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PAC Book Highlights for the Holidays!

Do you have a book lover in your life who is also a care partner to a person living with dementia? Not sure what to get them for a gift this holiday season? PAC has you covered with three books that they are sure to love!

[A Heart Full of GEMS](#) by Rev. Linn Possell and Teepa Snow – This story was written to help you, as well as your child, understand what is changing and how to maintain your relationships with your loved one living with dementia. It is one of the few books available for parents to help children better understand what is happening and how to cope. To be used as a resource, the book's appendix includes helpful dementia tips as well as a practical dementia progression guide to help everyone adapt to the changes experienced when someone is living with dementia.

[Dementia Caregiver Guide](#) by Teepa Snow – This book contains a description of the characteristics of each of the GEMS® states, helpful tips for each one, and information on the support needed. It is a must-have resource for any care partner who wants to improve their understanding of the progression of dementia, and how to provide better support and care. It is simple and easy to read, and contains beautiful photographs of residents at Cedar Village Retirement Community.

[Breathe, The Simple Guide to Better Breathing for People 50+](#) by Kelly Sheets – This book teaches the importance of better breathing and techniques for how to do so. The benefits? Increase your energy levels, improve your respiratory capacity, decrease discomfort and pain, elevate your immune capacity, and enhance feelings of well-being and ease. Teepa Snow emphasizes and encourages the importance of breathing when living with dementia and how to model effective breathing techniques with those you are working with.

Purchase the books today in the **[Care store](#)** and take advantage of this special offer:

Save \$15 on your order when you buy a PAC book and spend a minimum of \$70!

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