

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH April 2018

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org

MARCH SUPPORT GROUPS

April 17 St. Mark Village 9:30 AM
2655 Nebraska Ave. Palm Harbor (727) 785-2580

April 3 & 17 Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727) 586-0108

May SUPPORT GROUPS

May 1 & 15 Grand Villa- Largo 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

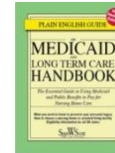
For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **Inflammation:** Quench the internal fire that destroys your organs. One of the main causes of inflammation is low-grade bacterial, viral, and fungal infections in the bloodstream, organs, and gastro-intestinal tract. Boost your consumption of Omega-3s by eating: Walnuts, Alaskan Salmon, Navy Beans, tofu, spinach, eggs, and flaxseeds. Omega 3 spices include turmeric, curry, basil and oregano.

Visit: <https://www.amenclinics.com/>

Integrative Doctors (*Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person's health*), are developing protocols that involve controlling blood sugar and making the body less insulin resistant; dealing with chronic infections; treating sleep disorders (*a major cause of dementia*); getting proper nutrition; and avoiding prescription drugs that interfere with the function of the brain's neurons.



Sean W. Scott
Elder Law Attorney



Since 1990 our focus has been to help our clients avoid the financial ruin of long-term care expenses, make sure that there is a backup person to act if incapacity strikes and to streamline the process of moving assets to beneficiaries after death. Sean's updated book (The Medicaid Handbook) is also now available on Amazon or through his office.

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

For more information, please call his office for a free consult: (727)539-0181



National Do Not Call Registry

Robocall Epidemic Worsens

Florida is one of the worst states for spam robocalls. Let the calls go to voice message and see if this is someone you want to speak with. If you do answer the call, do not give your information to anyone – make sure it is a legitimate caller that you want to do business with. Take a screenshot/photo of the Caller ID information and submit a formal complaint to make it public record. Internet powered phone systems make it cheap and easy for scammers to make illegal calls from anywhere in the world, and to display fake caller ID information, which helps them hide from law enforcement. While the FTC does not resolve individual consumer problems, your complaint will help the agency investigate the company, and could lead to law enforcement action.

To file a complaint, visit:

<https://complaints.donotcall.gov/complaint/complaintcheck.aspx>



Light for the Journey - Courage for the Soul

Member Organization of:



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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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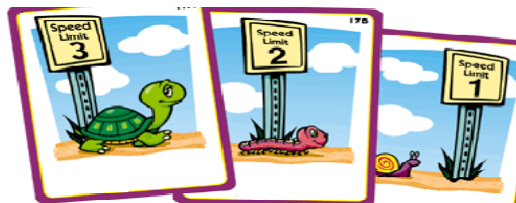
Honey Has Health Benefits

Did you know? *Local* honey can give our immune system a boost. Palmetto Blend Honey helps to prevent prostate cancer; Gallberry kills off bacteria; Orange Blossom reduces the risk of chronic illness and Wildflower wards off allergies. Find local honey at farmers markets & food stores (Whole Foods, Fresh Market, Sprouts, etc.).



FALL Statistics

- 1 in 4 Americans aged 65+ falls each year
- Every 19 minutes, an older adult dies from a fall
- Falls are the leading cause of fatal injury and the most common cause of non-fatal trauma related hospital admissions among older adults
- Over 2.8 million fall-related injuries are treated in the ER every year.



A recent study in **Neurology** suggests a correlation between walking speed and mental decline. A decline in walking speed over an extended time period could predict cognitive impairment. Those with a slow walking speed shows a shrinkage in the hippocampus which is associated with complex learning and memory.

We have to continue to focus on **PREVENTION** methods to decrease our risk of getting a form of dementia rather than medications. In 2018, **Pfizer Pharmaceuticals** announced an end to its "discovery and early development efforts" for Alzheimer's and Parkinson's dementia drugs. A Danish company **Lundbeck** reported its *idalopirdine* compound did not "decrease cognitive loss" in patients; and the biotech firm **Axovant** announced the end of the road for its offering, *intepirdine*.



The ability to remain **independent**, stay in familiar surroundings, and engage socially promotes physical and mental health. That's why **ResCare** is committed to finding innovative solutions to help seniors and individuals with disabilities stay in their own homes.

THANK YOU to our April Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

Cell (813)334-3472 Tina.Costa@Rescare.com

ResCare Home Care Office: (727)734-7400

ResCare HomeCare helps seniors who want to age in place

www.ResCareHomecare.com

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P.O. Box 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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