive community that enabled her to find a healing path. Jemma attributes her high level of functionality to following the shamans journey to wellness through singing, dancing, and storytelling, as well as to the generosity of many friends and healers. Her journey to wellness is the result of trusting the superior wisdom of the body and the unconscious mind over a disabled brain. Jemma lives with her life partner Walter, in her family home, and continues to enjoy square dancing, music, and singing with friends.

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