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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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You Are Changing

What Should I Do to Support You Where You Are?

by Teepa Snow, MS, OTR/L, FAOTA

When we are trying to help someone live in the earlier parts of dementia, it is vital that we are able to respond to distressing moments in a way that meets the person's expectations and abilities. That means we have to be accurate in what GEMs state we think or feel we are noticing. So, what are some of the key differences between living in a Diamond state compared to an Emerald state when it comes to being distressed?

Last year I did GEMs state webinars on distress and pleasure. They are part of our growing library of resources to help PAC Supporters make a positive difference in people's lives by using what you learn to change what you see, do, and say! Take a few minutes and see how well you are able to pick up on where the person is with their abilities and what you could do that might be more helpful to them.

8 Video Resources accompany this article.

Click here to read or download the complete article and view the resource videos

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In This Issue

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The Ups and Downs of Vascular Dementia

Putting a Face to the Statistics

Connecting Music to the GEMS

Love: The Great Connector

Vascular Dementia: A Case History

Webinars Now Available On-demand

Coping with Diamond Distress

This session focuses on enhancing interaction skills and appreciating the changes that the PLWD is experiencing that effect some many aspects of life. Recognizing the signs of Diamond distress and offering the right responses and support can make the difference between a successful interaction and one that blows up or fizzes out. We
Things Could Get Intense!

Have you heard about Teepa's new Knowledge Intensives?

These courses take things to a whole new level. Teepa digs deeper into important topics and guides the learner to develop and practice their Positive Approach® techniques to assist in solving every day issues. Teepa and her team of Positive Approach to Care (PAC) mentors will be visiting select cities in 2018, including Atlanta in March and the Detroit area in May.

Click here to learn more!

Upcoming Events

March 22 - 23, 2018
Atlanta, GA

May 10 - 11, 2018
Detroit, MI

July 19 - 20, 2018
Baltimore, MD

August 13 - 14, 2018
San Diego, CA

Creating Pleasure with Diamonds

This session focuses on the resources and skills needed to provide Diamonds with a sense of pleasure and satisfaction in their lives. We will use ME SHEETS to help determine opportunities to explore while integrating the changing abilities and probable changes into the mix.

Coping with Emerald Distress

Emeralds are changing and it is noticeable. This session will highlight common risky situations and how to minimize mistakes and optimize opportunities for everyone getting some of what they want and need to feel OK.

Creating Pleasure with Emeralds

Finding ways to use the past abilities and interests can become more challenging as skill and focus shifts. This session will help work on simplifying without babifying. Using real pieces of life in shorter bits will be a critical piece for success.

The Ups and Downs of Vascular Dementia

by Melanie Bunn RN MS,
PAC Certified Independent Consultant

Mr. Thomas Phillip's family was concerned about the 72 year-old retired teacher. They first will explore impact of awareness and personality as we address common challenges.
noticed changes at the monthly family dinner. The usually well-groomed man appeared disheveled and unkempt. He needed to shave and had an unpleasant, musky odor. He was quiet, withdrawn, and even more, he didn’t seem interested in his grandchildren, typically the bright point of his month. When the kids tried to engage him by asking riddles and offering cards for magic tricks, he looked away and seemed disinterested. His home was less tidy than usual. His daughter, an RN, became concerned and checked his blood pressure and blood glucose to see if his diabetes or high blood pressure were out of control, but they were his usual high side of normal. During the meal, he snapped at the grandchildren, a few minutes later let out a sob and said he missed his wife of 40 years terribly and things just hadn't been the same since her death 10 years ago. Tom Jr. tried to distract him, asking about a phone call Mr. Phillip had made earlier in the week mentioning a car problem. Mr. Phillip was unable to recall his concern, but when Tom Jr. listed several possibilities, he remembered squealing brakes. The next day, Mr. Phillip seemed almost back to usual but the following day he was disinterested again. Mr. Phillip’s daughter took him to see his physician and after a review of symptoms, physical exam, lab studies, neuropsychological testing, and CT of his brain, he was diagnosed with vascular dementia.

Read or download the complete article

What are the new challenges you currently face in care situations?

The
PAC Consultant Certification
may be the place for you!

Upcoming Courses

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More...

Living Life with Lisa

Vlogging about life, the good, the bad, and the ugly.
Putting a Face to the Statistics

Legislative Effort Designed to Assist Caregivers in Tennessee
by Mary Anne Oglesby,
PAC Certified Independent Consultant

During the last few months, I have truly come to a greater understanding of how the Positive Approach® to Care and the Six Pieces of the Puzzle can help us in our daily lives. I have been taught how powerful the amygdala truly is. Most of all, I have learned how important are the relationships we as PAC Consultants/Coaches/Trainers have with each other. I’ve discovered how our PAC Mentors come through for us in the most difficult times.

As a little girl from Hope, Arkansas, I was taught I could be anything I wanted. Hard work would prevail. There have been times during the last few months that the little voice in my head one day would say "Give up" and then cheer "Go for it!" the next day. Doubt would creep in and whisper "Do you really think you can change how a state looks at respite care?" All I knew was I had to try.

Living life with a chronic illness has its difficulties, but always live life to the fullest. Diagnosed with two copies of the c677t mutation (MTHFR) and also Early Onset Dementia, I bring you along on my journey, please join along.

Read or download the complete article

Now Accepting Submissions

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.
New T-shirts in Stock!
Perfect for men and women, everyone loves the PAC T-shirts! With every purchase, you will be helping Teepa Snow and the Positive Approach® to Care Team raise awareness of the PAC™ mission. The proceeds from the sale of t-shirts support the development of new educational resources and support services.

For only $20, a PAC t-shirt also makes a great gift! Shop early for Easter, Mother's Day, or Father's Day! Choose from turquoise, indigo, or NEW military green. You'll love them so much you'll want one in every color!

Order Now
Buy in bulk and save! Discounts available for purchases of more than 20 identical items. Contact us for more information.

Connecting Music to the GEMS™ Model of Brain Change
by Mary Sue Wilkinson,
Founder - Singing Heart to Heart

Emeralds: Green and On the Go with a Purpose; Naturally Flawed
Language becomes more difficult for Emerald who often fear being perceived as incompetent. Singing familiar songs is a great way for them to feel competent and successful. Dancing and marching help their need to be "on the go." Because of the balance shifts required, dancing might help Emeralds maintain equilibrium and reduce the risk of falling. A special song or piece of music may help remind them of transitions and personal care needed. Emeralds are still good at filling in the blank when given a

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!

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

Click below to learn more!
song line or an expression, such as "shave and a haircut-two bits."

Read or download the complete article

Love: The Great Connector

by Reverend Linn Possell,
PAC Lead Mentor Coach

This month I would like to share a poem by Maya Angelou which talks about the power of love. Love is the greatest power that exists. It is the power that calls all being into life, and sustains us, nurtures us, and connects us to one another. Love, being the power to embrace that which is, the openness to the other.

Touched by an Angel

We, unaccustomed to courage exiles from delight live coiled in shells of loneliness until love leaves its high holy temple and comes into our sight to liberate us into life.

Love arrives and in its train come ecstasies old memories of pleasure ancient history of pain. Yet if we are bold, love strikes away the chains of fear from our souls.

We are weaned from our timidity In the flush of loves' light we dare be brave And suddenly we see that love costs all we are and will ever be. Yet it is only love which sets us free.

Save the Dates!

New Webinars in 2018!

Like us on Facebook and Ask Teepa Anything on our free monthly live broadcast!

March 21, 2018
April 18, 2018
May 16, 2018

You Are Changing
BEST Answer Key:
1. B 5. A
3. C 7. D

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

Call 877-877-1671 or email us!
Vascular Dementia
A Case History
by Louis Levenson, JD

As a lawyer who works in the area of mental health and legal incapacity, I thought I really understood the distinctions between Alzheimer's dementia and the other types. And then I had a major dose of the difficulties the legal community and the medical community have in understanding and differentiating these issues.

As a preliminary observation, I have had clients who have been diagnosed with cancer and also have had clients whose family members have a diagnosis with Alzheimer's dementia. Most say that they would rather have cancer because Alzheimer's is progressive and terminal and without a cure and that cancer has a cure in many cases.

Read or download the complete article

Care Partner Support Series

April 11 - May 16, 2018
(every Wednesday for 5 weeks - No meeting on May 2nd)
7:00 - 8:30 pm EST

Register now for just $50.00
(includes all 5 sessions as well as materials to download and print)

The Care Partner Support Series - Five Sessions to Change connects caregivers of a person living with dementia to other caregivers around the world. It provides you with a forum where you can talk openly and freely about your challenges. As well, it will help you gain awareness and knowledge of care strategies to help improve interactions with your loved one.

Don't delay!
Click Here to Learn More or Register
Limited to 12 participants.
Click Here to access the Online Dementia Journal archives!

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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