

THE DEMENTIA DETAILS DISPATCH DECEMBER 2014

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



DECEMBER SUPPORT GROUPS

Dec. 2 & 16 **St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
Dec. 2 & 16 **Grand Villa Largo** 6:00 PM
750 Starkey Rd. Largo (727)586-0108
Dec. 3 **Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
Dec. 5 & 19 **Grand Villa Largo** 9:30 AM

JANUARY SUPPORT GROUPS

Jan 2 & 16 Grand Villa Largo 9:30 AM
Jan 6 & 20 St. Mark Village 9:00 AM
Jan 6 & 20 Grand Villa Largo 6:00 PM
Jan 7 Bon Secours Place 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP

DON'T LOSE YOUR SNOOZE!

Recent reports in medical Journals have confirmed the relationship between lack of sleep and increased risk of dementia. Turn off phones, computers and TV sets thirty minutes before bedtime. Replace your old mattress. Develop a set time for sleeping and stick to it. Your body and your brain will thank you!



Sean W. Scott
Elder Law Attorney

When meeting with our clients we analyze the entire situation to determine the proper course of action for Medicaid Eligibility. The character of the assets, (i.e.: joint ownership, tax qualified, or highly appreciated) the amount, the family situation, and the individual goals of each client are very important and will determine the final plan of action.

For more information, call: 727-539-0181

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



WHAT ARE THE TYPES OF AMBIGUOUS LOSS?

There are two types of ambiguous loss

Type One occurs when there is physical absence and psychological presence. These include situations when a loved one is physically missing or bodily gone. Catastrophic examples of such ambiguous losses include kidnapping and missing bodies in the context of war, terrorism ethnic cleansing, genocide, or natural disasters such as earthquake, flood, and tsunami. More common examples of this type of ambiguous loss are situations of absent parents due to divorce, giving up a baby to adoption, and physical contact with parents and siblings due to immigration.

In **Type Two**, there is physical presence and psychological absence. In this type of ambiguous loss, the person you care about is psychologically absent -- that is, emotionally or cognitively missing. Such ambiguous loss can occur from Alzheimer's disease and other dementias; traumatic brain injury; AIDS, autism, depression, addiction, or other chronic mental or physical illnesses that take a loved one's mind or memory away.



ALZHEIMER'S DISEASE (AD) HAS BECOME A MORE COMMON CAUSE OF DEATH

Between 2000 and 2010 deaths attributed to AD increased by 68% and deaths due to heart disease decreased by 16%. This reflects the changing pattern of reporting the underlying causes of death on death certificates.



Light for the Journey - Courage for the Soul

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ROBIN WILLIAMS' DEATH REPORT FINDS LEWY BODY DEMENTIA (LBD)

Robin Williams had a common but difficult to diagnose condition known as Lewy Body Dementia and this may have contributed to his decision to commit suicide last August, according to documents included in his autopsy report. All people with LBD have dementia, and sometimes appear confused and disoriented and exhibit unusual behavior. According to the coroner's report, Williams had been acting strangely before his death. He is said to have kept several watches in a sock and was very concerned about keeping the watches safe. The dementia usually leads to significant cognitive impairment that interferes with everyday life. People with LBD often struggle with tasks like eating, staying clean, paying bills and may tend to experience extremely graphic hallucinations that are visual but can also include smells and sounds. Many with the diagnosis have "Lilliputian hallucinations" populated by small people or creatures. They usually don't find these frightening, just very real. See more at <http://www.lbda.org/>



ARSENIC and RICE!

All rice and rice products are not created equal, according to a new study by Consumer Reports. The results show a clear connection between geography and toxicity. **Basmati rice from California** has the lowest arsenic levels. Rice from Texas, Arkansas, and Louisiana tend to contain the highest levels - In a surprising twist, brown rice has 80 percent more arsenic than white rice of the same type since arsenic accumulates in the grain's outer layers. Brown rice from California, India, or Pakistan are the best choices in this category, according to the report. Contrary to what one might think, *organic*, in this particular case, *doesn't mean safer*; organic rice sucks up arsenic at the same levels as conventional rice of the same type. Arsenic exposure, especially long-term and at high levels, can lead to higher rates of skin, bladder and lung cancer, and heart disease. See more in the January 2015 issue of Consumer Reports



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

Have you attended support groups? Have you received information that changed your life? We empower caregivers to make the hard choices and find the best resources.

We would so appreciate your support!

DEMENTIA CAREGIVER RESOURCES, INC.

PO Box 7677 - Seminole, Florida 33775

THANK YOU to our **DECEMBER SPONSOR**

ARCADIA Home Care & Staffing



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