

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH AUGUST 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

AUGUST SUPPORT GROUPS

August 2 & 16 **St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
August 2 & 16 **Grand Villa Largo** 6:00 PM
August 5 & 19 **Grand Villa Largo** 9:30 AM
750 Starkey Rd. Largo 33771 (727)586-0108
August 17 **Palms of Largo –REGAL** 2:30 PM
300 Lake Ave NE -Largo, FL 33771 - 437-1350
August 17 **Princeton Village** 6:00 PM
333 16th Ave SE - Largo 33771 (727)588-0020

SEPTEMBER SUPPORT GROUPS

Sept. 2 & 16 Grand Villa Largo 9:30 AM
Sept. 6 & 20 St. Mark Village 9:00 AM
Sept. 6 & 20 Grand Villa Largo 6:00 PM
Sept. 21 Palms of Largo – REGAL 2:30 PM
Sept. 21 Princeton Village 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

VACA AWAY - It has been estimated that only half of all people ages 25-55 take time off from work for a vacation. The stressors of work and job demands can have a big effect on how your brain can handle complex situations. Since we spend about 2000 hours or more a year working, we need days to just relax and unwind, which will allow your brain time to decompress. Even if it's a short "stay local" getaway, give your brain a chance to play. Take a vacation! You will reap many benefits!



HEARING LOSS AFFECTS ABOUT 30 MILLION AMERICANS - Did you know that hearing loss increases the risk for dementia, for falling, for depression and more... perhaps our elected representatives need to address this critical health need. Medicare and other private insurance programs could be expanded to cover this expensive and necessary health aide.

Sean W. Scott
Elder Law Attorney

For over 25 years Attorney Scott has been helping seniors and their families to plan for their future. This includes the emergency or "Uh-oh" client --- as in "Uh-oh" my Loved One is in a nursing home and I do not know how I am going to pay for this care. And it can include "The writing is on the Wall" client who sees a family member diagnosed with Alzheimer's, Parkinson's, Lewy Body or another dementia and steps will need to be taken to address the future needs of this person, to plan for the day when they can no longer make sound healthcare and financial decisions. Please call us for a free consult: (727)539-0181 or visit our website: <http://www.virtuallawoffice.com/>

PROGRESSIVE SUPRANUCLEAR PALSY

About 100 times rarer than Parkinson's, and often mistaken for it, *progressive Supranuclear palsy* afflicts fewer than 20,000 people in the U.S.—and two thirds do not even know they have it. Yet this little-known brain disorder that killed comic actor Dudley Moore in 2002 is quietly becoming a gateway for research that could lead to powerful therapies for a range of intractable neurodegenerative conditions including Alzheimer's and chronic traumatic encephalopathy, a disorder linked to concussions and head trauma. All these diseases share a common feature: abnormal buildup of a protein called tau in the brains of patients.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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ARE YOU MAGNESIUM DEFICIENT?

Do you experience any of the following?

Anxiety? Hyperactivity? Difficulty getting to sleep? Difficulty staying asleep? Painful muscle spasms/cramping? Have Fibromyalgia? Facial/eye tics?

→ Do you drink carbonated and/or caffeinated beverages on a regular basis?

→ Do you regularly eat sweet foods?

→ Do you experience a lot of stress in your life, or had recent surgery?

→ Do you take diuretics, heart or asthma medication or estrogen replacement therapy?

→ Do you drink more than seven alcoholic beverages per week?

Did you answer yes to any of the above questions and are also age 55 or older?

You may need more magnesium. The foods magnesium is found in include: Beans & nuts; whole grains; & green leafy vegetables. There is also a gel (available in health food stores and online), that you can apply topically and it will get absorbed quickly. Ask your doctor for more information on magnesium deficiency.



In our support groups, we have touched on a topic that is not discussed too often. Loved Ones who have a form of dementia who also are still aware enough to use a computer and surf the internet porn sites. These sites have links that say to click on them. This usually leads to all sorts of virus attacks and computer issues. Make sure you have a powerful anti-virus program installed on a computer your Loved One uses. It may save a lot of \$\$ and frustration for you.

The New York Times Magazine has an article in the June 12, 2016 issue called **AFTERSHOCK** that has information on a new study. This study supports military researcher's suspicions that explosive blasts cause a unique type of injury to the brain suggesting that **Post Traumatic Stress Disorder (PTSD)** may turn out to be more physical than psychological.

For more information, visit:

http://www.nytimes.com/2016/06/12/magazine/what-if-ptsd-is-more-physical-than-psychological.html?_r=0

THANK YOU to our AUGUST 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

www.ResCareHomecare.com



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

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WE ALWAYS NEED USED INK CARTRIDGES



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