

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH AUGUST 2019

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

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www.dementiacaregiverresources.org

AUGUST Support Groups

August 6 - The Preserve at Clearwater **9:30 AM**

2010 Greenbriar Blvd. CLW (727)735-6200

August 6 & 20 - Grand Villa - Largo **6:00 PM**

750 Starkey Rd. Largo 33771 (727)586-0108

September Support Groups

September 3 - The Preserve - Clearwater **9:30 AM**

September 3 & 17 Grand Villa Largo **6:00 PM**



OPTICAL COHERENCE TOMOGRAPHY ANGIOGRAPHY (OCTA)

A new Northwestern Medicine research study found that early Alzheimer's disease can be detected by checking the back of the eyes for weakened and decreased blood vessels. The eye is an ideal mirror for what is going on in the brain. This new technology can see capillary changes in great detail without the use of dyes or expensive MRI scans. Early detection of Alzheimer's is so important because treatment options as well as legal and financial pre-planning for future needs is critical before the brain gets more extensive damage and cognitive decline.

FROM JAMA

A good diet and ample exercise don't just help your waistline. Healthy lifestyle factors may also help lower your risk of dementia, even if you have a higher genetic risk, according to a study published in the medical journal JAMA. Among older adults without cognitive impairment or dementia, both an unfavorable lifestyle and high genetic risk were significantly associated with higher dementia risk. A favorable lifestyle was associated with a lower dementia risk among participants with high genetic risk.

<https://jamanetwork.com/journals/jama/article-abstract/2738355>

Sean W. Scott
Elder Law Attorney

Did you know that the most used method of formal estate planning is the **SIMPLE WILL**? A will directs the state through a Personal Administrator to transfer ownership in the deceased persons' property to the people indicated in the will. Married couples often use reciprocal wills (aka -*Honey, I Love you will*), initially leaving the property outright to each other, then to children or other beneficiaries. However, there is the mandatory requirement, that upon the death of each spouse, the estate must be probated. By definition, a will is the document which must be probated, with all the inherent cost, time delays and complexities involved. When it comes to planning ahead, the most important thing is making sure all of your legal, financial and documents are exactly as you wish with pre-planning. *For more information or to make an appointment for a free consult,* (727)539-0181 <http://www.virtuallawoffice.com/>



MEDICATION REVIEW

At every doctor visit you should be going over all of your (or your Loved Ones) medications and saying do I need to be on this? Is it working for me? What are the risks and benefits? Are there alternative agents that might be a better choice for me? Don't assume if it's over-the-counter that it's safe.



Light for the Journey - Courage for the Soul

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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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HAVE YOU HEARD ABOUT FIT MINDS?

Keep your brain strong. Fit Minds has special cognitive exercise programs that are customized to a senior's level of cognition. These programs are offered individually or in group settings. To find out more, visit: www.fitminds.net or call (813)282-8282.

THE LATEST STRATEGIES for PREVENTING

DEMENTIA - According to numerous sources, including many neurologists, the currently available Alzheimer's medications are not working. These meds are actually making the rate of cognitive decline worse. The only way to change your risk is to change your lifestyle. Prevention throughout life is so important. We need to do a number of things and do them consistently. These lifestyle influencers include:

- Maximizing education in early childhood
- Control high blood pressure
- Manage depression
- Increase physical activities
- Get out there and Socialize
- Change your diet (Eat the Rainbow)
- NO Smoking

www.NATampa.com

Dementia affects cognitive abilities, depth perception, balance, coordination, memory and strength. People with the disease have difficulty understanding instructions, accurately interpreting the world around them, and making sound choices. Even if your loved one is still managing well, prepare your house for the future. People with dementia take more time to adjust and may not be able to adapt quickly to a changed environment. Little things — like rearranging the furniture — can seem sudden and unsettling. Big changes like redecorating can be alarming.

IS YOUR CREDIT SCORE ACCURATE?

Have you checked on your credit score lately? Have you checked your parents'? This can be critical to understanding what the heck is going on with a Loved One's finances who is starting to need more assistance and does not have access to a computer or know how to check online. Did you know that some cell phone providers use credit scores to price their services? If you open several accounts in a short time-frame, that will hurt your score. The most important things to remember are to pay those bills on time (early is better), and keep your credit card balances as low as possible. The three big credit bureaus are: Experian, Equifax and TransUnion. *You are entitled to one free credit report each year from each bureau.*

Completely updated:

Dementia
THE ^ CAREGIVER'S
LITTLE
BOOK OF HOPE

To order your copies, please e-mail:

drkaren@bookofhope.us

From a Caregiver in a support group:

☺ *"Thanks for another great meeting last night. I never want the night to end but I always have to rush home. "*

Can you make a difference?

Dementia Caregiver Resources, Inc.
P.O. Box 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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