

THE DEMENTIA DETAILS DISPATCH APRIL 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



APRIL SUPPORT GROUPS

- APR 1 Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
- APR 3 & 17 Grand Villa Largo** 9:30 AM
750 Starkey Rd. Largo (727)586-0108
- APR 7 & 21 St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
- APR 7 & 21 Grand Villa Largo** 6:00 PM

MAY SUPPORT GROUPS

- May 1 Grand Villa Largo 9:30 AM
- May 5 & 19 St. Mark Village 9:00 AM
- May 5 & 19 Grand Villa Largo 6:00 PM
- May 6 Bon Secours Place 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP

WASH OUT YOUR BRAIN

As we get older, many of us find our prescription drug usage increasing. There's a pill for hypertension, GERD, diabetes...and the list goes on...Over time, these drugs can have a toxic effect on our brains, which could lead to impaired judgement and loss of critical thinking. Is it time to schedule a visit with your primary doctor and get a medication review? Do you still need to take all of those drugs? If not, then wash out your brain...You may look and feel better!



Sean W. Scott
Elder Law Attorney

Getting old is not for sissies. You, or someone you are caring for is getting older and that means a new set of challenges awaits: *possible incapacity, the looming specter of mortality* and for many of our clients... nursing home care and the prospect of financial ruin due to the cost of that care. We are here to help you through the confusing network of legal and financial issues.

For more information, call: 727-539-0181
<http://www.virtuallawoffice.com/>



BRAIN POWER

We have all been there; whether in class at school, or a meeting at work, sometimes it feels as if our brain just gives up and leaves the building. But according to a new study, a short daytime nap could significantly boost brain power. The research reveals that a sleep of around 45-60 minutes could improve learning and memory by fivefold. Zzzzz

SINGLE-TASK. DO ONE THING AT A TIME AND GIVE IT ALL YOU GOT.

If you think your ability to multitask proves you've got a strong brain, think again. "Multitasking hijacks your frontal lobe," says the author of "*Make Your Brain Smarter*". The frontal lobe regulates decision-making, problem-solving, and other aspects of learning that are critical to maintaining brain health. Research has shown that doing one thing at a time - not everything at once - strengthens higher-order reasoning, or the ability to learn, understand, and apply new information.



"What if I see you, and I don't know that you're my daughter, and I don't know that you love me?"

"Then, I'll tell you that I do, and you'll believe me." — Lisa Genova, *Still Alice*



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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In 2014 **B. SMITH**, a former model stricken with Alzheimer's, traveled more than 50 miles before being found. Smith, 65, has spoken candidly about her struggle with the illness. The U.S. Senate's Aging Committee held a hearing in March on the fight against Alzheimer's. Model and TV host B. Smith was present to talk about her struggles with the disease and how she and her husband are taking action against it. "I'm B. Smith and I suffer from Alzheimer's disease," she says in an online video for the *Brain Health Registry*. Smith's husband of 23 years Dan Gasby said he's determined to help steer her through the crippling neurological disorder. "You don't believe it, there's total denial," he told Al Roker of learning about Smith's illness four years ago. "And then you go to a point of anger and then you go to a point of frustration. And then you go to a point where you curse God and you say, 'Why?' She doesn't deserve this."

<http://www.today.com/health/i-am-fighting-right-now-b-smith-living-alzheimers-2D80545290>



WE ALWAYS NEED USED INK CARTRIDGES!



NEW DOCUMENTARY SHINES SPOTLIGHT ON FRONTOTEMPORAL DEMENTIA

What would you do if you started to disappear? "Looks Like Laury, Sounds Like Laury," is a new documentary. For one year, the team followed Laury Sacks, who began to experience symptoms of frontotemporal dementia at the age of 46. The film illustrates the impact this progressive disease has on her and her loved ones. It is currently airing as part of the "America ReFramed" series on WORLD, and will be streaming online through April 9.

THANK YOU to our **APRIL SPONSOR**
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*We would so appreciate your support!
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Making a donation "In Honor of" or "In Memory of"
your loved one will make a huge difference.*

DEMENTIA CAREGIVER RESOURCES, INC.
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