



# *Validation Newsletter*

Training Institute



October 2022 Newsletter



ATTENTION Millennials: Check out our FREE webinar on October 27

Mark your calendars! VTI's Executive Director, Vicki de Klerk Rubin will be hosting TWO webinars on October 27th covering the topic: "Having

Difficulties or Concerns with your aging partners and/or Grandparents?"

The 1-hour webinar will cover 5 simple skills for how to communicate with an aging relative. Participants must be prepared to do exercises, and Vicki will address questions and specific concerns. The first webinar will be hosted on the 27th at 12PM EST while the second one will cover the same topics, so there is no need to sign up twice.

Below are the sign up links, we can't wait to see you.

12pm EST session link: <https://bit.ly/3CdRHIT>;

3pm EST session link: <https://bit.ly/3V2rHcd>

## dementia :...connections

### Notice Your Parents Getting Older? Article published in Dementia Connections

Earlier this month, Vicki de Klerk Rubin wrote an article for Dementia Connections, a Canadian organization on a mission to amplify the voices of lived experience and share expert advice about living well with dementia.

The article is written based on a survey VTI conducted trying to determine the concerns younger people have about their aging parents.

*"From the perspective of adult children, the struggle sometimes comes with accepting that mom (or dad or grandpa) isn't the way she was. She is changing and sometimes change is scary. It can feel like a loss."*

You can read the full article here:

<https://dementiaconnections.org/notice-your-parents-getting-older/>



MEMORY LANE TV

New Partnership Announcement: Memory Lane TV

We are proud to announce our new VTI partner: MemoryLane.tv. Memory Lane TV is a multi-sensory intervention with over 500 hours of media and olfactory programming on a variety of streaming platforms, all designed for caregivers and people living with dementia. Content from selected VTI videos will appear in MemoryLane.tv's "Caregiver Channel," videos from a variety of sources designed to assist the caregiver in daily responsibilities and interactions.

Other programming includes: Nature & Wildlife; Entertainment & Vintage; Sports & Athletics; Travel & Virtual Walks; Food & Kitchen; Health, Wellness & Spirituality; Art, Culture & Storytelling; Music & Dance; Quizzes & Photography; Night Time Series; Medleys; The Caregiver Channel.

*Developed by medical and memory care professionals and clinically tested in residential care settings, Memory Lane TV provides therapeutic multisensory experiences using positive, plot-free media. Each immersive, interactive program engages all the senses—sight, sound, smell, and touch—and can be started quickly and easily using everyday technology.*

Visit [Memory-Lane.tv](https://Memory-Lane.tv) to learn more!



Want to help test a groundbreaking new app?

VTI is looking for Validation Practitioners to test an exciting new app that helps build meaningful resident biographies. ALMAYA is an app that safely records, saves and shares anecdotes, tips and learnings forever. It is an exciting project at the intersection of technology, social media, and caregiving. The app makes it easy to ask good questions and records the answers.

Want to try it out and give feedback? Contact [vdeklerk@vvalidation.org](mailto:vdeklerk@vvalidation.org).



## At a glance - VTI recent successes!

### Conferences

A banner year for VTI! We've presented at 10 major conferences around the world in 2022. We've presented our latest research on our new on-demand Skill Building Blocks; results from our Family Caregiver Course; online presentations by Naomi and Vicki; and in-person Validation workshops.

- Alzheimer's Society of Manitoba
- North Bay Health Centre
- Alzheimer's Association International
- Pioneer Network
- Namaste International
- Alzheimer's Europe
- Gerontological Society of America
- International Dementia Conference (Ireland)
- UK Dementia Congress

Most recently:

17. Fachtagung Palliative Geriatrie, Berlin: "Herr Doktor, lassen Sie mich gehen!"

Wenn alte Menschen sterben wollen.

Vicki de Klerk versuchte, die Frage zu beantworten: Können wir mit Menschen mit

Demenz über Entscheidungen am Lebensende sprechen?

Anhand von Videos und Übungen zeigte sie nicht nur, dass es möglich ist, sondern auch, wie man es macht.

And now in English:

17th Symposium on Palliative Geriatrics, Berlin: "Doctor, let me go!" When old people want to die.

Vicki de Klerk tried to answer the question: can we talk to people with dementia about end-of-life decisions?

Using videos and exercises, she showed not only that it is possible, but also how to do it.



Maude's Awards for Alzheimer's Care:

<https://maudesawards.org/innovation-book/>

For the first time, our Family Caregiver Course will be included in their Handbook of "Innovative Programs and Practices."



"The Golden Rule" and how it applies to aging adults - an article

Recently, Dr. Susan Wehry gave a keynote speech at the Pioneer Network conference with the title: Well-Being for All: Playing by the Golden Rule. Dr. Wehry discussed the two types of empathy (affective and cognitive) and gave one

of the clearest descriptions of empathy I've seen: "A human capacity to share and

understand others' emotions without confusing them with one's own feelings"

from Agnes Wong, The Art and Science of Compassion.

In this article, Vicki de Klerk Rubin writes about how empathy, like compassion, requires skill and intentional effort. She gives a wonderful anecdote from her



own life on how employing empathy can help validate an aging adult who may be struggling.

Read the full article [here](#)



## Looking Ahead: Fall fundraiser

Mark your calendars: VTI's annual Fall Fundraiser will be taking place over the span of 4 weeks: Nov. 22th - Dec. 20th.

Stay tuned for more details as we get closer to the start.

## Calendar

Webinar: "Having Difficulties or Concerns with your aging partners and/or Grandparents?"

12pm EST session link: <https://bit.ly/3CdRHIT> ;

3pm EST session link: <https://bit.ly/3V2rHcd>

Validation Talk and Techniques Monthly Meet-Up

[Learn more and register here](#)

Upcoming Dates: October 19, 27; November 17

Validation Teacher Monthly Support Group

[Learn more and register here](#)

Upcoming Dates: November 7, December 6

AVO Monthly Meetings

October 24, November 19th, December 12

[View AVO Course Schedule](#)

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