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Online Dementia Journal

Five Types of Health Support For People Living With Dementia
by Teepa Snow, MS, OTR/L, FAOTA

We typically do NOT spend a lot of time considering which form of health care we should be seeking or getting for ourselves when we are healthy and well. If we get acutely ill, of course, we would get ourselves treated. When we are well, we may typically say we want to try to reduce our risks of getting a chronic disease or hastening the onset of possible health problems. But of course, we rarely actually follow through on doing all that we can to reduce those risks; it is too much trouble, too costly, too extreme, too poorly researched to verify the value. In other words, it seems like too much work for the possibility of benefits. As part of our lack of attention to this situation, we do NOT complete our advance directive and discuss them with the person we think will be our durable health care power of attorney (our surrogate decision maker) while we are well and whole. And even if we do a bit of that, we keep it global and really don’t look seriously about our genetic codes and life-style risks.

Read or download the complete article
The Time is Now
created by Linn Possell, PAC Lead Mentor

It's Not Just Cold and Flu Season
Cabin Fever Is Going Around
by Leslie J Finkley, PAC Mentor

Curling up by the fire with a hot cup of chocolate is nice for a while but then the walls start closing in. The winter months can be tough when the weather prevents people from going outside and indoor activities that used to bring joy, now seem boring. How can we help someone living with dementia find new opportunities for pleasure in the home when cabin fever sets in?

Read or download the complete article

An Unapologetic Voice
WHERE DID YOU GO? the film -
A Voice for Lewy Body Dementia
by Jay Joseph Jones, Director, with Teepa Snow

Recently, I attended the Idyllwild International Film Festival of Cinema 2017 in California with Positive Approach® to Care’s (PAC) Corrie Phillips. This is a very well run and respected international film festival, where my film won Best Film, Best Director, and Best Screenplay. While we were there, Corrie and I had crucial experiences that totally altered my perception of how the film provided a unique venue, when combined with audience response and personal conversations to dramatically change what is believed, known, and done related to dementia and people's lives. It is now clear to me that with greater

PAC Training increases awareness, knowledge, and confidence among care staff and educates resident families.
support this short film could have a much broader effect. In this article, I hope to take things in a different direction. Here I want to discuss some of my unshared thinking and processing behind and within the project and look at the very real impact of the film so far. I want to address why advocacy and knowledge is still very important on a wider scale and how my vision for this film was confirmed in one single afternoon in a mountain town in the USA.

Read or download the complete article

When Dementia Comes Home
Perspective from a Daughter/Dementia Professional
by Gillian Maidens, Care Partner and Senior Lecturer in Mental Health Nursing, University of Wolverhampton

I leaned over and kissed mum goodbye, I tasted the salty tear that had made its way down her face, and my heart sank. Damn you brain, damn you! Why can you still create emotions and make mum feel pain, insecurity, and distress but you can’t let her recognize my face and help her say my name? Damn you brain, damn you!

Everything about my mother is every bit my mother. She’s still inside, she just can’t decipher what’s going on, she can’t make sense of her world. She looks the same, wears the same clothes, smells the same, and her hand feels just as soft. She just grips a lot harder when we walk together. When I sit next to her I can still put my head on her shoulder and she still puts her cheek on my head. I close my eyes and can imagine it’s just as it was, just for a few seconds. Then she tries to speak and nothing makes sense, and the reality of our real world comes flooding into the room.

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Become a PAC Certified Independent Professional

Upcoming Events
Consultant - Feb 13, 2017
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Consultant - Feb 21, 2017
Woodstock, ON
Trainer - March 9, 2017
Stratford, ON

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Creative Solutions to Challenging Situations DVD/Workbook Combo

View the Complete List of Certification Events
Flowers for Mom
by Elmore DeMott

Have you noticed how many weeds put forth flowers, how dying flowers are rich in color, or how bugs on flowers are fascinating to watch? As an artist, I use the medium of photography to express thoughts and emotions. Since August 2nd, I have taken a photograph of a single flower every day, and in doing so, have begun to notice and appreciate those very things. This budding new series is called Flowers for Mom and is my artistic response to being the daughter of one with Alzheimers. There are days of feeling lost in the weeds, of grieving over what is no longer blooming, and of being bothered by pests in the garden of life. Even so, when I pause and pay attention, what I see are new buds showing promise, beautiful flowers to be enjoyed exactly as they are, and butterflies pollinating the garden to ensure future blooms.

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Read or download the complete article

An Emerald Music Moment
by Mary Sue Wilkinson

Right in front of me sits a woman with a round, soft face, tight curly hair, and the bluest eyes you can imagine. She is short and her feet barely touch the ground. She is wearing blue pants with tights underneath, and ankle socks that she frequently reaches down to pull up from her white tennis shoes.

When I arrive, she squeals, "I love you!" as she bounces up and down in her chair. She swings her feet and taps her toes to the music, often sitting on her hands like a small child might. She wears the biggest smile ever. Her voice is quivery, but she sings every song with gusto, often clapping along. Her delight in the music is contagious and spills over to those around her.
Mary Sue Wilkinson is the founder of Singing Heart to Heart and the author of "Songs You Know By Heart: A Simple Guide for Using Music in Dementia Care," from which this Music Moment is an excerpt. The book includes contributions from Teepa Snow as well as Mary Sue’s recording of 18 favorite sing along songs. Buy the book HERE. Visit her website www.SingingHeartToHeart.com to learn more.

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Getting Connected: Building Skill to Support GEMS

Getting Connected: Understanding Different Dementias

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.

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