

“I’ve never been this happy!”

Personal transformation
story of
Sonia Walker

Craig Walker,
Certified Advanced NeurOptimal®
Trainer, Instructor and Representative





Introduction

- Sonia's life history and presenting issues





Alzheimer's Diagnosis August, 2015

Verizon LTE 12:54 PM
kp.org

8/11/2015 9:30 AM
NEURO DEMENTIA RETURN TEAM Ros-Neum
>Main Campus 916-474-6386
Your Primary Care Providers
Provider PCP Type
P S VADAREVU MD General
Personal Care Information
Patient Goals/Instructions
KAISER PERMANENTE
NORTH VALLEY MEMORY CLINIC
Department of Neurology
916-474-6386
TODAY'S MEMORY CARE TEAM:
Medical Doctor: Dr. Kaho Wong
Nurse Practitioner: Lupe Kimble
Pharmacist: Thanh Lam, Pharm.D.
PLAN OF CARE:
DIAGNOSIS: Alzheimer's Dementia
MEDICATIONS: Besides the changes listed below, continue taking all of your other medications as prescribed.
MEDICATION CHANGES: None.
STAY MENTALLY ACTIVE: reading, writing, crossword puzzles, games, memory exercises.
STAY SOCIALLY ACTIVE: group activities, maintain friendships.
STAY PHYSICALLY ACTIVE: walking, mall walking, pool exercises, dancing, chair exercises/dancing, gardening,

Not Who I Remember



Pre NO – Preparing for the worst

- February, 2015 – Is this the end?
- A year of worry and then, NO2 Professional purchased for another reason in

Instagram Photos

52 of 66



Craig Walker

February 15, 2015 · 3

[View on Instagram](#)

Mom is getting progressively weaker. Family and friends who know her, if you would like to make contact with her, private message me on Facebook. Now may be a good time. Thanks. — at [The Pines At Placerville Healthcare Center](#).

Tag Photo

Edit



Like



Comment



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30

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Julie McReynolds Hugs, love and prayers to you, your mom and family.

1y · Like



Danette Davis Prayers and good thoughts

1y · Like



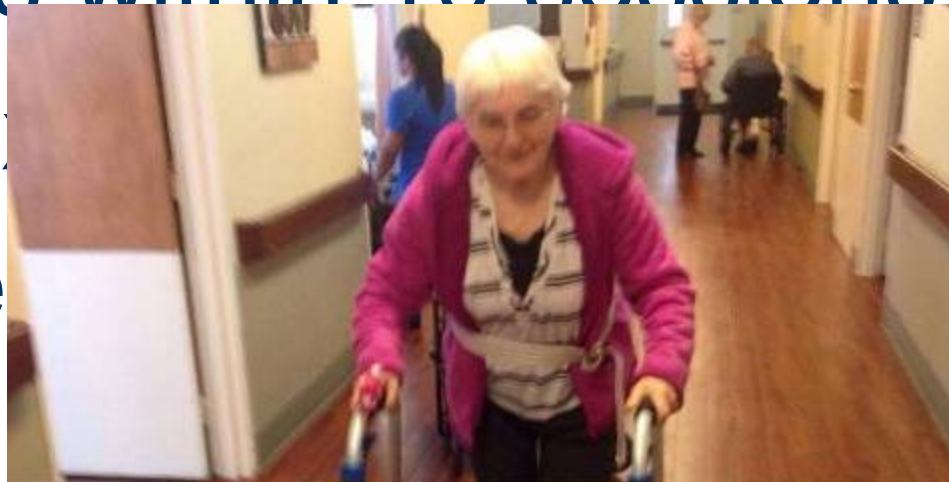
Andi Temple This is an old post? Craig

The Experiment – Will NO help?

- Began training her in March, 2016
- Two sessions a week

The Beginning – March, 2015

- Hopeful results within 10 sessions



Sonia's NO Journey

- Began doing daily sessions and used her favorite music
 - No offense, and much love to Jeff Bova but she looked forward to sessions, each and every day
- Spectacular results!
- 100 Sessions met – Alan Bacher's standard







Results and what now?

- Over 100 sessions
- Occasional “tune ups” now and then
- All gains remain
- Where do we go from here?

Reources and Q&A

- https://youtu.be/Txwe18cRKZA?list=PLDQ6zYqh1nGNeWT0I_-cCCMw7QCGouE0V - #AskSonia YouTube Playlist
- <https://youtu.be/EnS3kst60g8> #AskSonia tells her life story

Thank you and “Bye” From Sonia

- Sonia can be reached at:
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1040 Marshall Way
Placerville, CA 95667
(530) 622-3400

