

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH AUGUST 2018

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

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www.dementiacaregiverresources.org

AUGUST SUPPORT GROUPS

August 7 -The Preserve at Clearwater **9:30AM**
2010 Greenbriar Blvd. CLW (727)735-6200

August 7 & 21 -Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

September SUPPORT GROUPS

September 4 - Preserve Clearwater – **9:30 AM**

September 4 & 18 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. **M = Mental Health:** Heal your mind to help your brain. Kill the ANT's (Automatic Negative Thoughts). Saffron is a strong anti-depressant. B vitamins, exercise, and getting enough daylight will all help to fight depression. Did you know that Melatonin might help migraines, lighten your PMS and keep diabetes at bay? Studies have also linked low melatonin levels to depression in a variety of populations, including multiple sclerosis patients and post-menopausal women. For more information, visit: <https://www.amenclinics.com/>



"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."
--- Roy T. Bennett, The Light in the Heart ♥

Sean W. Scott
Elder Law Attorney

A living trust is the common term for a **revocable inter vivos trust** and offers a number of benefits, the chief benefit being the elimination of probate costs. The time required for distributing assets under the terms of the trust is generally much less than the time involved in probate. Bequests via the trust are also more immune from attack by disgruntled beneficiaries than those made under a will. A trust document remains secret even after the assets are distributed. During the Grantor's life, (the life of the person creating the trust) there are other benefits as well. A Grantor of a living trust can continue to exercise control over the property throughout his or her life.

Alternatively, the Grantor can be relieved of management responsibility by naming someone else to act as trustee. No other tax return need be filed. The person creating the trust continues to be the person taxable on income earned by the trust in the same way as if it was "his" income. In fact, according to the instructions for Form 1041, Income Tax Return for Trusts, no special trust form need be filed. Instead, the Grantor reports trust income, deductions and credits directly on his or her **Form 1040**.

Since the Grantor can revoke the trust at any time, transfers to the trust cannot be viewed as completed gifts. Thus, there are no gift-tax consequences on the creation of a revocable trust.

For more information or to make an appointment for a free consult, call or visit:
(727)539-0181

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



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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GETTING IMPORTANT

INFORMATION TO A DOCTOR:

A lot of our caregivers struggle with how to tell the doctor in detail what is really going on with their Loved One. New cognitive losses, unpredictable behaviors, and refusing to give up the car keys or not bathing are some of the daily challenges. This is a little chart that could be faxed or mailed to the doctor's office a few days prior to their next appointment. This way, the doctor knows what is going on and can suggest tests, ask important questions, and refer to other specialists. He or she can also review the medications and make sure all are still necessary and not interfering with each other. They can also sign paperwork for benefit programs, adult day care, or assisted living should those new choices be looming on the horizon. This way, the patient does not get angry when the caregiver tells the doctor things in front of him or her. It is a win/win situation most of the time.

DATE: _____

To Doctor: _____

FROM: _____

REGARDING Patient: _____

Birthday of Patient: _____

Appointment Date: _____

FOUR COLUMN OBSERVATION NOTES

1. Date & Time of DAY
2. What Observed/Behaviors
3. How it affects patient and family or hired caregivers
4. Possible Ideas and Further Appointments or follow-up medical testing



According to the **Centers for Disease Control (CDC)**, Alzheimer's disease-related deaths have increased in every race, sex and ethnicity (2017). Now more than ever, change is necessary for best practice.

HOW YOU LIVE MATTERS

Researchers have determined that nutritious foods, exercise, good sleep hygiene, socializing and other positive aspects are good preventative medicine for Alzheimer's. These life choices can reduce your risk by 35%.

Fully 99% of clinical trials of Alzheimer's drugs fail. (AARP August Bulletin)



ALZHEIMER'S FOUNDATION OF AMERICA The Alzheimer's Foundation of America (AFA) proudly offers its National Toll-Free Helpline to anyone in need of support, services, guidance, or just someone to talk to. **(866)232-8484**

 *Can You Make A Tax Deductible Donation?* 

DCR, Inc.

P.O. Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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