



Sukoon Care



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Magnolia by the Lakes and Sukoon Care
Proudly Presents a Free Program for Everyone
Our Alzheimer's Journey - A Caregiving Love Story
by Kanu (KC) Mehta, a Care Partner for his wife, Sumi,
who was diagnosed with Alzheimer's disease at Age 59

1700 Cass Lake Road, Keego Harbor, MI 48320
Friday, August 29, 3 pm – 4 pm (cocktail hour)



You Will Learn About

- Signs of Alzheimer's (Dementia)
- Different Types of Dementia
- Emotional Journey of a Care Partner
- Research and Reflection
- The Importance of Self-Care
- Emotional Acceptance
- Creative Problem Solving
- Self Transformation & Growth



KC Mehta's life took an unexpected turn in 2013 when his wife of 39 years, Sumi, was diagnosed with younger-onset Alzheimer's disease. A former engineering executive at Chrysler, KC had little experience in caregiving. Initially, he grappled with denial and hoped for a misdiagnosis. But he soon immersed himself in research and soul-searching to face the challenges ahead and shifted his focus to understanding and meeting her evolving needs.

Since 2015, KC has dedicated himself full-time to caring for Sumi for her safety and well-being as her Alzheimer's progresses, embodying a commitment to love and support in the face of adversity.

KC dedicates his available time to advocating for Alzheimer's disease, aiming to reduce stigma and taboos and to help others find comfort and solace.

Educated at the University of California, Berkeley, and Walchand College in India, KC holds degrees in Mechanical Design and Mechanical Engineering.

In 2023, KC published a book titled "My Journey with Sumi" documenting his caregiving experience. KC also has a website – My Journey with Sumi – where you can learn about their journey by scanning the QR code above.

In 2024, Mr. Mehta made a documentary that has won awards at the International Film Festivals in Cannes, France; Rome, Italy; Canton, MI; Malaysia; and in India—Kolkata, Chennai, and Madhya Pradesh.

Praise for My Journey with Sumi

Over the past 28 years, I have known KC Mehta as a cheerful, helpful and enlightened business colleague, and I have recollections of Sumi as a gracious host who shared in his cheer.

KC is Sumi's flag bearer of love and affection. My Journey with Sumi reflects the loneliness — and the determination — inherent in providing care to give Sumi a normal life. Doing the right thing may be the more difficult option, but it is always the better option.

What drives us to extraordinary acts? Perhaps a fire within ourselves, a passion we don't necessarily understand. KC has that passion and drive to give Sumi's life joy and meaning. I admire his dedication, sacrifices and unselfishness and feel great pride in having him as a friend.

I hope My Journey with Sumi has a positive impact on caregivers everywhere by raising awareness of Alzheimer's, explaining unique and successful approaches to care, and fostering empathy for all who are forever changed by this disease.

Ratan Tata
Chairman Emeritus, Tata Sons and Tata Group

In My Journey with Sumi, KC courageously guides us through his deeply personal and emotional odyssey that follows his wife's Alzheimer's diagnosis. His transformation, achieved through the powerful tenets of love, mercy and compassion is both inspiring and humbling.

As Sumi's condition evolves, so does KC's response, embodying the principles of Kaizen. His unique, hands-on approach of creative problem-solving and one-on-one, person-centered care has ensured Sumi's safety and well-being for over a decade.

My Journey with Sumi is not just a narration of endurance; it is a beacon of hope, shedding light on Alzheimer's and its care. It stands as a testament to increase awareness and to combat the stigma and taboos often associated with this disease across cultures.

Anand Mahindra
Chairman, Mahindra Group