Hi, just a reminder that you're receiving this email because you have expressed an interest in Teepa Snow - Positive Approach to Care. Don't forget to add communications@teepasnow.com to your address book so we'll be sure to land in your inbox!

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**Online Dementia Journal**

**April 2017**

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**Upcoming Events**

- May 1, 2017
  - Educational Day
  - Ingersoll, ON
- May 3, 2017
  - 2017 Spring Conference Leading Age Wisconsin
  - Appleton, WI
- May 10, 2017
  - Educational Day
  - Cassopolis, MI
- May 11, 2017
  - Educational Day
  - Oklahoma City, OK
- May 24, 2017
  - Educational Day

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**Let's Do It!**

*Let's Do It! Keeping People Safe and Not Interfering With Life*

by Teepa Snow, MS, OTR/L, FAOTA

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**Access to Nature DVD Series**

*Research in Best Practices*

by Leslie J. Finkley, Head of Community Training Programs

How important is access to nature for seniors? We asked Dr. Susan Rodlek, a Texas A&M professor of Architecture, about her research findings and solutions!

"There's a lot of research that shows spending time outside can..."
have major health benefits for older people," Rodiek said. "If a facility resident goes outdoors for even five or ten minutes a day, it can greatly benefit health, mood, sleeping patterns, hormone balance, and vitamin D absorption. Unfortunately, the physical environment is not typically designed to support residents' desire to go outdoors - the problems may be easy and inexpensive to fix, but often they are not recognized by staff and administrators."

Read or download the complete article

Taking PAC to the People
by Ed Youngblood, Coping with Dementia, LLC

Recently, during a dinner meeting with Debbie Selsavage and Ed Youngblood following one of her workshops in Sarasota, Florida, dementia expert Teepa Snow said, "I don't know anyone else who has done what you are doing with my Positive Approach to Care (PAC) training. No one else has formed a company to market this concept to the public." Typically, those trained by Teepa are affiliated with health care corporations where they apply PAC to their internal training curricula.

Debbie Selsavage learned about dementia the hard way; by caring for her husband Albert who died in 2010. She remembers it as a horrific experience with one Assisted Living Facility after another refusing to care for him because he was "combative." Selsavage recalls, "He was a gentle man, and I was baffled by how quickly his behavior changed under professional care. He was kicked out of three ALFs and on one occasion [involuntarily committed] and put in four-point restraints. He came back from that one battered and bruised."

Read or download the complete article

Can Meditation Help Caregivers?
by Rosanne Burke, PAC Certified Independent Trainer

Do you meditate? Do you know people who do? Meditation is a practice that is gaining in popularity. An increasing number of people are interested in learning how to meditate and how to incorporate meditation into their busy lives. The practice of meditation, however, is not new. It has been around for hundreds, perhaps thousands, of years. Science in recent years has been catching up in terms of proving its many benefits. What exactly is meditation and mindfulness? What role can it play in improving our health?
Meditation is a mind-body practice and in simple terms, it means being aware and focusing our attention. Mindfulness is the ability to be present and not overly reactive to what is going on around us. Mindfulness can be cultivated by meditation and is a muscle that gets stronger the more we use it and exercise it. The great thing about meditation is that anyone can do it regardless of age, and there are many books, apps, or classes available to help a person learn.

Read or download the complete article

Dementia Care Provision (DVD)
Reducing Risk by Changing Care Strategies

This practical DVD focuses on risk reduction in professional settings through the use of care partner awareness, knowledge, and skill development. Teepa Snow demonstrates care partnering techniques that build observational skills and emphasize non-pharmacological strategies to decrease distress and increase positive relationships for all involved. Topics include fall risk reduction, accident prevention, improved participation in personal care and mobility activities, and redirection of wandering and elopement.

Click here to learn more or place your order

An Emerald Music Moment
by Mary Sue Wilkinson, Founder of Singing Heart to Heart

Ellen is a short woman with a round face framed by soft blonde gray hair. Today she’s wearing blue pants, sneakers, and a sweatshirt draped with Mardi Gras Beads - some are colorful and some spell L-O-V-E. Around her waist is a wide canvas belt - the type the staff use to help lift people; despite the fact that Ellen is totally mobile and needs no assistance.
I learn that today is Ellen's first day in the locked dementia care wing of a large nursing home. Ellen's son is with her and I get the sense that she is experiencing this as a "visit" somewhere. She appears unconcerned and a bit curious about her surroundings.

Read or download the complete article

Are you ready to make a difference in the world of dementia?

Make an investment in yourself

**Become a PAC Certified Independent Professional**

Make 2017 the year you make an investment in your own learning and feel the difference in your learners' dementia awareness, knowledge and skills!

**PAC Certified Independent Trainers** train others in Teepa's Positive Approach® to Care (PAC) philosophy.

- **June 15-16, 2017:** San Diego, CA
- **July 6-7, 2017:** Antigonish, NS
- **July 24-25, 2017:** Honolulu, HI
- **September 14-15, 2017:** Hickory, NC

Click here to learn more about Trainer and/or register for an event

**PAC Certified Independent Coach** course is for those who support skill building and behavior change towards individuals with dementia.

- **Jun 19-20, 2017:** Vancouver, British Columbia
- **Nov 9-10, 2017:** Detroit Area, MI

Click here to learn more about Coach and/or register for an event

**PAC Certified Independent Consultant** course is for those who counsel and advise families and staff working through dementia related challenges.

- **August 14-15, 2017:** Orlando, FL

Click here to learn more about Consultant and/or register for an event

**PAC Certified Independent Engagement Leader** course is for those who are charged with creating opportunities for people to engage while living with dementia.

Be Brave Enough To Start A Conversation That Matters

CLICK HERE
To Learn More About Caring Conversations and the Caring Conversations Tool Kit

Becoming Dementia Aware

Would you like to learn how to begin changing your approach and interactions to better serve those living with dementia?

Learn from the comfort of your own home! Sign up today to experience **Becoming Dementia Aware.** In this 3 hour online course, Teepa takes you through the areas of the brain affected by dementia and introduces skills and strategies for better ways to care.

The course is broken down into 9 sections and includes the following topics: Diving Deeper into Dementia, Better Ways to Care, Seeing and Responding to the Changes, Greet Before You Treat, Positive Physical Approach (PPA), Skills In Depth, After PPA, Caring for All, and Content Review

https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1127742149177&format=html&print=true
The Dementia Action Alliance Is Hosting the Re-Imagine Life with Dementia Annual Conference

June 25-27, 2017 in Atlanta

Click on the image below to download the flier

Creating Fun and Meaningful Moments for Elders with Dementia
by Sue S. Wilson, LMSW, CADDCT, CD

Fun, meaningful activities are as important to the well-being of an individual living with dementia as they are for...
Bringing children and elders together can provide endless opportunities for creating moments of joy and mutual engagement. With a little planning, you can set the stage for fun, meaningful activities that support the strengths and abilities of individuals with dementia while growing compassion in children.

When I look back at caregiving with my mother-in-law, who lived for many years with dementia and died from dementia, I remember both tough times and joyful times. The toughest times hurt and made me feel sad. The sadness stemmed from the loss and grief that I was feeling. The joyful times lifted my spirits and made me feel happy. The happiness stemmed from loving interactions and moments of connection. People with dementia experience these same feelings for the very same reasons. It is important to note, that individuals with dementia are able to feel sadness and happiness longer than they are able to remember what caused the feeling.

Read or download the complete article

Teepa Snow
Today's Voice for Dementia

Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with dementia related challenges and change. Her company, Positive Approach, LLC was founded in 2005 and offers education to family and professional care partners all over the world. Her goal? Making a difference...one mind at a time.

HELP OTHERS LIVE WELL

If you know someone working or living with dementia who might benefit from the teachings of Teepa Snow, please forward this to them now.

Be knowledgeable. Be prepared. Be positive.

If this journal was helpful to you, we would appreciate your feedback. Please share your comments and further interest with us.

Stay Connected!

Visit our website for resources and program offerings.

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