



December 2022 Newsletter

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Days Hours Minutes Seconds

Fall Fundraiser Update: Less Than 1 Week Left!

As most of you are likely aware, The Validation Training Institute's Fall Fundraiser began on November 22nd. As of today, we are entering the final week and we have raised \$9,961!

We are still short of our ambitious goal of \$20,000 - this week marks a big, final push to reach our donation goal! We need your help.

If you have already donated, we thank you! If you have not yet donated, now is the time to do it.

Lastly, we want to acknowledge that insecurity is all around us. Many of you experience anxiety about your jobs, your financial situation, your family situation and your health. We know this has impact on your giving to charity.

To those of you who don't feel able to donate to VTI, we want to give you something that may ease your anxiety for a few minutes. Pick one of the short videos to watch each day on our [Caregiver - Self Care](#) YouTube series. This is a form of self-compassion and it is critical for your well-being.

To those of you who feel on more stable ground, please consider helping the Validation Training Institute gain security by donating a small amount. Every

dollar counts.

[DONATE HERE](#)



Validation
World Congress

REGISTER FOR FREE TODAY!

FEB 21, 2023 // SESSION 1: 12-1 PM EST

Supporting Older Adults Living with Cognitive Change to “Live Life to the Full”



Naomi Feil
Validation method founder



Myra Garcia
Alzheimer's Association National
Early-Stage Advisor



Moderator: Vicki de Klerk Rubin
Executive Director, Validation Training
Institute

ACTIVITIESSTRONG

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Validation World Congress 2023:

“The Person Comes First”

Mark your calendars for February 21st from noon to 4pm Eastern Time. VTI and Linked Senior are excited to have an amazing lineup of speakers.

Session 1: Supporting Older Adults Living with Cognitive Change to “Live Life to the Full.”

Session 2: Caregivers - Care for Yourself

Session 3: Person-Centered Care Methods Rooted in Empathy

This online congress is free. Register now at:

<https://activitiesstrong.com/v...>

Look out for more info as we get closer to the event.



An inside look at a hospital in Germany that incorporates Validation

Hospitalized older adults are more prone to develop loss of social controls, disorientation, functional decline, incontinence, falls and pressure injuries. It also exacerbates patients' emotions, increasing feelings of depression and anxiety. Now, Imagine if there were hospitals that adopted the Validation Method for their older patients. In Germany, Vicki de Rubin Klerk visited a hospital where this is a reality!

[Read more about Vicki's experience and how this hospital is transforming the lives of its older patients.](#)



GSA 2022

Embracing Our Diversity. Enriching Our Discovery.
Reimagining Aging.

November 2-6, 2022 | Indianapolis, IN

Recap of Gerontological Society of America in November 2022 at the GSA 2022 Scientific Conference

Dr. Harvey Sterns, long-time VTI Board member and professor emeritus of psychology at

University of Akron (just two of his many activities) presented our recent research at the Gerontological Society of America Scientific Conference this past November in Indianapolis. Our study looked at the effectiveness of the 6 Skill Building Blocks, a totally online, asynchronous training in basic Validation skills. "This is a great way to onboard new staff or refresh person-centered skills."

VTI was proud to show the positive results of our small research project. Techniques taught through Skill Building Blocks proved to be relevant to the learners' life experience. There was effective retention and transfer of skills, and the training proved to be motivating for continued application in the real world.



Validation Training Institute - an Introduction

For those of you new to the Validation Training Institute or for those who want to know more about the organization itself, take a look at our new video

A special note from Vicki

As we approach the close of 2022, I want to acknowledge each of you in the Validation community and thank you. It's been a year full of endings and beginnings, joys and sorrows. I wish you warm holidays with loved ones. I wish you strength for the struggles ahead, new beginnings that arise out of endings and moments of joy.

With gratitude,

Vicki

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Validation Training Institute

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