

THE DEMENTIA DETAILS DISPATCH AUGUST 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



AUGUST SUPPORT GROUPS

Aug 4 & 18 Grand Villa Largo 6:00 PM

750 Starkey Rd. Largo (727)586-0108

Aug 4 & 18 St. Mark Village 9:00 AM

2655 Nebraska Ave. Palm Harbor (727)785-2580

Aug 7 & 21 Grand Villa Largo 9:30 AM

Aug 19 IVY RIDGE (727)490-3233 6:00 PM

7179 40th Ave North -St. Petersburg, FL 33709

SEPTEMBER SUPPORT GROUPS

Sept 1 & 15 St. Mark Village 9:00 AM

Sept 1 & 15 Grand Villa Largo 6:00 PM

Sept 4 & 18 Grand Villa Largo 9:30 AM

Sept 16 Inspired Living Ivy Ridge 6:00 PM

**FRANKLIN'S DEMENTIA
PREVENTION TIP**

NEGATE THE WEIGHT

More research evidence says that our food choices are critical for our overall health and well-being. Don't "weight" until New Year's to resolve to start a sensible eating plan. Begin now in small steps to reduce those extra pounds and in doing so, contribute to a healthier brain.



Sean W. Scott
Elder Law Attorney

Did you know that our office conducts free seminars on Elder Law in local libraries, senior communities and for business & professional organizations? Your group will receive information about the newest state laws on Medicaid, the importance of the Durable Power of Attorney and Health Care documents and how to pay for long-term care.

Call Dale to set up your event.

For more information, call: (727)539-0181

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



In July, Karen received a phone call from a clinical trial/research company to see if she wanted to come in and go through some preliminary tests to see if she had a biomarker for Alzheimer's disease. This clinical study was only open to a very specific group of people and was going to go on for about five years. She went in and had blood drawn and did the memory testing and a week later received the BEST news of her life...she does NOT have the biomarker they were looking for and she scored 100% on the memory tests!!! The message is: Do not let your personal fears hold you back from knowing more about your future.

Don't wait until you break...



P.T.S.D.

SYMPTOMS OF PTSD IN THE ELDERLY

According to the U.S. Department of Veterans Affairs National Center for PTSD, **signs of post-traumatic stress disorder** can include: unwanted traumatic memories, flashbacks, emotional distress to reminders of the event, negative changes in mood, hopelessness about the future, and trouble maintaining close relationships. Those who suffer from combat-related PTSD are also often easily startled, suffer from nightmares, and feel the need to avoid reminders of wartime events. For many veterans, these symptoms appear to only surface late in their lives, or their symptoms may resurface with old age. This is because *stress* can trigger PTSD, and with old age comes a variety of new sources of stress including declining health, reductions in income, the death of friends and family, and reduced cognitive abilities.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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TOO MUCH TV COULD RAISE THE RISK OF ALZHEIMER'S, STUDY SUGGESTS

It turns out that too much TV might damage your brain and also raise the risk of developing Alzheimer's disease - and that the effects could show up much sooner than previously believed, a new study suggests. Researchers investigated the association between sedentary lifestyles, cognitive performance and the risk of developing dementia found that people who watched a lot of television - namely, **four hours or more per day** - scored significantly lower on measures of cognitive performance in middle age. The study, which tracked people for 25 years beginning in young adulthood, found that people who also reported low levels of physical activity performed worse on cognitive tests. http://www.washingtonpost.com/local/social-issues/too-much-tv-can-raise-the-risk-of-alzheimers-new-study-suggests/2015/07/20/7dcdc4cc-2eea-11e5-97ae-30a30cca95d7_story.html

'Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.'

Winston Churchill

In a support group, we were discussing neurologists. *One of our ladies was so frustrated with her husband's doctor that she fired him on the spot.* She shared that when she kept telling the doctor about her husbands' symptoms of his Aspergers and Alzheimer's and asked him what could be changed to make their lives a little easier...he said: "Oh - you need to have counseling and see a psychiatrist for some more anti-depressants." She said: "**Doctor, you just do not GET IT! More drugs are NOT the answer. You are FIRED!**"

MARRIED, YET WIDOWED

This is what we hear in support groups:

I find that I am married, yet widowed at the same time. My spouse of many years has been placed in a long-term care community and I now come home to an empty house and an empty bed. I cry myself to sleep. I am so depressed. I am at a loss as to how to how to live my life as a single person. Do I "date"? Do I travel alone? Do I join singles clubs? Support groups are fabulous places to share your feelings and emotions in a safe environment with other who will listen and "get it".

"The soul always knows what to do to heal itself. The challenge is to silence the mind."

---CAROLYN MYSS

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"



WE ALWAYS NEED USED INK CARTRIDGES!

CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

Have you attended support groups, received some valuable information, know that you are not alone on the journey?

Making a donation "In Honor of" or "In Memory of" your loved one will make a huge difference.

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775



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