

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH AUGUST 2014

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

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

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

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

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

AUGUST SUPPORT GROUPS

Aug 1 & 15 Grand Villa Largo 9:30 AM
750 Starkey Rd. Largo (727)586-0108

Aug 5 & 19 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580

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

Aug 6 Bon Secours Place 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733

Aug 13 Grand Villa Pinellas Park 6:00 PM
8980- 49th St. N. Pinellas Park (727)546-4053

September Support Groups

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

Sep 2 & 16 Grand Villa Largo 6:00 PM

Sep 3 Bon Secours Place 6:00 PM

Sep 5 & 19 Grand Villa Largo 9:30 AM

Sep 10 Grand Villa Pinellas Park 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP

A team of researchers found that older people who exercise, eat healthy and participate in brain-training activities are less likely to develop memory loss. A combination of those three healthy lifestyle choices seems to do the trick.



Sean W. Scott
Elder Law Attorney

New Figures are out for July 2014 for Nursing Home Medicaid. The big news is that the monthly **PERSONAL NEEDS ALLOWANCE** is up for the first time in 23 years from \$35.00 to \$105.00. If you need further advice on how to qualify for services or programs please contact the law offices of Sean W. Scott, Esq. for your free consultation. We are here to help.

For more information, call: 727-539-0181

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



I received this e-mail July 19, 2014 and it has really touched my soul:

FINDING JOY ALONG THE JOURNEY

Dear Karen,

My mother Jeanne who has Alzheimer's recently lost her husband my step father in April this year. My brother and I placed her in a very nice memory care facility near my home. When we were going in her house and sorting through items we came across a page torn out of it appears a December 2006 in a magazine that you wrote called "The Joy That Remains". She was not actually diagnosed until 2010 but was having some issues and she must have known something odd going on and read this and kept it. It was placed among picture albums like she would know we would see.

We are at a stage where she is in her own reality and with recent changes in her life it seems to have gotten more difficult.

I just wanted to let you know your article was comforting and I plan to put it in with my photos as my mom did and by chance this ugly disease gets me I hope my children will understand what I might be going through also. Many hugs and thanks, Jill S.

This e-mail has made me realize once again the power of the written word. You never know how you may touch a person. It could be with a word, a hug, a call, a card, a validation or even a smile. All communication is important and sometimes makes all the difference in a person's life.

Member Organization of:



DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH AUGUST 2014

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

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

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

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

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

CLERGY AGAINST ALZHEIMER'S

Washington, DC – USAgainstAlzheimer's, the national movement committed to finding a cure for Alzheimer's by 2020, officially launched in July 2014

[ClergyAgainstAlzheimer's](http://www.usagainstalzheimer.org). This is a diverse, multi-faith network of clergy working to focus our nation's attention on the impact of Alzheimer's disease on American families. The mission of [ClergyAgainstAlzheimer's](http://www.usagainstalzheimer.org) is to promote dignity, compassionate care and quality of life for individuals with Alzheimer's disease, and to provide support for families and caregivers, as we work together to stop Alzheimer's by 2020.

<http://www.usagainstalzheimer.org/press-releases>



FIST-BUMPS BETTER THAN HAND SHAKES

The American Journal of Infection Control

published results from a study that looked at hand shaking and fist bumps. Bumps are the wisest greeting. Instead of hand shakes which spread germs. The study found that fist bumps spread only about one-twentieth the amount of germs than a traditional handshake does. Let's start bumping!

STAYING STRONG WHILE CAREGIVING AND IN LIFE

Did you know that Mentally Strong People:

- ✓ DO NOT Waste time feeling sorry for themselves
- ✓ DO NOT Give away their power
- ✓ DO NOT Shy away from changes in routines
- ✓ DO NOT Worry about pleasing others
- ✓ DO NOT Dwell on the past
- ✓ DO NOT Make the same mistakes over and over
- ✓ DO NOT Fear time alone

THANK YOU to our **AUGUST SPONSOR**

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414

tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"



Tax Deductible Donations can be sent to:

DCR, Inc.

PO Box 7677

Seminole, Florida 33775



WE ALWAYS NEED USED INK CARTRIDGES!

Member Organization of:

