

Giving a Hand to our Helping Hands!

AFTD Volunteer: Colleen Seymour

When her mother-in-law Kelly was diagnosed last year with FTD, Colleen Seymour felt an overwhelming sense of grief and a loss of control. She wondered, "What can I do?" With her mother-in-law living in another state, Colleen felt inspired to be a part of AFTD, to educate and reach out to her surrounding community. She has jumped right in, representing AFTD as a volunteer in a variety of roles and making a strong impact in Colorado. Colleen recently shared her experiences with our community.

Tell us about your volunteer experiences.

I helped organize and plan an AFTD Denver Meet and Greet [held February 15]. Over 25 people from the FTD community attended, and many got to voice their perspectives, their concerns and questions. A local neurologist attended in the hopes of learning more about resources to offer patients.

I also set up an interview with Denver's [local 9News program, "Colorado & Company"](#) to share information about FTD and AFTD. The 9News program [wrote an online article](#) and promoted the February Meet and Greet on their Facebook page...

How did volunteering in these various ways, make you feel?

When I was ten I watched my mom advocate for children living with disabilities, and create awareness in our local community. I learned and witnessed the importance of reaching out and initiating changes I wished to see in my community. I know how difficult it is for families to know what to do, where to turn and what questions to ask. I feel grateful to be able to help where I can, in order to get awareness out there about FTD and available resources.



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What's next on your volunteer journey?

I am one of two volunteers spearheading the [AFTD-Team for the Colfax Marathon](#) in Denver, CO on May 20th-21st. I plan to run the full marathon and look forward to helping raise funds and awareness with other local families and AFTD volunteers, who are also racing.

What have you learned from your volunteer experiences?

It truly takes a village to enact change. It takes a proactive community. From the volunteers who help organize events, to those staff who work for AFTD, to the people who show up to meetings and support groups. We need each other to be able to be a voice and presence not only for our loved ones, but for future loved ones who have yet to be diagnosed.

What would you say to people who are considering volunteering with AFTD?

Consider taking the time to volunteer in some capacity. The more you help others to connect, the stronger the community you build, and the less secluded you feel.

AFTD Southwest Regional Coordinator Volunteer, Kathy Urban—who collaborated with Colleen on the Denver Meet and Greet and will be joining her and AFTD Board Member Debbie Fenoglio at the Colfax Marathon—adds: “Colleen is an inspiration; she is truly passionate about community and advocacy.” Further, she notes: “It’s beyond exciting to see AFTD’s presence in Denver and Colleen has been instrumental in these efforts. I’m looking forward to the upcoming Colfax Marathon; it will be a meaningful day for our local FTD community.”



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