

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH APRIL 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



Sean W. Scott
Elder Law Attorney

WHAT IS AN INCOME TRUST?

If a Medicaid applicant's income exceeds the lawful amount for Medicaid eligibility, a **Qualified Income Trust** must be created with the applicant's income in order to create eligibility for long-term nursing home care benefits. This is an irrevocable trust. The excess income is placed in the income trust checking account each month with a check equaling that amount written out at the end of the month to the nursing home. The applicant is required to pay all of their income - less \$105 each month - as their share of cost. Call: (727)539-0181

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

NORMAL AGING or ALZHEIMER'S?

We get a lot of questions about what is considered "Normal" and what is considered Alzheimer's or another dementia. In normal aging, sometimes our brains are slower to process information but the facts are still there. In Alzheimer's, they have forgotten who, what, where, when and how.

Normal: Can't remember what you had for breakfast.

Alzheimer's: Forgot they had breakfast

Normal: May not always remember names, but knows the person.

Alzheimer's: Does not know person's name and often does not even recognize family or friends.

Normal: May not know the exact date – but knows the year, season and month.

Alzheimer's: Does not know the date, year or time of day.

Normal: Know where you are – home, grocery store, medical setting, etc.

Alzheimer's: Keeps repeating "I want to go home"; even if they are at home or in a safe place.

APRIL SUPPORT GROUPS

APRIL 1 & 15 Grand Villa Largo **9:30 AM**

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

APRIL 5 & 19 St. Mark Village **9:00 AM**

2655 Nebraska Ave. Palm Harbor (727)785-2580

APRIL 5 & 19 Grand Villa Largo **6:00 PM**

APRIL 20 Princeton Village **6:00 PM**

333 16th Ave SE - Largo 33771 (727)588-0020

MAY SUPPORT GROUPS

MAY 3 & 17 St. Mark Village **9:00 AM**

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

MAY 6 & 20 Grand Villa Largo **9:30 AM**

MAY 18 Palms of Largo –REGAL 2:30 PM

MAY 18 Princeton Village **6:00 PM**

FRANKLIN'S DEMENTIA

PREVENTION TIP:

"STOP YOUR WHINING"

We all know there are dozens of chemical additives in cigarettes, which can cause immense changes in the brain, but did you know about the additives in wine? A recent report revealed that inexpensive and moderately priced wines have over 200 additives, to include a chemical that can kill living organisms. Think of what that one glass of wine could do to your brain. You may want to think twice about having that glass of cheap wine!



ALZHEIMER'S
FRONTOTEMPORAL

DOWN'S

HEAD TRAUMA

HUNTINGTON'S

Dementia is an "umbrella" term. It can include over 100 identified kinds of dementia. Finding out the reasons for the dementia should be the very first item on your list of things to do.

ALCOHOL
MEDICATIONS

LEWY BODY

PARKINSON'S

VASCULAR



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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DRUGS TRIALS HAVE FAILED AND IT'S TIME TO FACE UP TO THE FACT ALZHEIMER'S IS PROBABLY CAUSED BY VIRUSES AND BACTERIA, SAY SCIENTISTS

Dementia experts are warning that Alzheimer's disease could be caused by herpes and other viruses. A team of 31 scientists and clinicians wrote an editorial in the **Journal of Alzheimer's Disease**, arguing that microbes are the major cause of dementia, the Telegraph reported.

"We are saying there is incontrovertible evidence that Alzheimer's disease has a dormant microbial component. We can't keep ignoring all of the evidence," said one of the authors of the editorial. The scientists named the herpes virus, chlamydia bacteria and spirochete bacteria as possible causes of the disease. They argue in the editorial that antimicrobial drugs might help stop the progression of dementia. The experts said viruses and bacteria are common in the brains of elderly people. In particular, herpes has been linked to damage in the central nervous system and the limbic system, which is associated with mental decline and personality changes, the Telegraph reported. The experts called for a deeper investigation into the connection.

THANK YOU to our APRIL SPONSOR ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
(727)579-9414

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"Keeping People at Home and Healthier Longer"

PLEASE ASK FOR -- HELP!

One of our support group members started to attend groups about three years ago. She was very depressed and had threatened to commit suicide. She finally knew she was powerless over this disease and asked for help. She started with her children. They flew into town and started making arrangements for dad and made several appointments for her. She was exhausted from the demands of caregiving and overwhelmed with guilt. Soon, the family discovered our groups. They attended as a family and found out what kind of services and programs dad could qualify for. They made an appointment with an Elder Law attorney and got all the legal and financial pieces in place. They got dad in an adult day care program so that mom could have a few hours a day to herself. She went for massages, started volunteering at her church again and was feeling better. When they visited the primary care physician -- he recommended that they start looking for long-term care communities. This situation could have taken a far different path and ended in tragedy. Knowing that you have reached the end of your limits and asking for help is critical along this dementia journey. There is a light at the end of the tunnel.

ACTION STEPS:

1. ASK for help
2. Find a support group
3. Get your legal and financial papers in order and updated
4. Visit communities to find out what your options are



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

Know that you are not alone on the journey

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES!



Light for the Journey - Courage for the Soul

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