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Online Dementia Journal

February 2019

Sexuality and Intimacy

by Teepa Snow, MS, OTR/L, FAOTA

I believe it is more of an issue in dementia than ever before!

I have certainly talked about intimacy and sexuality in previous articles, webinars, and programs. This piece is a bit different. In this article, I want to look back at a session I offered in collaboration with Clarke Pollard and the Naples Alzheimers Support Network.



The goal of this session, which was designed specifically for partners, spouses, family members, close friends of people living with dementia, and people living with dementia, was to respond to real life concerns and questions and offer some big picture ideas and concepts for the members of the group. Some of the situations were complicated and very difficult for most people to consider. Since the session seemed to go well, I thought it might be worthwhile to offer a couple of the more PG-13 or R rated portions for your consideration.

[Read or download the complete article](#)

In This Issue

[Sexuality and Intimacy](#)

[Lauren with a Side of Lewy](#)

[Incidental Reality](#)

[February Meditation](#)

[My Thursdays with Claude](#)

[Michigan Conference All-Star Lineup](#)

[The PAC Way](#)

[Dementia and the LGBTQ Community](#)

[Stars to Steer By](#)

[The Introvert's Guide to Using Music in Dementia Care](#)

[Can Dementia Be Prevented?](#)

Upcoming Events

How to Have Thoughtful Conversations on Intimacy, Sexuality, and Dementia



With Teepa Snow and Clarke Pollard



February 19, 2019
[Care Partner Support Series](#)
Virtual Series

February 19, 2019
[Teepa Talk](#)
Seattle, WA

February 20, 2019
[Teepa Talk](#)
Santa Rosa, CA

February 21, 2019
[PAC Trainer Certification](#)
Houston, TX

February 27, 2019
[Teepa Talk](#)
Jackson, TN

February 28, 2019
[Teepa Talk](#)
Arlington, VA

March 1, 2019
[Teepa Talk](#)
Utica, NY

March 4, 2019
[Teepa Talk](#)
Stuart, FL

March 5, 2019
[Teepa Talk](#)
Southern Shores, NC

March 7, 2019
[Teepa Talk](#)
Shoreline, WA

March 12, 2019
[Teepa Talk](#)
North Andover, MA

March 13, 2019
[Teepa Talk](#)
Clearwater, FL

March 14, 2019
[Public Coach Certification](#)
Baltimore, MD

Lauren with a Side of Lewy

by Lauren U, PAC Core Team

My husband, Eddy, left for a three-week trip to Hong Kong. I initially thought I would write about my month of independence. I imagined I would keep a journal of sorts, describing my adventures. Now, half way into his absence, I've not written at all. My experience so far has been different from what I imagined it would be.



My daily routine is not much different from when Eddy is here. I take care of the dogs and I exercise. That's about all. I don't know how I pass the other hours, but obviously I do. I don't drive. I spend almost all of my time at home, either inside or outside with the dogs. With Eddy, I can usually count on some regular time out of the house, even if only briefly. It's quiet, very quiet. I am used to the noise and sounds of Eddy. I am definitely aware of the silence. Not better nor worse, but different and quite noticeable.

[Read or download the complete article](#)

Show your LOVE

by helping those living with dementia get the most out of each day and improve their overall quality of life.



Positive Approach to Care's recorded webinars will enhance your knowledge of dementia care issues so you can be a more effective Care Partner.

[Click here for more info and a FREE webinar!](#)

Incidental Reality:

A Perspective on Resident-to-Resident Assault
by Jessica Pelkey, PAC Certified Coach, Trainer, Speaker, and Mentor,

Many of us have experienced dream states in which the events of our dream flowed together in ways that did not make sense. Imagine yourself in this dreamscape:

You are walking down the hallway. You look into the bedroom. You see your spouse lying in bed. It will feel so nice for you to curl up with your lover. You're missing that intimacy. You decide to climb into bed with them. You raise the covers to slip in underneath. You notice their eyes fly open. Their panic floods you with fear and shock. They swing violently at you. Adrenalin and anger course through you. They scratch at you. It stings. You



March 18, 2019

[Teepa Talk](#)

Twin Lakes, Cincinnati, OH

March 19, 2019

[Teepa Talk](#)

Villa Hills, KY

March 20, 2019

[Teepa Talk](#)

Xavier University, Cincinnati, OH

March 21, 2019

[Public Trainer Certification](#)

Louisville, KY

March 25, 2019

[Public Trainer Certification](#)

Las Vegas, NV

March 26, 2019

[Teepa Talk](#)

Grayslake, IL

March 27, 2019

[Teepa Talk](#)

Roanoke, VA

[More...](#)

Upcoming Webinars



Ask Teepa Anything

In this free monthly web broadcast, Teepa discusses a dementia related topic and then answers questions from the audience. This is your opportunity to get your questions answered! Join us for the live broadcast!

March 13, 2019

Live on Facebook

April 10, 2019

Live on YouTube

beat them back, and you get out...

What happened in this scenario?
Was there intent to harm?
Why was there conflict?

[Read or download the complete article](#)

Meditation: Finding Some Peace

by Reverend Linn Possell,
PAC Speaker and Lead Mentor

In this month's journal we talk about intimacy and what that means for different people. The one thing that is universal for all people is that we are created to be in relationship with one another. Being in relationship enables the light within all of us to shine brightly, but when there is isolation and loneliness, the light within us begins to fade. Being able to embrace the differences in all people helps us be able to see them more clearly and lifts the clouds of misperceptions from our eyes. This is necessary if we truly want to understand the life of someone, be in relationship with them, and to be able to know how best to be of support.



[Read or download the complete article](#)

My Thursdays with Claude Part 2

Putting PAC Skills into Practice
by Leslie Carney, LCSW,
PAC Outreach Administrative Coordinator

It's another Thursday and another opportunity to practice my skills. Before I enter the assisted living facility (ALF), I usually take a couple of deep breaths and try to let go of my distractions and agendas. Because I am only volunteering once a week, I don't have the same relationships with the residents. My goal today is to



May 29, 2019
Live on Facebook

[Learn more, view the full schedule, or register](#)



Presenter Series

This engaging and lively series offers a look into the inner workings of how Teepa does what she does on stage. Changing people's lives and ways of thinking with just your presence and your information is no easy task. Join the series for a behind the scenes tour of how Teepa reaches audiences of all types, day in and day out. You will work with Teepa and PAC Mentors in whole group sessions and smaller, breakout sessions to allow you to practice and grow your presentation skills on Teepa's dementia content. It all involves her use of the Adult Experiential Learning Cycle (AELC), awareness and respect for various personality traits and learning preferences, combined with environmental awareness and management.

March 13, 2019
Session One

April 10, 2019
Session Two

be present to the moment and engage to the best of my ability with whomever I encounter.

When I entered the room, Claude was sitting at a table alone and engrossed in a puzzle. He had all the pieces out on the table and was sorting them by color. Because he was so focused and I could tell he was not aware of my presence, I paused and greeted him, practicing my Positive Physical Approach™ (PPA) skills so I would not startle him. "Hi, Claude!" I made sure he looked up and I had his attention before saying my name.

[Read or download the complete article](#)

Michigan Conference All-Star Lineup

by Brenda Roberts, PAC Certified Trainer, Coach, Consultant, and Mentor; also Director of Quality Assurance and Education, Michigan Assisted Living Association

Michigan Assisted Living Association (MALA) has an all-star lineup of speakers for its 2019 Annual Conference and Trade Show. The theme of the 2019 Conference is [Hit It Out of the Park: Attend Spring Training](#).



Hit it out of the park is exactly what MALA intends to do as Teepa has the first pitch of the season opener (better known as a pre-conference intensive). Teepa will present a four-hour session that you will not want to miss. Following her in the lineup will be Amanda Bulgarelli and Brenda Roberts, who will conduct two innings (actually, two workshops) on supportive communication.

[Read or download the complete article](#)

The PAC Way

*by MaryAnne Oglesby-Sutherly
Founder/Executive Director of Veranda Ministries
and PAC Independent Consultant and Coach*

May 29, 2019
Session Three

June 26, 2019
Session Four

July 31, 2019
Session Five

August 7, 2019
Session Six

[Learn more, view the full schedule, or register](#)



The **Engagement Series** is for those who are looking to increase opportunities for engagement with PLwD in a more meaningful way. Whether you are new to this content, already certified, or possibly interested in taking the certification course, this series is a great fit.

February 25, 2019
Session One

March 25, 2019
Session Two

April 29, 2019
Session Three

May 6, 2019
Session Four

June 24, 2019
Session Five

[Learn more, view the full schedule or register](#)

Many times have been asked this question from friends: "What in the world does 'PAC' mean; who is the PAC Team?" I am sure it means one thing to some and a different thing to others. For me, it means friendship, kindred spirits, knowledge of a debilitating disease, and how to help those in the journey of dementia.



I placed friendship and kindred spirits first for a reason. This past year, the PAC Team kept me focused on a task that truthfully was just flat overwhelming on some days. It's not every day you are given the privilege of working on a team that truly wants you to succeed. We, as Certified PAC Professionals, are blessed to have mentors who are the best of the best.

[Read or download the complete article](#)

Dementia and the LGBTQ Community

Knowing some of the social history may make a difference in helping support this community

*by Reverend Linn Possell,
PAC Speaker and Lead Mentor*

We need physical, emotional, and spiritual connection to live a life of well-being because we, as social beings, are hardwired for connection. Family therapist Virginia Satir once said, "We need **four hugs** a day for survival. We need **eight hugs** a day for maintenance. We need **twelve hugs** a day for growth." Brené Brown states that in the absence of authentic connection we suffer. Authentic connection means the kind of connection that doesn't require us to be hustling for acceptance and changing who we are to fit in. People who are Lesbian, Gay, Bisexual, Transgender, or Questioning (LGBTQ) require the same connection as the heterosexual and/or cisgender community, but they often have another piece that they are dealing with, and this comes from the part of society that claims that they are wrong. People who



Care Partner Concerns Webinars for Individuals

These sessions were designed to create a learning space for individuals who are providing care and support for PLwD.

March 11, 2019

How to Help When Someone is Lost in Time and Place

April 22, 2019

"Have You Seen My Mother?"
- Dealing with Sadness and Loss

(Full series includes 10 sessions.)

[Learn more, view the full schedule or register](#)

Care Partner Connection Webinars for Teams

This series was developed to provide a space for teams of care partners to come together to learn how to problem solve and provide support to each other and PLwD.

March 27, 2019

How to Respond When Someone Ask the Same Questions Over and Over Again

April 24, 2019

Optimizing Ways and Means for Successful Transitions While Minimizing Distress

(Full series includes 10 sessions.)

[Learn more, view the full schedule or register](#)

identify as LGBTQ have often been considered less than other people because of their sexuality. This can create shame for people who are LGBTQ. Brené Brown also states that shame can unravel connection in a split second. Shame has been something that has been front and center for many people who are LGBTQ.

[Read or download the complete article](#)

Stars to Steer By

by Mike Barnes, author of *Be With: Letters to a Carer*

My mom, Mary, was diagnosed with Alzheimers in 2009, though, as is usual, she had been living with it for some years before this confirmation. I have been her primary caregiver since late spring, 2011.



As a caregiver, surprises come your way constantly. Many of them are about yourself. I was surprised, for instance, by my continual attempts to write about my experiences with Mary. *Why take this on, too?* I would ask myself, when, at the end of another 18-hour day, I found myself scribbling notes, describing moments, asking questions, trying to make sense of what Mary, and I, were going through.

[Read or download the complete article](#)

The Introvert's Guide to Using Music in Dementia Care

by Mary Sue Wilkinson,
Founder - Singing Heart to Heart

Helen is intuitive, creative, caring, and smart. She's the Life Enrichment Coordinator for a cluster of small memory care homes where she has just been given a beginning budget to implement a comprehensive music program. She and I begin talking about how we can stretch the dollars she has available. I jump right in with "I



Let's Talk - Time with Teepa and You (for PLwD)

These bi-monthly sessions are designed to provide a safe place where anyone living with dementia can come and share time with Teepa. This is an open forum where successes, celebrations, frustrations, challenges, and problem-solving can be shared and support will be offered. Teepa may ask for help or seek information, as well as contribute what she can.

April 10, 2019

May 29, 2019

[Learn more, view the full schedule, or register](#)

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.

could show you how to lead a sing-along when I'm not there."

It was then that Helen said to me, "Oh, I'm not the right person to lead a sing-along. I don't have that kind of charisma. I'm not someone who can walk in and *own the room*."

Helen is an introvert. **Is this you?**

[Read or download the complete article](#)

Can Dementia Be Prevented?

by Greg Phelps, PAC Certified Coach, Mentor, Engagement Leader, and Trainer

Working with PAC, we spend most of our time dealing with building our skills and teaching others-Normal vs. Not Normal Aging, Brain Change, GEMS®, Positive Physical Approach™, Hand-under-Hand®, Challenging Behaviors, helping people eat, and the list goes on. We have Trainers, Coaches, Engagement Leaders, Consultants, Mentors, Leads, Learners, and new material and techniques being developed all the time. And why do we do this? We do it because we all believe that, "Until There's A Cure, There's Care!"™



But, can dementia be prevented, and is there a cure on the horizon? Like the old saying goes, "We have good news and bad news!" I'll talk briefly about the bad news, which is that there has been no "major breakthrough," yet. And it's not because there isn't research going on; over one billion dollars a year are spent in the U.S. alone!

[Read or download the complete article](#)



This is the Dementia Care Partner Talk Show, a podcast to help you navigate the senior care maze. Learn and laugh with us as we discuss creative solutions and ideas to common and uncommon dementia care challenges, and how to make sense of the senior care industry and options when you're not a professional.

Visit the [Dementia Care Partner Talk Show Facebook Page](#) and answer two simple questions to join!

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