

Just a brief note this week about our **Normal vs. Not Normal Aging** class we had here at Stillwaters this week. The topic was all about what is normal and not, and for many of us it was reassuring to know that our forgetfulness and slower processing is truly normal aging.

The presenters from the Lewis Mason Thurston Area Agency on Aging provided context and discussion around a set of videos by Teepa Snow. Snow is an internationally recognized educator and consultant specializing in dementia and brain health. This presentation was focused on how and why our brain changes naturally as we age and then some tips on recognizing what is not normal aging issues.



Teepa Snow

Teepa is a very entertaining speaker and was able to share her stories and her knowledge with great deal of humor. YouTube is loaded with Teepa Snow videos focused on care takers (which is great content) but I did find a couple that might give those who couldn't be there an opportunity to hear her what she has to say.

Click [HERE](#) for the Teepa Snow video on the difference between Forgetfulness and Dementia.

Click [HERE](#) for the Teepa Snow video on your senses, your brain and how we process data.



The first one is older and not great quality but gives a good picture of regular forgetfulness and how this changes with Dementia.

This is a short blog this week as life has been very busy here and your blogger is getting ready to go on the road for a week.

Notes and ponderings from the road next week!

Quote for the Week:

We must let go of the life we have planned, so as to accept the one that is waiting for us. – Joseph Campbell