Online Dementia Journal  

April Fools Day and Night

Living with Lewy Body Disease

by Teepa Snow, MS, OTR/L, FAOTA

Of all the dementia conditions, Lewy Body Disease (LBD) is the most like playing April Fools with someone you are trying to live with. However, this roommate keeps popping up with new surprises that can be funny or simply can be scary depending on where you are in that moment, and what the SURPRISE is this time. LBD creates the greatest sense that:

- someone is deliberately lying to someone else
- someone is choosing to not do things that they can
- someone is being ridiculous about not smelling or smelling odd smells
- someone needs to sleep, and they won’t versus can’t
- extreme changes in abilities and behaviors can happen in moments
- evening and nights can last forever and are scary

Read or download complete article here

Online Dementia Journal - April 2018

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!

You may unsubscribe if you no longer wish to receive our emails.
Could it be Lewy Body?

Lauren with a Side of Lewy
Perspectives of Living with Lewy Body Dementia by Lauren U, PAC Core Team

A few years ago, I was confident and independent. Now I cannot trust my own reality. My judgement is extremely compromised. I still have my sense of humor but find it difficult to know whether others are serious or joking. It's easier to stay quiet. If you smile, I will try to smile back. If you nod or shake your head, I will try to do the same. If I trust you, it will be completely. That's a lot of responsibility for you.

Read or download the complete article

Teepa's Knowledge Intensives
Click on an event below to learn more or register.

Workshop 1
May 10, 2018
Detroit, MI

Workshop 2
May 11, 2018
Detroit, MI

Workshop 3
August 13, 2018
San Diego, CA

Workshop 4
August 14, 2018
San Diego, CA

Understanding Lewy Body Dementia: One Size Does Not Fit All
In this session, Lewy Body Dementia will be front and center. We will discuss this most missed and misdiagnosed dementia. Part of the session will help to recognize the possible presence of LBD. The rest of the session will focus on strategies to live life with this fluctuating mystery guest.

Click here to view the library of on-demand webinars

Upcoming Events

April 20, 2018
Educational Day
Rocky Mount, NC

April 25, 2018
Educational Day
Huntsville, AL

April 30, 2018
Educational Day
Topeka, KS

May 1, 2018
Educational Day
Salina, KS

May 2, 2018
H. A. L. T.
by Leslie Carney, LCSW,
PAC Outreach Administrative Coordinator

Halt. Take a Pause. Step back. These are things we rarely get to do when we are a care partner. Any caregiving situation that involves chronicity can be hard, but being the primary care partner for someone living with dementia can be even more difficult. Even if our loved one is in a facility, and we are not doing the 24/7 physical care, chances are we are still expending a tremendous amount of emotional, physical, and spiritual care energy.

H.A.L.T. What does that mean? Hungry. Angry. Lonely. Tired. Recognize these words? At various times they may encompass your entire world and it is easy to lose perspective. Dementia and other chronic illnesses can make your life and world feel very small.

Read or download the complete article

Upcoming Certification Courses

**Trainer**
Help Others Gain Awareness and Knowledge

June 7, 2018 - Salt Lake City, UT
July 2, 2018 - United Kingdom
August 2, 2018 - Boston, MA
August 22, 2018 - Edmonton, AB
August 30, 2018 - Denver, CO
September 20, 2018 - Cincinnati, OH
November 1, 2018 - Phoenix, AZ

**Consultant**
Guide Others Through Challenging Situations

June 21, 2018 - Minneapolis, MN
September 27, 2018 - Richmond, VA

**Coach**
Guide Others in Hands-On Skill Building

July 2, 2018 - United Kingdom
July 26, 2018 - Denver, CO
August 15, 2018 - Chelsea, MI

Educational Day
Wichita, KS
May 10, 2018

Teepa's Knowledge Intensive:
Workshop 1
Detroit, MI
May 11, 2018

Teepa's Knowledge Intensive:
Workshop 2
Detroit, MI
May 18, 2018

2018 GA ADRC Healthy Communities Summit
Atlanta, GA
May 22, 2018

Leading Age Annual Conference
Saratoga Springs, NY
May 24, 2018

Educational Day
Maumee, OH
June 4, 2018

29th Annual Saint Louis University Summer Geriatric Institute
St. Louis, MO
June 7, 2018

PAC Trainer Certification
Salt Lake City, UT
June 12, 2018

One Day Workshop - Reframing Dementia: Inclusive Communities
Auburndale, MA
June 21, 2018

PAC Consultant Certification
Minneapolis, MN

More...

Learn more about the Purple Angel

Now Accepting Submissions
Dinner with Andy Griffith
Perspectives from a Family/Professional Care Partner
by Aimee Jo Mattson
Senior Care Professional & Family Care Partner

I am an experienced executive in the senior care industry; I know how to live in the moment when faced with the challenge of dementia. My mother-in-law (with dementia) moved in two months ago, and suddenly I can't put into practice the wisdom that I've shared hundreds of times in my career. The patient mentor that I am at work, turns into something completely different when I walk through the door at home each evening.

Read or download the complete article

Greet Before You Treat!
Positive Physical Approach (PPA) Cheat Sheet 25-pack now available!

You got it! You are very aware of what it takes to help a person living with dementia give you permission to help them!

Now, how do you get everyone else on the same page?

The new PPA Cheat Sheet, which includes Positive Physical Approach (PPA), Positive Physical Connections (PPC), and Positive Action Starters (PAS), is the tool you can use to support others to build skill in helping to learn the PAC way - with respect and permission!

Each card is a quick reference guide through:
- the steps of getting physically connected (PPA)

Do you have a story to share?

Your stories help us learn and grow. We cannot do what we do without you!

This is an open invitation to all people living with dementia, care partners, and professionals.

Contact us today if you would like to submit an article or video for the Online Dementia Journal.

Book your event today for staff training, family nights, professional referral source events, or refresher workshops.

Call 877-877-1671
or email us!

Would you like your staff to be able to learn from Teepa Snow, 24/7?

Pines of Sarasota Education and Training Institute is now offering Teepa Snow programs on its Group Training Website!

Each of your staff members can get their own online video account, with videos selected by you!
- ways to get personally connected (PPC)
- options for getting an action started (PAS)

The package includes 25 double-sided cards, each 8"x5" on glossy, durable cardstock.

Click here and place your order today!

Getting to Yes with an Invitation and a Song
by Mary Sue Wilkinson,
Founder - Singing Heart to Heart

Dorothy was a plump, round woman with a ready smile, a contagious laugh, and a beautiful singing voice. She delighted in anything funny and could always cheer me up by her mere presence. Her sense of rhythm was impeccable and she would bounce in her chair to the beat of the music. Given the opportunity, she would dance.

Dorothy’s dementia had not robbed her of language but her conversations were sometimes hard to follow. She drove her housemate Velma nuts when she would go on and on about her dog Sunshine or how she had just been at the hospital or how her son had gotten her special shoes. None of which were fully true in the moment but held kernels of true memories for Dorothy and as such were of great value.

Read or download the complete article

Keep the Connection
A Meditation
by Reverend Linn Possell,
PAC Lead Mentor Coach

We are hard wired to be in relationships with one another. I once read that loneliness increases our odds of dying early by 45%. This does not change when we are diagnosed with dementia. And when one of our family members is diagnosed with dementia, the entire family is affected. We are affected emotionally, physically, financially, and spiritually. Some of this comes directly from the brain changes but some come from the response of those around us.

Read or download the complete article

Be their "Online Group Leader" and monitor their activity, course completion, and quiz results* (where applicable).

Click below to learn more!

Online Group Training

Dementia Action Alliance

Be Brave Enough To Start A Conversation That Matters

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

Upcoming Events:

June 12, 2018
One Day Workshop - Reframing Dementia: Inclusive Communities
Auburndale, MA
(CEs available for Nurses and Social Workers)

October 17th, 2018
SAVE THE DATE!
Portsmith, NH
A Tribute to Susan Suchan
by Lauren U,
PAC Core Team

This has been an incredibly sad year for me so far. One of my very best friends, a woman I love dearly, lost her life to cancer and FTD. Susan, I miss you so much. This time without you here has already been far too long and I know it's only the beginning. Every day, often several times a day, I find myself eager to "tell Susan." I think, "Susan is going to love this!," or I calm myself with the knowledge that "Susan and I will figure this out." And then, again, I am struck by the reminder that my Susan is gone.

Read or download the complete article

Like us on Facebook or subscribe to our YouTube Channel and Ask Teepa Anything on our free monthly live broadcast!

May 16, 2018
June 13, 2018
July 25, 2018
September 12, 2018
October 17, 2018
December 5, 2018

All broadcasts will air from 7:00pm - 8:30pm ET. Recordings from these events will be available following the live broadcasts. For more info, please contact Corrie Phillips.

Dementia: The Disease of Our Time
A Traveling Exhibit of Great Americans Lost to Dementia
by Deb Selsavage,
PAC Certified Independent Consultant

My company, Coping with Dementia LLC, offers training for both professional and family caregivers. I was trained and certified by Teepa in 2015, and all of our curricula are based on Teepa Snow's Positive Approach® to Care. We are also great believers in Teepa's slogan, "Until there is a cure, there's care."

I spend a lot of my time at free speaking engagements to improve public awareness of
Alzheimers and dementia. During 2017 alone, I spoke to more than 60 churches, businesses, and civic organizations with a combined audience of just under 1,600 people. This earned my company a “Health Care Hero” award for community outreach in Citrus County, Florida.

Last year my partner, Ed Youngblood, hatched an idea to build an easy-to-assemble traveling photo exhibit with images and information about great Americans who have succumbed to dementia.

Read or download the complete article

A Community with a Mission
Highlighting the Work of Bay Bluffs
by Reverend Linn Possell & Leslie Finkley, PAC Communities Team

Bay Bluffs is a community with a mission. Their mission is to create the kind of culture change that lasts. The Leadership of Bay Bluffs are fully invested in this mission and have a focused and goal oriented plan that includes interdisciplinary support, role modeling, and sustainability. This community is very aware of their strengths and where they would like to try to make changes, which also helped to provide a clear picture of the possibilities for growth. Trying new things is not new to Bay Bluffs. They have been successful before in piloting programs in small areas in order to be able to see what changes may be beneficial before bringing it to the rest of the community. The Leaders of Bay Bluffs have committed to a Six Month Comprehensive Team Training and have made a lot of progress.

Read or download the complete article

Why Isn't There a Cure or Treatment for Dementia?
PAC Research Corner
by Beth A. D. Nolan, PhD, PAC Director of Research & Policy

A recent Washington Post article outlined some of the issues facing the field of dementia; we will look at these through the Positive Approach® lens.
It's been a tough year in the world of experimental drug research on dementia. On January 8th, pharmaceutical giant Pfizer announced it was ending its research efforts to develop new drugs for both Alzheimers and Parkinsons diseases. The next day, a study published in a leading medical journal, JAMA, reported yet another experimental drug failure. In late September of 2017, Axovant Sciences, a clinical-stage biopharmaceutical company that focuses on neurologic conditions, announced the clinical trial of its investigational drug for patients with mild to moderate Alzheimer's disease (AD) had failed to show improvement for either motor function or cognition.

Read or download the complete article

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.

Teepa Snow - Positive Approach to Care, PO Box 430, Efland, NC 27243