

Giving a Hand to Our Helping Hands!

AFTD Volunteer: Jamie Mosier



Jamie's dedication and creativity demonstrate the power of what one person can achieve. Thank you, Jamie, for all of your valuable contributions to AFTD.

When AFTD Support Services Manager Bridget Moran approached graphic designer and AFTD volunteer, Jamie Ritzer-Mosier to design materials to recruit and support group members, Jamie jumped at the opportunity. The finished pieces are amazing, thanks to Jamie's creativity and hard work! We were grateful for the chance to ask Jamie about her volunteer experience:

Why did you decide to volunteer with AFTD?

I wanted to give back to AFTD because of the incredible support they gave me when my mother was diagnosed with FTD in 2014. I also wanted to help others who were going through the same painful experience as my family. I felt confused, scared and panicked – I wanted to help alleviate some of that for others by providing support in any way I could.

Tell us about the projects you worked on.

I worked on a few projects that involved providing information and resources to support group facilitators, and those looking to join a support group. My favorite involved creating and designing a support group journal that served as a resource and guide. I hand-illustrated icons representing different skills that a support group leader would need. The project was very meaningful for me because we were creating a valuable resource for the incredible people who lead FTD support groups across the country.

How was your volunteer experience?

The volunteer experience made me feel as if some of the weight of this disease had been lifted. As a graphic designer, the projects that are the most meaningful, are the ones that appeal to me emotionally, and having that connection to FTD made this work so fulfilling. What I didn't expect was that volunteering for AFTD helped me in my own grief journey. The anticipatory grief that comes along with a terminal illness is difficult to explain to other people, as it just lingers and most people who don't understand, expect you to just snap out of it. My mother's diagnosis hit me hard and I definitely felt myself struggling with grief. Working on these projects allowed me to take the messages I was designing to heart.

"Through her talented designs, Jamie shared her passion with anyone looking for support," Bridget Moran said. "Every FTD clinic across the country now has postcards promoting support groups because of Jamie, meaning more people will be able to find us and the vital support they need. We are so grateful for her generosity with her time and talent!"



The Association for
Frontotemporal Degeneration