

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART  LIGHT ♥ GROWTH ♥ LOVE

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.

www.dementiacaregiverresources.org A non-profit 501(c)(3) Organization

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

THE DEMENTIA DETAILS DISPATCH APRIL 2012

APRIL 2012 SUPPORT GROUPS

Apr. 3 & 17 St. Mark Village 9:30 AM

Apr. 3 & 17 Grand Villa 6:00 PM

Apr. 4 & 18 Bon Secours PL 6:00 PM

Apr. 6 & 20 Grand Villa 9:30 AM

May 2012 Support Groups

May 1 & 15 St. Mark Village 9:30 AM

May 1 & 15 Grand Villa 6:00 PM

May 2 & 16 Bon Secours PL 6:00 PM

May 4 & 18 Grand Villa 9:30 AM


Sean W. Scott
Elder Law Attorney

TOP TEN MEDICAID ELIGIBILITY MISTAKES

A lot of people have a basic misunderstanding of Medicaid benefits, qualifications and planning. This is the start of the top ten.

1. Fundamental misunderstanding of the benefits and requirements of Medicaid.

The majority of nursing home patients in this country are receiving financial protection from Medicaid. You do not have to be impoverished to receive benefits. A proper plan and implementation can preserve and protect a family's nest egg.

For more information call: **727.539.0181**

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



We all go through floods of adversity in our life but the last chapter of life is our most heroic — all of our greatness is called for ... Alzheimer's is the full catastrophe ... we wake up to the preciousness of life and find grace at one level when another is diminishing.

OLIVIA AMES HOBLITZELLE



SUCCESSFUL HABITS FOR A LONGER AND HAPPIER LIFE

By Karen

1. **KEEP THE MIND ACTIVE...***don't "retire" it.*
2. **FLOSS & BRUSH THOSE TEETH**
Remember that plaque goes to the brain and heart. The new electric toothbrushes get to places in your mouth that a regular brush misses.
3. **EXERCISE...***you will bend better and longer.*
4. **EAT MORE FIBER...***elimination works better!*
5. **GET AT LEAST SIX HOURS OF SLEEP...***naps do count!*
6. **EAT MORE ORGANIC AND WHOLE FOODS...***Make the extra effort of chopping and cooking.*
7. **BECOME A CREATURE OF HABIT...***go to bed and get up at the same times seven days a week.*
8. **KEEP THOSE FRIENDS AND FAMILY MEMBERS CLOSE...***don't isolate -- stay connected!*
9. **GET ORGANIZED...***be pro-active, prudent, and persistent...then you will not spend days searching for "important stuff".*
10. **BE LESS NEUROTIC & CONTROLLING** *...seize the day, create stress free minutes, relax and breathe deeply. Let some things go...how important is it to always be "right"? Practice the Golden Rule.*

Member Organization of:



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FRONTOTEMPORAL DEMENTIA

Eileen Duhig knew there was something seriously wrong with her father in 2007 when he began spending hundreds of dollars on scratch-off lottery tickets, and allowed himself to be duped by scam artists promising to send him large sums of money. At the time, Marty Duhig, a retired salesman, was 62. "Prior to that, he had been doing things out of character, but he was never an extravagant spender. He was giving out his bank account number to strangers and had lost his financial judgment. Without my mom, he would have been reduced to poverty." Her father eventually was diagnosed with a little-known form of dementia called **FRONTOTEMPORAL DEMENTIA**, or **FTD**. *It's estimated that about 250,000 Americans have FTD, believed to be the second leading cause of dementia for people in middle age.* Source: <http://www.chicagotribune.com>



ARICEPT 23 MG

Has been found to be ineffective and cause stomach upset, devised to serve commercial aims, and was approved despite a poor showing in company-sponsored tests, two medical investigators say. The pill will do little to help most patients and bring misery to some. The drug, Aricept 23 mg, is no more effective on the whole than the disappointing ones already on the market - but is more likely to cause gastrointestinal problems, wrote Drs. Steven Woloshin and Lisa Schwartz of Dartmouth Medical College in an article published in the medical journal BMJ. Source: <http://www.latimes.com>

People with symptoms suggesting **RAPID EYE MOVEMENT SLEEP BEHAVIOR DISORDER**, or **RBD**, have twice the risk of developing mild cognitive impairment (MCI) or Parkinson's disease within four years of diagnosis with the sleep problem, compared with people without the disorder, a Mayo Clinic study has found. Source: <http://www.eurekalert.org>



PBS

YOU'RE LOOKING AT ME LIKE I LIVE HERE AND I DON'T - A total immersion into the fragmented day-to-day experience of Alzheimer's disease, **You're Looking at Me Like I Live Here and I Don't** is the first documentary filmed exclusively in an Alzheimer's care unit, told from the perspective of someone suffering from the disease. Check your local PBS listings for dates & times. Source: <http://www.pbs.org>

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made with a credit card on our website!*

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