



*Validation Newsletter*  
Training Institute



April 2024 Newsletter



*Validation* Board  
Spotlight

## **Mariska Praktiek**

Embracing Consciousness & Compassion: A Journey Through Aging, Validation, and Mindfulness.

### VTI Board Spotlight: Mariska Praktiek

Meet Mariska, whose impressive career spans over 25 years in global corporations, including a significant tenure at Shell. Holding a Master's Degree in Business Economics from the University of Groningen, Mariska's professional life took a transformative turn following a severe burnout, leading her to deepen her engagement with mindfulness and meditation.

Now a dedicated Board Member at VTI since 2016, Mariska combines her extensive corporate experience with her practice as a Mindfulness teacher to

offer unique insights. In our exclusive article, she discusses the challenges of ageing, cognitive decline, and the profound teachings of Buddhism on consciousness. Mariska also explores the critical importance of Validation in fostering connections, offering a dual perspective from both the cognitively impaired elderly and their caregivers.

Delve into Mariska's reflections on embracing consciousness and compassion in our feature:

[EMBRACING CONSCIOUSNESS AND COMPASSION: A JOURNEY THROUGH AGING, VALIDATION, AND MINDFULNESS.](#)



## 2024 SPRING FUNDRAISER

### ENTER OUR GIVEAWAY



**Click the link below**



**Write in friends & family's emails**



**Most referrals win!**

### How to win *The Naomi Feil in Workshop* documentary for FREE (\$500 value)

This May, get ready for an exciting Spring Fundraiser hosted by VTI! We're not just raising funds; we're expanding our community. As part of our event, we are thrilled to announce a special referral competition. Help us grow by referring friends and family to sign up for the VTI newsletter.

Here's your chance to win a fantastic prize! *The Naomi Feil in Workshop* documentary is a \$500 purchase. The person who refers the most subscribers will receive this special reward in recognition of their support and effort. Spread the word, make an impact, and be a part of our journey to make a difference. Click here to start referring today:

[Sign Up & Refer Now!](#)

# Are You Dementia Ready?



## Partner Feature: Discover the Healing Power of Touch in Dementia Care (AGE-u-cate)

In the challenging realm of dementia care, touch emerges as a crucial language of connection and comfort. Our latest feature delves into the AGE-u-cate Training Institute's Compassionate Touch® program and its integration with the Validation Training Institute, highlighting how touch-based interventions can profoundly impact caregiving.

Learn about the techniques that convey empathy and comfort, establish trust, reduce agitation, and enhance the emotional well-being of those affected by dementia. Dive into compelling case studies and explore how these pioneering programs are transforming dementia care by fostering compassionate, dignified, and holistic support. Join us in our feature, THE HEALING POWER OF TOUCH, to understand the transformative power of touch in caregiving.

[Read the full article here](#)





# AVO Spotlight: Explore the Future of Elder Care with Senior Living L'Amore in China

Since its inception in 2012 as a subsidiary of the Sino-Ocean Group, Senior Living L'Amore has set new standards in residential community living across China. As the nation's only Authorized Validation Organization (AVO), we are pioneering advancements in memory care.

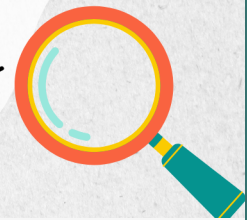
With nearly 30 institutions serving over 4,000 seniors, our commitment extends to training certified Validation Workers and Teachers to enhance the quality of life for our residents. Learn more about our vision, our achievements, and our plans for the future.

[\[Read the full story here.\]](#)



## TEACHER SPOTLIGHT

*Rita Altman*



### Teacher Spotlight: Rita Altman, MSN, RN, CVM

In the touching article "My Journey with Validation," Rita Altman shares a transformative experience that reshaped her approach to memory care. Starting in 1998 at Country Meadows, Altman's initial unfamiliarity with Naomi Feil's Validation Method quickly evolved as she witnessed Feil's profound impact on residents with cognitive decline.

Through personal anecdotes, Altman illustrates how the Validation method of empathetic and validating communication not only changed the lives of the residents but also deeply influenced her own professional practices. This powerful narrative highlights the lasting legacy of Naomi Feil and the importance of dignified, person-centered care in memory facilities across the nation.

[Read the full article here](#)



## Register Now for the MEMORY CARE for ACTIVITY PROFESSIONALS Course - Starting This June!

Are you an activity professional looking to enhance your skills in dementia care? Join us for our comprehensive 11-week course, "MEMORY CARE for ACTIVITY PROFESSIONALS," starting this June.

This interactive course is meticulously designed to provide an in-depth introduction to caring for, interacting with, and serving those with dementia. Delivered through a mix of short videos, webinars, coursework, and practical sessions with certified NCCAP and Validation Instructors, this program offers the tools you need to excel in dementia care.

The first of six 1-hour interactive webinars kicks off on Tuesday, June 4th at 12:00 PM Eastern Time. Don't miss out on this opportunity to advance your professional skills and make a significant impact in the lives of those you serve.

[Click here to register now!](#)

For our German-speaking community ☐☐

*VTI's Authorized Validation Organization, AVA Demenz, will be represented at the Pflege Plus conference in Stuttgart, Germany from 14-16 May.*

Die autorisierte Validationsorganisation "AVA Demenz gGmbH" hat Stand auf PflegePlus in Stuttgart Vom 14.-16. Mai findet dieses Jahr die PflegePlus, die Fachmesse für den Pflegemarkt, in Stuttgart statt. Im Ausstellungsbereich

erwartet Sie eine große Bandbreite an neuen Produkten und Dienstleistungen aus den Bereichen Management und Bildung, stationäre und ambulante Pflege, Rehabilitation und Therapie sowie Wohnen, Einrichten und Hauswirtschaft.

Ein attraktives Rahmenprogramm mit zahlreichen Vorträgen, Workshops und Weiterbildungsmöglichkeiten rundet das Angebot der PflegePlus ab. Wir als AVO sind dieses Jahr drei Tage lang mit einem Stand auf der PflegePlus vertreten und würden uns freuen, möglichst viele von Ihnen dort begrüßen zu dürfen und in Austausch zu kommen. Mit dem Messe-Ticket-Code „AVADEMENZ“ können Sie sich Gratis-Eintrittskarten bestellen:

[PFLERGE PLUS - Tickets & Öffnungszeiten | Messe Stuttgart \(messe-stuttgart.de\)](#).

## Validation Talk & Techniques Meetings:

**A P R 25**

Time

4pm PST

5pm MST

7pm EST

6pm CST

**M A Y 16**

Time

9am PST

10am MST

12pm EST

11am CST

**M A Y 23**

Time

6pm CET

9am PST

7pm Israel

12pm EST

**J U N 20**

Time

6pm CET

9am PST

7pm Israel

12pm EST

**French Teacher Meeting**

**M A Y 28**

Time

7:00pm-8:00pm CET

**English Teacher Meeting**

**M A Y 13**

Time

7pm CET

10am PST

8pm Israel

1pm EST

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