

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH AUGUST 2022

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



### SUPPORT GROUPS

If you would like to attend support groups, (for current caregivers) please make sure to RSVP to the community the day before to let them know you are attending.

#### ◦ Grand Villa Largo

**Tuesday August 9<sup>th</sup> – 1:30PM**

750 Starkey Rd. - Largo, FL 33771

RSVP: (727) 586-0108

#### ◦ The INN at FREEDOM SQUARE

**Wednesday 10<sup>th</sup> 1:30PM**

10801 Johnson Blvd. Seminole 33772

RSVP: Marsha Thompson (727)398-0324

[thompsonmarsha@freedomsquarefl.com](mailto:thompsonmarsha@freedomsquarefl.com)

#### ◦ ARAVILLA Clearwater Memory Care

**Thursday August 11<sup>th</sup> 10:15AM**

3055 Union St. Clearwater (727) 260-2826

RSVP: Traci: [t.dacey@aravillaclearwater.com](mailto:t.dacey@aravillaclearwater.com)

#### ◦ Grand Villa of Clearwater

**Tuesday August 16<sup>th</sup> 5:30PM**

2750 Drew St. Clearwater, FL 33759

(727) 799-2177 [ed.cle@grandvillasenior.net](mailto:ed.cle@grandvillasenior.net)



Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by physical changes in the brain. The words "Alzheimer's" and "Dementia" are often used interchangeably, but they are **NOT** the same. "Dementia" is a generic term that means a person is no longer able to function on their own because of a lasting impairment of mental abilities that affect memory, attention, judgement, and reasoning. There are over 100 types of "dementia". Get a proper diagnosis!

Sean W. Scott  
Elder Law Attorney

Sean is offering **Free Medicaid Seminars** over the summer at the Seminole, Palm Harbor, and Largo Libraries. (Call the office for dates and times). His office frequently uses Zoom to conduct family meetings when doing estate plans or planning for Medicaid eligibility. The law office specializes in Crisis and Advanced Medicaid Planning. Virtual office everywhere!  
For a free consult, call: (727)539-0181  
<http://www.virtuallawoffice.com/>

### THE PROMISE

Dad's last words to his daughters were, "Promise you won't put mom in a nursing home." "Of course, Dad. Never." What else are you going to say in that situation? When we make that promise what we don't realize is that caring for someone at home may harm the person needing care, the caregiver, or the caregiver's family. When seniors are struck with fear at the thought of being alone, it is a sign that they are unable to handle unanticipated emergencies while the family caregiver is away. The parents may resort to clinginess or making frequent phone calls and demands when the adult child is out of the home. Most people say that they do NOT want to be a burden to their children, yet they don't/won't talk to their children about their wishes and aren't realistic about the future. As a parent, *give your children the gift* of being proactive and talking to them about your preferences.

**The time is NOW!**



Light for the Journey - Courage for the Soul



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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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## Wander Alert Door -or- Motion Alarm

Persons with a form of dementia who are prone to wandering behaviors is a big fear for caregivers. The best way to prevent wandering is to be alerted of a door being opened or by motion sensors being triggered that alert the caregiver. Caregivers receive an audible, visual, and vibrating alert when a door opens, or motion is detected in a hallway or room. Wireless monitor alarms are a preferred solution for elderly care since the portable alarm alerts the caregiver wherever they are in and around the home and does not startle the care recipient. These portable alarm monitors can be clipped on the caregiver's clothing, put in a pocket or sit near your side on a table or nightstand. Set to ring/buzz/chime, flash and vibrate upon a breach of the monitored doors or areas. The alarm monitor is battery operated and effective within 100-250 feet of the sensors (transmitter) installed on a door, window, cabinet, or room/hallway.

This item is available for about \$40 at The Alzheimer's Store: 1-800-752-3238

Visit: <https://www.alzstore.com/new-alzheimer-s-products-s/2160.htm>



Do you know which part of the body has the highest concentration of cholesterol? Your brain! Cholesterol is a waxy type of fat found in every cell in the body, but it is most abundant in the brain. Your brain accounts for only 2% of your body's weight, but it contains 20% of your cholesterol. Cholesterol that is too low is bad for the brain. What's considered normal? Normal total cholesterol levels are 135-200 mg/dL. However, be aware that several studies show that lowering total cholesterol levels below 160 mg/dL can *increase* the risk of depression, suicide, and homicide, so 160-200 mg/dL is optimal. **Don't go too low.** In fact, findings in the journal *Neurology* show that having higher levels of total cholesterol later in life *decreases* your risk of dementia. In a study from the Mayo Clinic, people who ate a fat-based diet had a 42% lower risk of developing Alzheimer's disease; those who ate a protein-based diet had a 21% percent lower risk of developing Alzheimer's; but those who ate a simple carbohydrate-based diet (think bread, pasta, potatoes, rice, and sugar) had a 400% percent increased risk of developing Alzheimer's. It's the sugar, and foods that turn to sugar, not the fat, that's the problem.

<https://www.amenclinics.com/blog/the-common-cholesterol-myth-that-could-be-harming-your-brain/>

**Your donations make all the difference**  
**WE ALWAYS NEED USED INK CARTRIDGES**



♥ 25 years of assisting caregivers ♥  
DEMENTIA CAREGIVER RESOURCES, INC.  
P.O. Box 7677 - Seminole, Florida 33775



<https://www.morethanmemoryloss.com>



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