

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH MARCH 2019

Karen Truman, PhD, President and Jeff Truman, MS Ed, Director

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www.dementiacaregiverresources.org

### ♣ MARCH SUPPORT GROUPS

**March 5 - The Preserve** at Clearwater **9:30AM**  
2010 Greenbriar Blvd. CLW (727)735-6200

**March 5 & 19 - Grand Villa - Largo 6:00 PM**  
750 Starkey Rd. Largo 33771 (727)586-0108



### APRIL SUPPORT GROUPS

April 2 - The Preserve Clearwater **9:30 AM**

April 2 & 16 Grand Villa Largo **6:00 PM**



For 2019, we will focus on the many different kinds of dementia and how important it is to get a proper diagnosis.

### Certain Medical Conditions can cause dementia and often are reversible

- Side effects of certain medicines
- Emotional problems, such as stress, anxiety, or depression
- Certain vitamin deficiencies
- Drinking too much alcohol
- Blood clots, tumors, or infections in the brain
- Delirium
- Head injury, such as a concussion from a fall or accident
- Thyroid, kidney, or liver problems

For more information, visit:

<https://www.nia.nih.gov/health/types-dementia>



### Second Requirement for Medicaid Eligibility Aged, Disabled or Blind

In order to be eligible for benefits, the applicant must be either:

1. Over the age of 65 -- or
2. Be characterized as disabled or blind.

Disabled is defined as the inability to perform gainful activity for a period of time that is expected to exceed one year. The general rule here is that the person needs to be 65 years old or older, however, we work with a lot of younger clients as well who qualify under the disability provision.

For more information or to make an appointment for a free consult, call or visit:

(727)539-0181 <http://www.virtuallawoffice.com/>



**SLEEP** gives your brain a chance to clear out debris that accumulates during waking hours. Researchers found that the brain rids itself of metabolic waste mainly while we sleep. The glymphatic system eliminates debris and toxins from the brain and central nervous system which is a kind of plumbing/janitorial system. This is important so that the brain rubbish does not accumulate and slow down your memories. We need that deep and sound sleep – Keep it quiet, and restful, and dark in the bedroom.



Light for the Journey - Courage for the Soul

Member Organization of:



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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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Did you know that you may qualify for the **Medicare Extra Help Program**? If your yearly income level is less than \$18,200 (Single) or \$24,690 (married) and your other resources (IRA, savings, mutual funds, etc.); are below a certain level --(other resources do **not** include your home, car, household items, life insurance or burial plans.) The extra help program may help you to pay for prescription drug plan cost, and have no coverage gap. Call 1(800) MEDICARE 1(800)633-4227 to find out if you qualify.



### FOR VETERANS – HOME Buying

What Is a VA Guaranteed Loan? A VA-guaranteed loan can be used to: buy a home as a primary residence (This can be either existing or new construction.) or refinance an existing loan. **Did you know that VA loan technicians** may also be able to help you retain your home and avoid foreclosure? Call 877-827-3702 or visit [www.benefits.va.gov/homeloans/resources\\_payments.asp](http://www.benefits.va.gov/homeloans/resources_payments.asp)

The VA provides policy, guidelines and oversight of the program. Lenders provide financing for eligible Veterans. The guaranty allows Veterans to obtain a loan without a down payment or mortgage insurance premiums. Veterans need to obtain a Certificate of Eligibility (COE) to prove entitlement. You can obtain the COE online through eBenefits [www.ebenefits.va.gov](http://www.ebenefits.va.gov)

### **Being too honest may not be the best plan when your Loved One has a dementia Loved One with a Dementia says:**

“School is over. My mommy is coming to pick me up now. I need to go outside to wait for her!”

**You say:** “You’re 85 years old. You haven’t been to school in decades. Don’t you remember that your mom died over 25 years ago? You don’t need to go outside because nobody is coming to pick you up.”

**Loved One with a Dementia:** What? What do you mean my mom is dead? No! She can’t be dead! I saw her this morning! She told me she would pick me up!!! I need to go outside to wait!! (Now she or he is confused, upset, angry, crying, agitated, and screaming.)

### **If you start using therapeutic fibbing the scene may look far different:**

**Loved One says:** “School is over. My mommy is coming to pick me up now. I need to go outside to wait for her!”

**You say:** “Oh yes, it’s almost time to go. Your mom asked me to give you a snack first so you won’t get hungry on the way home. Let’s have some juice and crackers.”

**Loved One says:** Ok, I’ll have a snack. (Use this distraction as an opportunity to occupy her with the snack and a fun activity until they let go of the idea of meeting his/her mother.)

## WE ALWAYS NEED USED INK CARTRIDGES

**Can YOU make a difference with a Tax Deductible Donation?**

**DCR, Inc.**

**P.O. Box 7677**

**Seminole, FL 33775**



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