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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Using Visual and Verbal Cues to Guide With Care
by Teepa Snow, MS, OTR/L, FAOTA

The Cat's Tale
by Greg & Charleen Phelps, PAC Mentors

"Have you seen the cat? Where is the cat? That's my cat!"

"Joey" is a new addition to the long term care facility where our family member who lives with Dementia resides. He is a black and white cat who has settled in and created many more than nine lives.

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Upcoming Events

August 25, 2017
PAC Skill Proficiency Training Workshop
Hamilton, Scotland

August 29, 2017
13th Annual Caregiver Conference
Midland, TX

August 30, 2017
So what's Joey got to do with Care? He has created a wonderful world of story and exploration. Residents are inspired by past and present to tell the tale of the cat.

Joey is actually a barn cat from the local area. Or is he?

"I brought that cat here from my house."

"I rescued that cat from down Island."

"That's my cat from the beach."

"Help me find my cat because we are on our way to Montreal."

Joey reminds us to stay in the moment and go with the flow. His story changes and evolves and carries the truth of the moment.

Read or download the full article

Fascinatin' Rhythm
by Tracy Ouellette, PAC Scheduling Coordinator

Rhythm is a very interesting word; it has so many meanings and ways to use it when referring to our lives. I will be the first to tell you I can't dance, I have no rhythm but I do have a lot of energy in the morning because of my circadian rhythm. My lifestyle is very relaxed, it has a very easy rhythm but the rhythm of my speech is very erratic depending on the state of my mind. Then there is the rhythm of your heart if we feel like diving into the medical dictionary. For this article, I would like to you to know two definitions of rhythm that I like.

Read or download the complete article

Assisting with Grooming & Hygiene
Five Tips to Make GEMS Shine
by Deirdre Thornton, MRSc, OTReg (Ont), PAC Certified Independent Trainer & Coach

Think about your daily grooming routine. Do you perform a particular sequence of steps each time? Do you have a favorite personal product? How do the results of your grooming routine make you uniquely you? How do you feel when you complete the routine?

For a Person Living with Dementia (PLwD), how is their grooming and hygiene the same or different than it used to be?
Men and women alike have grooming and hygiene routines that create a sense of unique identity throughout their lifetime; the same routine performed on a daily basis over decades: shaving, applying makeup, styling hair or manicuring nails.

However, with the onset and progression of dementia things have changed. “I am who I was, but I’m different - I’ve lost skill, language, and safety awareness.” As care partners, how can we support a PLwD to perform the grooming routines that reflect their identity - still deeply embedded within the individual?

Read or download the complete article

Right On Cue!
by Mary Sue Wilkinson,
Founder of Singing Heart to Heart

Stimulating Activities to Boost Your Brain
by Rosanne Burke, PAC Certified Independent Trainer

Do your days just fly by? Are you constantly thinking about the next item on your to-do list? Can’t get to sleep at night because your brain won’t stop? For many people, keeping busy is not an issue at all. Our brain is constantly being stimulated with all of the incoming data from the world around us. In fact, it would be fair to say that it would be good for many of us to stop and smell the roses just to give our brain a break!

For a person living with dementia, however, life may slow down considerably as abilities become affected. Getting enough mental stimulation will be important for both the person's brain health and quality of life. However, being able
to keep yourself busy, if you have dementia, may not come easy. Your natural ability to initiate a task, become engaged with a hobby, or to participate in an activity may become altered.

Read or download the complete article

The Journey of Discovery
A Meditation
by Reverend Linn Possell, PAC Lead Mentor Coach

"The true journey of discovery consists not in seeking new landscapes but in having fresh eyes."

- Marcel Proust

The journey of dementia can be a journey of discovery, one in which we can find new landscapes if we look with fresh eyes. But this can be a difficult thing to do. Has there been a time when you looked at a person living with dementia with whom you are connected, and thought, "Where did they go?" It can feel like it is difficult to find our loved one because dementia can make it hard for someone to live or look the way they and we are used to. While this can be a trying time, we still want to stay connected to, and have a relationship with, our loved one.

Read or download the complete article

Highlighting Spotlight!
The Dementia Spotlight Foundation
by D. Lee Higgins M.S., PhD

In 2012, Whitney Oeltman's father was diagnosed with Alzheimer's. The physician delivered the news and wished them "good luck" in a blithe manner as he opened the door for them to exit. Whitney's training and experience as a social worker sprang into action as she searched for resources to help her mom and dad figure out their next steps. Given the number of people with dementia in the country, she assumed that she would be able to link her parents into a coordinated system of education, skill building, decent medical care, and find high levels of social and community support. Shocked and disheartened by what she found, Whitney and her mother, Linda Demarlo, were determined to turn their struggles and negative experiences into positive action. In the fall of 2016 they founded Dementia Spotlight Foundation with the mission of providing a "guiding light" for discovering the connections, direction, support, and resources that they had hoped to find.

Read or download the complete article

UNDERSTANDING DIFFERENT DEMENTIAS

Dementia and Developmental Disabilities: What's Happening
September 25, 2017
10-11:30 am EDT

Other Dementias: Posterior Cortical Atrophy, Alcohol Induced Dementia, etc.
October 30, 2017
10-11:30 am EDT

Brain Fitness for All of Us: What's Out There That Might Help?
November 20, 2017
10-11:30 am EDT

Care Planning That Makes Sense and Works for PLwD
December 18, 2017
10-11:30 am EDT

Cost per webinar is $20.00 per session
(includes access to the recording)

Unable to attend the live webinar events?
Access the recordings on our Online Streaming Portal

Learn more about the Purple Angel
Re-Imagine Life with Dementia

Engage, Empower, Enable!
by Kathy Tuckey, PAC Speaker

For three days, June 25-27, 2017, Atlanta was the site of the Dementia Action Alliance’s first North American Dementia Conference - “Re-Imagine Life with Dementia - Engage, Empower, Enable!” It was an amazing conference filled with plenary and breakout sessions, a technology showcase, and a creative art exhibition.

The conference brought together individuals living with dementia, care partners, agency providers, community organizers, interested individuals, and technology pioneers. In her conference welcome letter, Jackie Pinkowitz, Chair, DAA Board of Directors and Founder asked that attendees "come together with open heart and open minds to be inspired, engaged, and empowered to express oneself." From the opening session with keynote Brian LeBlanc, DAA Advisory Council Member and Dementia Alliance International Board Member, and the first plenary panel session of five baby boomers and younger living with varying forms of dementia sharing their experiences and perspectives of living with dementia, to the closing sessions where the opening plenary panel returned to share their perspectives about what they heard throughout the conference, you could not help but be engaged, inspired, and empowered.

Learn more about the Dementia Action Alliance

A Heart Full of GEMS

Do your kids spend time with a grandparent who has dementia? Not sure how to explain that grandma still loves you but is different? Dementia is often difficult for an adult to understand; it is even more difficult for a child.

A Heart Full of GEMS is a beautifully illustrated book that teaches children to pay attention to, and share in the human connection, that can be maintained when someone is living with dementia. In this extraordinary story of love, Abel is taught by a wise peacock how to look for the precious characteristics that make his grandmother special and to meet her where she is in the progression of her disease.

Continue Reading

Buy now or view a sample of the book!

Be Brave Enough To Start A Conversation That Matters

PAC Training increases awareness, knowledge, and confidence among care staff and educates resident families.

Call 877-877-1671 or email us!
Save $10 when you purchase **A Heart Full of GEMS** and spend a total of $60 or more!

Use Coupon Code: HEART0817

Offer Expires: September 15, 2017

Develop YOUR skills and your TEAM to help make every day meaningful in the lives of those living with dementia.

Click on the green events below to learn more or register.

**PAC Certified Independent Trainers** share awareness and knowledge with others.

- **November 2-3, 2017**
  - **Vancouver, WA**

**PAC Certified Independent Coaches** help others build the skills needed to provide better care.

- **November 9, 2017**
  - **Detroit, MI**

**PAC Certified Independent Engagement Leaders** are trained to provide opportunities in Activities, Adult Day Service Programs, and Dementia Care and Residential

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 three 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 nine 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

Whether you're a professional or family care partner, this content will help you begin to change your approach with people living with dementia.

**Enrollment Fee:** $100

After completing the course, you have the option of signing up for remote/virtual coaching with a PAC Mentor to help reinforce the newly learned content and practice Positive Physical Approach™ and Hand-under-Hand®.

**Mentoring Fee:** $65/hour
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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