

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH APRIL 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

APRIL SUPPORT GROUPS

APR 4 & 18 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580

APR 4 & 18 Grand Villa Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

APR 7 & 21 Grand Villa Largo 9:30 AM

APR 19 Palms of Largo – REGAL 2:30 PM
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

MAY SUPPORT GROUPS

May 2 & 16 St. Mark Village 9:00 AM

May 2 & 16 Grand Villa Largo 6:00 PM

May 5 & 19 Grand Villa Largo 9:30 AM

May 17 Palms of Largo – REGAL 2:30 PM

FRANKLIN'S DEMENTIA

PREVENTION TIP:

FOODS THAT LOWER BRAIN HEALTH

Part 2 We are what we eat

Last month we listed three categories of foods that can lower brain health. This month, the final three.

1. *Fast food* of all types may contain Preservatives that can increase the risk of depression
2. *Baked Goods*: pies, cookies, breads, especially those made with shortening or partially hydrogenated vegetable oil, which is a source of trans-fats.
3. *Fried Foods*: They can not only increase cholesterol, but can also increase brain inflammation.

Bottom-Line – eat healthier choices for a healthy brain.



Sean W. Scott
Elder Law Attorney

HEALTHCARE SURROGATE/LIVING WILL

This is a legal durable power of attorney for your healthcare decisions. Be sure the person you choose is willing to follow through with your wishes in regard to the end stage of your life. Have a discussion with this person so they are aware and understand your wishes.

Please call us for a free consult:

(727)539-0181 or visit:

<http://www.virtuallawoffice.com/>



An estimated 50,000 Americans are diagnosed with **PARKINSON'S DISEASE** each year, according to the National Institutes of Health, and about 1 million Americans have the condition. "Parkinson's is a relentless disease without a cure," said Eric Bastings, MD, deputy director of the Division of Neurology Products in the FDA's Center for Drug Evaluation and Research.

LESSONS LEARNED FROM CAREGIVING

Wisdom from Gary LeBlanc 1/27/2017

Learning styles differ. Some people never learn a thing by being told what to do, and have to go out and actually experience everything firsthand. This is one of the reasons why the general public can never truly grasp what caregiving is all about without experiencing it for themselves.

Here's the answer:

It's all about love♥ and sacrifices.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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DHA BOOSTS BRAIN FUNCTION

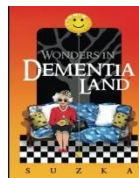
Researchers in Asia have discovered that the supplement DHA (an omega-3 fatty acid) can help boost brain function in older adults. Over 200 seniors were tested and IQ tests were given after 6 & 12 months. The DHA group showed a significant increase in test performance and helped to slow reduction of the hippocampus. Decreased hippocampus volume is a primary indicator of Alzheimer's disease.

NOTE: Before taking any supplements, check with your doctor to make sure it does not interfere with any medications you are currently taking.



ACCORDING TO GERONTOLOGIST TAM CUMMINGS, PHD --

In the middle stages of Alzheimer's there is about 4 ounces of brain tissue that is lost – the person is at the equivalent of a 12 year old to adulthood. By the time this person is in the late stage there is 1 ½ - 2 pounds of brain tissue loss and they are at the equivalent of a two-year old to an infant.



"My mother had a way of accessing the energy of the people around her. There was no need to know their name, who they were or how she knew them. She didn't recognize their surface. She went much deeper." — Suzka, *Wonders in Dementialand*



National Council on Aging

One of the best places to find ways to "stretch" financial resources is at

BENEFITS CHECK-UP

<https://www.benefitscheckup.org/>

After you've filled out the easy-to-use questionnaire, you'll get a list of programs that a person may qualify for. And, more to the point, you'll get the information you need to contact local providers for help with and/or reimbursement of expenses related to medications, food, utilities, legal issues, health care, housing, in-home services, taxes, and transportation.



Can you make a tax deductible donation?

DCR, Inc.

PO Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES

THANK YOU to our APRIL SPONSOR



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ResCare Home Care (727)734-7400

"ResCare to the Rescue!"

ResCare HomeCare helps seniors who want to age in place
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