

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 December 2011

DECEMBER SUPPORT GROUPS

Dec. 2 & 16 Grand Villa 9:30 AM

Dec. 6 & 20 St. Mark Village 9:30 AM

Dec. 6 & 20 Grand Villa 6:00 PM

Dec. 7 & 21 Bon Secours PL 6:00 PM

January 2012 Support Groups

Jan. 3 & 17 St. Mark Village 9:30 AM

Jan. 3 & 17 Grand Villa 6:00 PM

Jan. 4 & 18 Bon Secours PL 6:00 PM

Jan. 6 & 20 Grand Villa 9:30 AM

CAREGIVER RETREAT

A group of our caregivers went to Orlando/Winter Park for a very special Nov. weekend. Sponsors included: **ARCADIA HOME CARE; BON SECOURS PLACE; GRAND VILLA; HARMONY HOME HEALTH** and the **VILLAS OF BELLEAIR** to hear Validation Expert **NAOMI FEIL**. We came away with so much new knowledge and special friendships. One of the highlights of the weekend was going to the Morse Museum and seeing the world's most comprehensive collection of **LOUIS COMFORT TIFFANY**. He created this **FLAMINGO** painting in the late 1880's. Yes, I now own a print!

Sean W. Scott
Elder Law Attorney

There are many reasons to review and update your will and other estate planning documents. This is a short checklist of events that could have changed:

- ⇒ Has anyone died; been born; adopted; divorced; or got married? Have any children reached the age of 18?
- ⇒ Have you moved to a different state? Does your old will conform to the new state requirements?
- ⇒ Have you had a change in the value of your estate?
- ⇒ Do you have an IRA or 401(k) that requires you to take distribution before reaching age 70 ½?
- ⇒ Has it been more than 3-5 years since you updated your will?

For more information Call: **727.539.0181**

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



Tiffany Exhibited MAIDEN FEEDING FLAMINGOES World's Columbian Exposition, Chicago, 1893



Veterans Crisis Line 1-800-273-8255 - Press 1

Veterans Crisis Line offers confidential support for veterans and their families. The caring professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.

Member Organization of:



322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484

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ELDERLY PATIENTS UNABLE TO RECOGNIZE THEIR MEMORY LOSS

Clionsky Neuro Systems of CNS-Neuro

announced new data supporting the use of screening tests to identify cognitive loss in older Americans. Their study asked two hundred elderly patients and their families to rate how well they think and remember. They found that the patients' answers had no relationship to their tested cognitive ability that the relatives were minimally better, and that doctors should measure cognition rather than asking about it during the annual wellness visit. This finding is particularly important since, in January 2011, Medicare has encouraged all seniors to have an Annual Wellness Visit. The AWV is a no-copayment office visit in which doctors are asked to identify cognitive impairment, measure depression, take the patient's blood pressure, calculate their body mass index, document all current illnesses and list all current medications to formulate a preventive health plan for the next year. Medicare had not instructed doctors how to identify cognitive problems, instead relying on their office observations and reports of patients and family members. But, the findings of this study suggest that such impressionistic data is misleading. Patients deny or overrate their thinking. They tell doctors that they remember all that they need to remember and they give excuses for their memory failures. If doctors take these reports at face value, they will fail to make a diagnosis of dementia in its early stages and will not start memory-stabilizing medications when they are the most likely to be beneficial.

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

Real confidence comes from knowing and accepting yourself - your strengths and your limitations - in contrast to depending on confirmation from others.

---JUDITH M. BARDWICK



BON SECOURS - ST. PETERSBURG



A BIG THANK YOU for the wonderful book signing event at **BON SECOURS PLACE** in October. One of my favorite caregivers, Conrad B. captured girlfriends Bonnie Quick, Karen, and Cheryl Tarrou in the chapel after the event

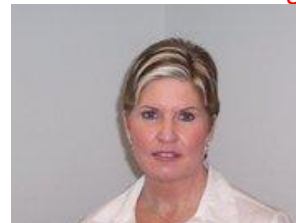
*Enhance the Dementia Caregiving Journey!
Your tax deductible donations can now be made with a credit card on our website!
Your donation(s) will help us provide much-needed assistance and support services to individuals and families affected by Alzheimer's, Parkinson's, Vascular, Lewy Body, Huntington's and other brain health diseases.*

WE ALWAYS NEED INK CARTRIDGES!

THANK YOU TO OUR DEC. NEWSLETTER SPONSOR:

ARCADIA

Home Care & Staffing



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"Keeping People at Home and Healthier Longer"

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