

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: karenkarle@knology.net to be added to e-newsletter distribution list.

www.dementiacaregiverresources.org

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

THE DEMENTIA DETAILS DISPATCH April 2011

April Support Groups

April 1 & 15	Grand Villa	9:30 AM
April 5 & 19	St. Mark Village	9:30 AM
April 5 & 19	Grand Villa	6:00 PM
April 6 & 20	Bon Secours PL	6:00 PM
April 12	Brentwood ALF	10:00AM
April 12 & 26	Villas of Belleair	1:00 PM

May Support Groups

May 3 & 17	St. Mark Village	9:30 AM
May 3 & 17	Grand Villa	6:00 PM
May 4 & 18	Bon Secours PL	6:00 PM
May 6 & 20	Grand Villa	9:30 AM
May 10	Brentwood ALF	10:00AM
May 10 & 24	Villas of Belleair	1:00 PM



Back in the 1980's, I worked closely with the Chicago Bears Super Bowl Team. *Dave Duerson* #22 was a Safety for the team. In February 2011 he committed suicide by shooting himself in the chest. He was 50 years old. He sent a text message to his family just moments before, saying he wanted his brain to be used for research at the *Boston University School of Medicine*. They are doing research and asking professional athletes to donate their brains to find ways to prevent progressive dementia from often "invisible" head trauma injuries.



BRAIN TRAUMA A-HEAD

Recently there has been a lot of news items on old head injuries causing bizarre behaviors, dementia and early deaths in professional athletes. I think these items need to be explored a little deeper with regard to our Loved Ones and their current diagnosis. The message is that we need to protect our heads from injury during our entire lifetime. What may look like small injuries can manifest years later. A **traumatic brain injury** (TBI) is defined as a specific type of damage to the brain that is caused by external physical force and is not present at birth or degenerative. A blow (or blows) to the head, shaking of the brain, loss of oxygen (anoxia), colliding with a stationary object and blast trauma (explosions, war zone) can cause a TBI. Also, the use of physical force by an intimate partner during incidents of domestic violence can cause traumatic brain injury as abusive partners often cause injury to a victim's head and neck. We have also heard a lot about "shaken baby" syndrome. They often do not survive these injuries. *Karen*



In 2006, a close family member tripped and fell on an uneven sidewalk while she was speed walking. Months later she was feeling exhausted and was distant and disinterested in the things around her. She was rushed to a hospital when her friends became alarmed, and doctors ordered a CT scan. They found a significant amount of blood seeping between the skull and the brain (a subdural hematoma). Her only options were surgery or death. She had the emergency brain surgery in a foreign country. She was there for several weeks of recuperation before the doctors cleared her to travel on a plane back to her home. She has fully recovered, but it made an impact on how important it is to make sure if something does not seem "normal", see a doctor who specializes in head trauma, it could literally save your life or the life of your Loved One!



Member Organization of:



Alzheimer's Foundation of America

Together for Care...in addition to Care

322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484

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Many care recipients are resistant to strangers coming into their home to help. The help may be perceived as an invasion of privacy, a loss of independence or a waste of money. Yet in-home assistance is often critical in offering caregivers a break and time to relax and rejuvenate. Here are some tips for making your loved one feel more comfortable with in-home help:

1. Start gradually, beginning with only a few hours a week.
2. Listen to your loved one's fears and reasons for not wanting in-home care.
3. Express the need as yours.
4. Explain that this was prescribed by the doctor.
5. Describe the service as a cleaning service, rather than in-home care.
6. Offset the financial argument by telling them that it is free.
7. Rather than hired help, tell your family member that the person is your friend.
8. Finally, explain, "This is only temporary."

Source: [Family Caregiver Alliance](http://www.familycaregiveralliance.org)



When I am anxious it is because I am living in the future. When I am depressed it is because I am living in the past. -UNKNOWN

UNRECOGNIZED PARKINSON'S DISEASE PROBLEMS

Some of the most profound consequences of Parkinson's disease may result not from motor symptoms, but from psychiatric and behavioral difficulties. These problems often go unrecognized and untreated. Here are things to watch for:

- ⇒ Changes in mood, thinking, and behavior
- ⇒ Sad or hopeless feelings
- ⇒ Anxiety
- ⇒ Feeling tired, unmotivated, or less sharp
- ⇒ Signs of dementia
- ⇒ Hallucinations and paranoia
- ⇒ Sleep problems
- ⇒ Secret gambling or other compulsive behavior

Source: <http://www.caring.com>



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