

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 AUGUST 2012

AUGUST 2012 SUPPORT GROUPS

Aug. 1 & 15 Bon Secours PL 6:00 PM
Aug. 3 & 17 Grand Villa 9:30 AM
Aug. 7 & 21 St. Mark Village 9:30 AM
Aug. 7 & 21 Grand Villa 6:00 PM



Aug. 20 Belleair Garden 9:30 AM

SEPTEMBER 2012 SUPPORT GROUPS

Sept. 5 & 19 Bon Secours PL 6:00 PM
Sept. 7 & 21 Grand Villa 9:30 AM
Sept. 4 & 18 St. Mark Village 9:30 AM
Sept. 4 & 18 Grand Villa 6:00 PM



Sept. 17 Belleair Garden 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 fifth in the series of the top ten.

GIFTING Be careful when changing title to the home or transferring cash or assets. Don't confuse tax laws and Medicaid rules. These uninformed financial decisions may result in extended periods of ineligibility.

For more information call: 727.539.0181

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



BE THE CHANGE

Gandhi famously told us to be the change we want to see in the world. We often think of that quote as applying to grand changes, such as poverty and racism and violence—but it also applies on a much smaller scale. Do you want people to treat each other with more compassion and kindness? Then let it start with you. Even if the world doesn't change, at least you have.

NORMAL PRESSURE HYDROCEPHALUS

J.D. and Donna Cain are all smiles these days. It's amazing, considering what the couple has gone through. For more than a decade, J.D. lived with what he thought was Parkinson's. "I could think, and I'd know it was in there. But I couldn't get it out," recalls J.D. "It was just like treating a baby." Donna remembers hearing the diagnosis, but she just kept looking, she explained. The search brought them to Doctor Michael Turner, of Goodman Campbell Brain and Spine in Indianapolis. To their surprise, they learned that J.D. was suffering from Normal Pressure Hydrocephalus (NPH), not Parkinson's. NPH, or Normal Pressure Hydrocephalus, is a little known disorder which mimics the symptoms of Parkinson's or other dementias, like Alzheimer's. It's caused by an excess of fluid which cannot drain properly, building up in the brain and increasing pressure against nerves. Roughly 375,000 people may suffer from NPH.

The key to spotting it is identifying: **'The Triad of Symptoms'** memory problems, incontinence (or having trouble making it to the bathroom in time) and shuffling feet and struggling to stand. Unlike other conditions, the symptoms of NPH can be stopped with a procedure that lasts only about an hour. After a successful surgery, J.D.'s 13-year battle, a time he said was filled with doom, is now over.

Source: <http://www.fox59.com>



You are more likely to get NPH if you have: → Bleeding from a blood vessel or aneurysm in the brain; → certain head injuries; → Meningitis or similar infections → Surgery on the brain (craniotomy)

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SHORT TERM MEMORY LOSS

Does this conversation sound familiar? "You didn't tell me that. Why didn't you tell me that?" Understanding that recent verbal information was never stored in the brain makes it impossible to later remember it. Limiting the amount of information we give our Loved Ones and trying to not expect them to remember is critical. The best reaction is probably to count to ten and then apologize and say, "I have a lot on my mind. I forgot to tell you". Things will go much smoother and you can avoid feelings of anger.



ALZHEIMER'S & MUSIC

People caring for those with Alzheimer's have long known that music is special to these individuals. It won't stop or slow the progression of their disease, but it can be of significant benefit to them. Many people with Alzheimer's can sing songs, including most or even all of the lyrics, long after their Alzheimer's has progressed beyond the point of recognizing loved ones, dressing themselves or even remembering what happened five minutes earlier. After listening to music some are clearly more calm, in a better mood and more outgoing than before, which improves the quality of life for both the patient and the caregiver. Finally, music has been found to help those with dementia retrieve some memories their caregivers had assumed were lost forever.

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



There is so much going on in our professional lives. We recently facilitated a wonderful symposium on "Life after Death" which was packed with caregivers and professionals. Karen has been in the news lately in the Tampa Tribune, Patch.com and in other online news. **Dementia Caregiver Resources** is also partnering with **SEASONS ASSISTED LIVING** and will be facilitating support groups at the Belleair Garden Club until the new Memory Care buildings are built and opened....Call: 727-282-5303 to RSVP. We are also creating brand new mandatory Alzheimer's curriculum for staff in assisted living communities.

THANK YOU to our AUGUST NEWSLETTER SPONSOR

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What a difference it makes for our non-profit organization to receive your used ink cartridges. We are able to print our newsletter and other materials with your donations. It really makes a difference. **A VERY SPECIAL THANK YOU to Jim Bowman** at St. Mark Village for continuing to collect them for us. You are a ROCK STAR!

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