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Online Dementia Journal

January 2019

## New Dementias, New Resources, New Treatments

*It's More Complicated, But is it Getting Better?*  
by Teepa SnowMS, OTR/L, FAOTA

Over the past few years we have learned a lot more about this thing called *dementia*. We know now that it is more accurately called *neurodegeneration*. The neurons in the brain are deteriorating and dying.



Scientists have rethought the original theories about causes of one of the major conditions, Alzheimers. There are new thoughts about glial cells, inflammation, brain nutrition, and tau protein malformations being elements that may be triggers for the cascade of events that lead to the beginnings of Alzheimers. Work is being done. Answers are still uncertain.

[Read or download the complete article](#)

### In This Issue

[New Dementias, New Resources, New Treatments...It's More Complicated, But is it Getting Better?](#)

[Lauren with a Side of Lewy](#)

[A Letter From the COO](#)

[January Meditation](#)

[My Thursdays with Claude](#)

[PAC International, 2019](#)

[How Can PAC Make a Difference for You in the New Year?](#)

[A New Year, A New Beginning...A Dog Takes a Bite Out of Alzheimers](#)

[Just Another New Year's Resolution](#)

[Love Songs and Sad Songs](#)

## Upcoming Events

## Lauren with a Side of Lewy

by Lauren U, PAC Core Team

This month I was adventurous. I had a friend reunion/vacation. I had planned on a great time in Las Vegas, and it was even better than I expected. My first observations of Las Vegas, what I noticed right away, was the noise, the smoke, and the lights. It's all very sparkly, loud, and bright. It was all very exciting but a little scary and overwhelming. I was determined to make this fun but do it safely.



Day one was eye-opening for me. I'm not used to traveling and staying alone in a hotel. I got in much earlier than my friend, Andy, and had almost a full day of exploration on my own. I stayed within the confines of my hotel, a lot of aimless wandering. Luckily there are a ton of casino employees to redirect me back to my room. It is much easier traveling with my husband, Eddy, or PAC. Taking care of me is an interesting responsibility.

[Read or download the complete article](#)



**January 22, 2019**

[Teepa Talk](#)

San Jose, CA

**January 28, 2019**

[PAC Coach Certification](#)

Birmingham, AL

**January 28, 2019**

[PAC Trainer Certification](#)

Cary, NC

**January 30, 2019**

[Teepa Talk](#)

Sarasota, FL

**February 1, 2019**

[Teepa Talk](#)

Wausau, WI

**February 5, 2019**

[Teepa Talk](#)

West Des Moines, IA

**February 6, 2019**

[Teepa Talk](#)

Grand Rapids, MI

**February 8, 2019**

[Teepa Talk](#)

Gastonia, NC

**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

# Grand Opening SALE!

Come check out the new website and save 10% off your first order of products\* or online content! Offer is good for one-time use and is only valid through 1/31/19.



Save 10%

Welcome to TeepaSnow.com!  
Teepa leads the Positive Approach to Care Team.

What are you looking for?

Until There's a Cure...THERE'S CARE!

**Purchase Today**

Use coupon code: **WELCOME0119**  
Spend at least \$25 to save 10% on your order

\* Does not include Education Kits, posters, bundles, or sale items.

## A Letter From the COO

*What is PAC Looking Forward to in 2019?*  
by Amanda SnowBulgarelli,  
PAC COO and Mentor

This year has truly been a blessing for all of us here at Positive Approach® to Care (PAC™), as we have gotten to connect with so many wonderful people who are trying hard to change the culture of dementia care with us. While this goal is huge and the need is even greater, we at PAC know that **one mind at a time** is a great start.



Speaking of one mind at a time, over the last four years, we have worked to build our PAC Certified Community and now have over 1,200 PAC Certified Independent Professionals as a part of our community. Teepa and our team continue to develop new trainings, offerings, and connections for this community in order to be able to offer more

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

[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!

February 13, 2019

Live Webinar on YouTube

PAC in more places. As our PAC Mentors get more and more skilled, we are able to take on these certification courses without Teepa being there in person, though she's always there in spirit.

[Read or download the complete article](#)

## Meditation: Taking Control of Your Destiny

by Reverend Linn Possell,  
PAC Speaker and Lead Mentor

With the coming of a new year we often take this time to think of ways that we can improve our life. I always notice the increased number of people out taking walks, running, or riding their bikes during the month of January. While fitness is one of the number one things that people make resolutions about in a new year, there are many other things that we resolve to do as well. A new year is a good time to take stock in what we like and what we would like to change about how we live. What is important to know is that change begins with our self, and our happiness in life cannot be dependent upon someone else. To base our happiness on another person sets both people up for failure.



[Read or download the complete article](#)

## My Thursdays with Claude

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

A new year can be a great time to pick a new PAC skill to put into practice. In 2018, I added new skills to my toolbox, and in 2019, I will work on others. Now that I work in administration and do not work directly with people living with dementia, I wanted to volunteer to practice some of my Positive Approach® to Care skills. After some research, I chose a local assisted living facility. The facility has two locked memory



March 13, 2019  
Live on Facebook

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

## Dementia in the Courtroom

Often, when dementia enters the picture, independence and ability come into question and can even find their way into the courtroom. Families and PLwD can fall apart when finances and legal issues get crowded into the picture with dementia. In these three enlightening online sessions, Teepa offers three case studies that show very different PLwD who find themselves in a courtroom situation. She will take you through what is happening with the dementia while working to help the legal community and families understand what could be done differently to make a better outcome for all.

February 4, 2019  
Scenario One

February 11, 2019  
Scenario Two

February 18, 2019  
Scenario Three

[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

care units, and an individual is initially placed based on level-of-care needs and cognitive abilities. While I did volunteer in both units, I decided that focusing my time with Diamonds, Emeralds and Ambers would be a good place to start.

[Read or download the complete article](#)

## **PAC International, 2019**

*by Courtney Chorba,  
PAC International Certifications and Events  
Coordinator*

As we kick off the new year, the Positive Approach® team has been working hard to build the events calendar for certifications, workshops, and other events happening here in the states as well as outside the U.S. Take a look at what's ahead for PAC this year internationally.



[Read or download the complete article](#)

## **How Can PAC Make a Difference for You in the New Year?**

*Inspiration From Two PAC Independent Certified Trainers*

*by Diane Slovin,  
PAC US Public Certifications Program Director*

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](#)

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## **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.

**February 11, 2019**

Exploring Sexuality, Intimacy, and Dementia

**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](#)

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## **Care Partner Connection Webinars**

The new year gives us an opportunity to make a brand new start in everything. It allows us to reframe things and look at them in a different way than we have in the past. That being said, it might be the perfect time for you to think about PAC™ services and how you use them currently or how you could use them in the future.



So, to get you started, this month I spoke to two PAC Certified Independent Trainers who are using their awareness and knowledge in totally different ways.

## **A New Year, A New Beginning**

[Read or download the complete article](#)

*A Dog Takes a Bite Out of Alzheimers*

*by Pam Osbourne,*

*Author, Animal Assisted Therapy Specialist*

The best Christmas gift I ever received came with four legs, a tail, and a fuzzy, white coat-and with a big, red bow. His name was Rufus, and that New Year after Christmas was the beginning of a whole new chapter (or might I say, "book") in our lives. Fourteen years later, I am still incredulous at our good fortune.



I had learned about Animal Assisted Therapy that summer before, soon after we had lost our beloved German shepherd, Magnum. I vowed that *if* we ever had another dog, that is what we would try to do. In walked a Jack Russell terrier named Rufus, and life would never be the same again.

[Read or download the complete article](#)

## **Just Another New Year's Resolution**

*by Deborah Tyler,*

## **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.

**February 13, 2019**

Learning the Art of Responding, Not Reacting when Issues of Sexuality and Intimacy Arise

**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](#)

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## **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.

**February 13, 2019**

**April 10, 2019**

May 29, 2019

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

It's a new year, with a focus on fresh starts, new chapters, and resolutions to accomplish goals that will make us happier and healthier. We have heard the statistics that most New Year's resolutions fade by February. Just because we know what to do does not ensure that we will in fact do what we have resolved. Ask a dentist what percentage of their clients floss regularly. How easy is it to pass on the triple layer death-by-chocolate cake with raspberry filling and opt for a bowl of lemon sherbet or skip today's jog because it is raining, and the temperature has dipped ten degrees below comfortable? Change is also difficult, as we have witnessed, in the culture of dementia care.



## 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.

[Read or download the complete article](#)

## Love Songs and Sad Songs

by *Mary Sue Wilkinson,*  
*Founder - Singing Heart to Heart*

I arrived at the Valentine's party with my special [Love Songs songbooks](#) in hand. While I was unpacking my guitar, Doris came up to me and said, "I just wanted to tell you that I might not be able to stay long. My husband died recently, and I'm not sure I can handle hearing a lot of love songs. I miss him so much."



I expressed my sympathy, thanked her for letting me know, and reassured her that the song selections for today might surprise her. I told her I would understand if she felt she had to leave. Right then, I decided to ditch the songbooks. Not using them meant I could control the song selections and keep the sing along a bit more upbeat.

[Read or download the complete article](#)



Visit our [website](#) for resources and program offerings.