

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH AUGUST 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### AUGUST SUPPORT GROUPS

**August 1 & 15 St. Mark Village** 9:30 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580

**August 1 & 15 Grand Villa- Largo** 6:00 PM  
750 Starkey Rd. Largo 33771 (727)586-0108

**August 4 & 18 Grand Villa- Largo** 9:30 AM

**August 16 Palms of Largo – REGAL** 2:30 PM  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

*We must regretfully announce that due to increased training demands and other obligations, we will be discontinuing the Grand Villa FRIDAY morning support groups starting in September.*

### SEPTEMBER SUPPORT GROUPS

Sept. 5 & 19 St. Mark Village 9:30 AM

Sept. 5 & 19 Grand Villa- Largo 6:00 PM

**NOTE: REGAL PALMS GROUP TIME CHANGE -**

**→Sept. 20 Palms of Largo – REGAL - 5:30 PM**

### FRANKLIN'S DEMENTIA

#### PREVENTION TIP:

#### HABITS THAT INCREASE DEMENTIA RISK

- > Poor Diet (esp. sugar & caffeine)
- > Ignoring chronic illness' like *Diabetes and hypertension*
- > Excess Alcohol
- > Smoking – increases risk as much as 79%
- > Being sedentary & Lack of stimulation
- > Being Alone – lonely people have 2x risk
- > Sleeping less than 6 hours - increases risk by 36%
- > Sleeping too much – more than 8 hours increases risk by 35%



**NBC NEWS:** A single night of interrupted sleep causes an increase in brain proteins believed to cause Alzheimer's disease, researchers reported. They believe that sleep helps the body clear away the compounds, called amyloid and tau, and that interrupted sleep may allow too much of them to build up. No one's been able to conduct a study to prove that a good night's sleep helps, but many people who go on to develop dementia have complained of poor sleep in the years before. Visit:

<http://www.nbcnews.com/health/health-news/here-s-how-sleep-loss-can-affect-alzheimer-s-n781501>



From Betty in a support group. We were talking about “normal” behaviors, and she said: ***“NORMAL hmmm– Isn't that is a dial setting on the washing machine?”***



*Light for the Journey - Courage for the Soul*

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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### VA BENEFITS MYTHS

Only about 10% of all veterans and widows who are eligible actually apply for VA benefits, (out of an estimated 4 million). For the next two months, we will review some common misconceptions about VA benefits.

- 1. I can actually apply for something called: "Aid & Attendance" (A & A).** You cannot apply for A & A alone – you would make a claim for a pension with special monthly benefits for A & A. The level of disability needed is usually very high, (blind, not able to dress or feed yourself, incontinence, etc.)
- 2. A claimant can have up to \$80,000 in assets and be approved.** There is no set limit on how much asset is "too much". VA determines allowable assets by the total amount of the asset, rate of depletion, number of dependents, and age determination for net worth analysis. There is no set formula.
- 3. A remarried surviving spouse will never be eligible for benefits.** If a re-marriage occurs, the spouse is only eligible under the benefits of the second spouse.
- 4. Anyone can help with VA claims benefits as long as they don't charge a fee.** By federal law, only individuals or organization accredited by the VA can prepare claims. These include attorneys, claims agents and accredited representatives of VA recognized service organizations.

**NOTE:** *If you need documents to process your claim, DO NOT request ALL service records pertaining to a veteran, request ONLY the SEPARATION document (DD214) otherwise you may have a very long wait time to receive the requested information.*

Source: McClosky and Assoc. – Melbourne, FL

### WE ALWAYS NEED USED INK CARTRIDGES



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**SHINGLES** are caused by the herpes varicella-zoster virus—the same virus that causes chicken pox. When we get chicken pox as a child, all of the virus may not be destroyed. It may lie dormant in the nerves of the skin for decades, only to emerge as shingles when we get older. It is generally seen in people who are immune-compromised, under too much stress or those who have been exposed to chicken pox again. Shingles is so painful that the pressure of a person's clothing or the sheets on the bed cause extreme discomfort. Most people who have been diagnosed with shingles are prescribed a narcotic for pain relief and the antiviral drug *aclovir* and sent home to *endure* the virus for six weeks. Many folks who have taken **Vitamin B12** drops under the tongue (sublingual) make a complete recovery in *less than one week*. The blisters and pain disappeared in three days. **Quantum Lysine Cream** (available in drugstores) is said to be very soothing to the skin.

**THANK YOU to our August Sponsor**

**ResCare**



**Tina M. Costa, RN - AREA SALES MANAGER**

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