

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to e-newsletter distribution list.

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)

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

## THE DEMENTIA DETAILS DISPATCH AUGUST 2011

### AUGUST Support Groups

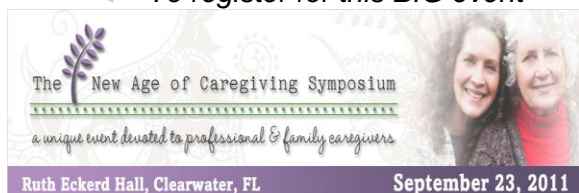
Aug. 2 & 16 St. Mark Village 9:30 AM  
Aug. 2 & 16 Grand Villa 6:00 PM  
Aug. 3 & 17 Bon Secours PL 6:00 PM  
Aug. 5 & 19 Grand Villa 9:30 AM  
Aug. 9 & 23 Villas of Belleair 1:00 PM

### SEPTEMBER Support Groups

Sept. 2 & 16 Grand Villa 9:30 AM  
Sept. 6 & 20 St. Mark Village 9:30 AM  
Sept. 7 & 21 Bon Secours PL 6:00 PM  
Sept. 6 & 20 Grand Villa 6:00 PM  
Sept. 13 & 27 Villas of Belleair 1:00 PM



To register for this BIG event



You are invited to join us on September 23 at Ruth Eckerd Hall, for a full day of fun, information, and resources that will help you create balance in your lives as caregivers.

Contact Kim Linder to register:

727.798.2663 or [kim@thecaregiverhour.com](mailto:kim@thecaregiverhour.com)



Did you know that the tradition of birthstones arose from the Breastplate of Aaron described in the Bible (Exodus 28, 15-30). The breastplate was a ceremonial religious garment set with twelve gemstones that represented the twelve tribes of Israel and corresponded with the twelve signs of the zodiac and the twelve months of the year.



### PRACTICING GRATITUDE

Two root sufferings that pervade the human experience can be characterized as a feeling of "insufficiency" -- *not having enough or not being enough*. This fundamental sense of dissatisfaction opens the way to the second kind of suffering -- *being incessantly busy trying to get more or be more* in order to somehow fill this inner feeling of discontentment and lack. Both ancient teachings and modern medical research agree that one of the quickest, most direct routes to restoring harmony and balance in our lives is to foster gratitude and appreciation. The moment you shift from a mind-state of negativity or judgment to one of appreciation, there are immediate effects at many levels of your being: Brain function becomes more balanced, harmonized, and supple; your heart begins to pump in a much more coherent and harmonious rhythm; and biochemical changes trigger a host of healthful responses throughout your body. Especially in difficult times, remembering to return to gratitude is a radical life-affirming act that builds your capacity for resilience.

Source: [TheHuffingtonPost.com](http://TheHuffingtonPost.com)



### VA CAREGIVER SUPPORT LINE

Assistance is just a quick phone call away – while you're supporting a Veteran.

**1-855-260-3274**

M-F 8am-11pm -- Sat. 10:30am-6pm EST

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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### TWO MORE FOOTBALL PLAYERS WITH DEMENTIA HAVE BRAINS AUTOPSIED



#### JOHN MACKEY

He suffered from frontotemporal dementia in later years that is believed to have been caused by the contact associated with playing football. Four years ago, the dementia forced Mackey into living in an assisted-living facility. But the cost of his care well exceeded his pension of less than \$2,500 a month. His plight eventually led the NFL and the players' union to establish the "88 Plan" -- named for his uniform number -- providing for nursing home care and adult day care for retired players suffering from dementia or Alzheimer's disease. In 2010, Sylvia Mackey pledged to donate her husband's brain upon his death to a Boston University School of Medicine study of brain damage in athletes. The university's Center for the Study of Traumatic Encephalopathy is researching potential links between repeated concussions and CTE, a condition which mirrors symptoms of dementia and Alzheimer's disease. (He was 69 years old.)

Source:

<http://sports.espn.go.com/nfl/news/story?id=6745011>

#### FORREST MURRELL BLUE JR

In the mid 1990s, his family began noticing symptoms of memory loss in Mr. Blue, as well as apparent hallucinations. The family entered him into an assisted living facility in 2009. The family suspects that the pounding he took in his playing days contributed to his dementia. They have allowed Boston University researchers to examine his brain, part of their study of traumatic encephalopathy; a condition linked to memory loss and repeated blows to the head. (He was 66 years old.)

Source: [St. Petersburg Times - July 24, 2011](#)



November 4 & 5, 2011

We are organizing a group to go Orlando for the **Naomi Feil** (Validation Therapy) Caregiver Conference. This will be a special weekend event with fun, education and fellowship. Please let us know ASAP if you plan on attending. [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

Dementia  
THE ^ CAREGIVER'S  
LITTLE  
BOOK OF HOPE

The all new and updated version of Karen's book is now available. It has recently been added as an Alzheimer's/Dementia Resource Book with the **National Institute of Health (NIH)**. Copies can be purchased from our website, at events, and support groups. Give one to a friend who may need some help.



Enhance the Dementia Caregiving Journey!

Your tax deductible donations can now be made with a credit card on our website!

**We always need INK CARTRIDGES.**

THANK YOU TO OUR August NEWSLETTER SPONSOR:

**ARCADIA**

Home Care & Staffing



**TINA COSTA**

727.579.9414

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"Keeping People at Home and Healthier Longer"

Member Organization of:



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