

## Lauren With a Side of Lewy

by Lauren U,  
PAC Core Team Member

July has been a good month. I wrote some ideas down as they happened.

This has been a fun day. I found a blue pen. I prefer the blue ink much more than the black ink. Color. My current theme is about color. Don't know why. And art. I like art. Pretty food. That was some of the prettiest food I've ever seen. It was prettier before people started eating it. And the ride from there to here. Beautiful scenery and a virtual reality experience with Teepa. Better than the rollercoaster ride Teepa and I had in Las Vegas.

Day one was good. There were a lot of people in the audience. Teepa and I did our thing and it went well. These people, they remember me? Interesting. Laughter. Everyone was very



kind, interested, and generally enjoying the learning experience. I met a lot of new people. More color.



I have a few days of frolic with Teepa and Corrie. After today and tomorrow I have a couple of days of full vacation mode with Corrie. I foresee more fun and laughter. If I lose my sense of humor I want out.

Day two, not so great. How do I know if these people are safe? I'm not. PAC is safe but these people at this beautiful vineyard are not. Who are they and what are they doing? I want to interrupt so much. I want to get to the bottom of this. Monsters. Where is my polar bear? Definitely unfair to monsters without the beautiful polar bear. And now I have to eat? With all these chatty people?

Days three and four, vacation mode with Corrie. Fun. Corrie and I? No supervision? Okay, this is going to be good!

What I Did on My Summer Vacation:

Flea market, coffee, redwood forest with huge trees, ice cream, Russian River, very windy Northern California ocean and beach. Our little cottage. And, of course, The Carrier. Yes, this is fun. Still, monsters but no polar bear. However, I took a nap! I NEVER nap, although I wish I could. Corrie has some magical potion that allowed me to nap. Nice. Very nice.



General thoughts about this four-day PAC extravaganza?



I like it. Even with monsters, even with the scary and unsafe people. Spending time with friends is so lovely. I want to keep these four days in my memory. Thank you Teepa and Corrie!

*Lauren U is a member of the Positive Approach to Care (PAC) Core Team. She was a registered nurse with the ANCC Board Certification in Psychiatry for 30 years. Now she is the keeper of the frolic. Lauren has been living with Lewy Body Dementia (love how they add "with behavioral disturbance") for over five years. She currently lives in Northern California with her professor husband, Eddy. PAC agrees with Lauren – that she is delightful!*