

THE DEMENTIA DETAILS DISPATCH AUGUST 2013

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.

Visit our website www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997

AUGUST SUPPORT GROUPS

Aug. 2 & 16	Grand Villa	9:30 AM
Aug. 6 & 20	Grand Villa	6:00 PM
Aug. 6 & 20	St. Mark Village	9:30 AM
Aug. 7	Bon Secours PL	6:00 PM
Aug. 12	Seasons @ CABOT COVE	9:30 AM

September Support Groups

Sep. 3 & 17	St. Mark Village	9:30 AM
Sep. 3 & 17	Grand Villa	6:00 PM
Sep. 4	Bon Secours PL	6:00 PM
Sep. 6 & 20	Grand Villa	9:30 AM
Sep. 9	Seasons @ CABOT COVE	9:30 AM



THE CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS)

has created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily and to help identify areas about which you may want to ask questions. Nursing homes with 5 stars are considered to have much above average quality and nursing homes with 1 star are considered to have quality much below average. There is one Overall 5-star rating for each nursing home, and a separate rating for health inspections, staffing, and quality measures. Visit: <http://www.cms.gov/> For more information call: 727.539.0181

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

FRANKLIN'S DEMENTIA PREVENTION TIP

Eat your rainbow everyday



That means colorful foods that are red, blue, orange, yellow and green. Fresh, living, and vibrant foods can help you to stay healthy and wise.



Dementia
THE CAREGIVER'S
LITTLE
BOOK OF HOPE

This book is a primer in caregiving. There is information about things that need to be set up in a timely manner; legal and financial matters, a memory disorder clinic diagnosis, veteran's information, community programs, and support groups. These things may become a part of your next chapters of life. You will encounter terms you never heard before and there will be life challenges that you never expected. This is your new reality. This is hard stuff. We want to give you the light you will need to illuminate the road ahead.

Please visit the website for more information:

www.dementiacaregiverresources.org

E-mail from a caregiver:

"Fantastic! You did it again. I read it twice since last I saw you. I found it just as helpful now as I did years ago. It helped me in very different ways. I'm a Caregiver in transition now, and the "Little Book of Hope" has helped me not to fear." MARIA F.



Save the date, **October 17th** for a special "MAKING THE RIGHT CHOICES" symposium at Pacifica Senior Living Belleair on Original Medicare, Advantage Plans, and Part D. Representatives from the **Area Agency on Aging** and **Serving Health Insurance Needs of Elders** (SHINE) will present important information you need *before* you sign up during the open enrollment period.

Member Organization of:



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UC Irvine and Mayo Clinic researchers have found that vitamin D levels in the U.S. population peak in **August** and bottom out in February. The essential vitamin - necessary for healthy bones - is produced in the skin upon exposure to ultraviolet B rays from the sun. Vitamin D helps bones absorb calcium and can protect against osteoporosis. It's also thought to play a role in seasonal illnesses, such as the flu. Egg yolks and oil-rich fish like mackerel, salmon, sardines and herring contain the nutrient. In addition, milk and cereal are often enriched with vitamin D.

<http://www.sciencedaily.com/releases/2013>



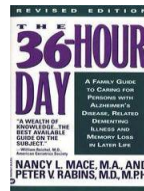
THE HOSPITAL STAY

Hospitals can be upsetting to anyone, but consider the added fear factor if you can't remember where you are or why strangers keep poking you. Persons with dementia are more likely than other seniors to be hospitalized, especially for conditions such as pneumonia, urinary tract infections, intestinal virus', heart failure and dehydration. New research says that being hospitalized seems to increase the chances of Alzheimer's patients moving into a nursing home — or even dying — within the next year. These are three important ideas for you to remember if a hospital stay is necessary.

Rule # 1: Get a private room:

Rule #2: Keep informed about Choices

Rule #3: Make Arrangements for 24-Hour Care



ROAD TRIP- SAVE the DATE

Our colleagues in Orlando, the *Alzheimer's and Dementia Resource Center*, are organizing a unique and informative event for families and professionals on Saturday November 2, 2013. **Dr. Peter Rabins** is the keynote speaker. He is the co-author of the "36 Hour Day" which has been "The Bible" of the long-term care industry since the 1980's. The conference includes Dr. Rabins' 90 minute presentation with questions and answers to follow. **DEMENTIA CAREGIVER RESOURCES, INC.** is planning on taking a group to Orlando on Friday November 1st through Sunday November 3rd, 2013. Save the date for this life changing event. More details will follow soon. *(We are in need of corporate sponsorships)*

THANK YOU to our **AUGUST SPONSOR**

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TINA COSTA – Operations Director

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DCR, Inc. - PO Box 7677 - Seminole, FL 33775

Or use a credit card on our website:

www.dementiacaregiverresources.org

WE ALWAYS NEED USED INK CARTRIDGES!

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