

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH DECEMBER 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### DECEMBER SUPPORT GROUPS

- Dec. 2 & 16 **Grand Villa Largo** 9:30 AM  
750 Starkey Rd. Largo 33771 (727)586-0108
- Dec. 6 & 20 **St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580
- Dec. 6 & 20 **Grand Villa Largo** 6:00 PM
- Dec. 21 **Palms of Largo** – REGAL 2:30 PM  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

### JANUARY SUPPORT GROUPS

- Jan. 3 & 17 St. Mark Village 9:00 AM
- Jan. 3 & 17 Grand Villa Largo 6:00 PM
- Jan. 6 & 20 Grand Villa Largo 9:30 AM
- Jan. 18 Palms of Largo – REGAL 2:30 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### Cupcakes & Candy & Cookies

**oh my ...** And with putting up decorations, the presents, the shopping, the parties, and other activities, the brain will have a build-up of stress. Stress releases cortisol which has been shown to affect thinking and judgment. Long-term stress can significantly increase one's chances of developing dementia. For this holiday season, slow down, take it easy, don't be afraid to say no; and everything does not have to be "perfect". Enjoy the holidays in moderation.



Take a tour of ARDEN COURTS PALM HARBOR, and get a free copy of **"The Dementia Caregiver's Little Book of Hope"**. Call (727)771-1600 to schedule your tour.

Sean W. Scott  
Elder Law Attorney

Often the most challenging question for clients is not how to solve the problem of paying for long-term care, but **WHEN** to begin to plan. The key is knowing what to do and when to do it. This is an area where the experience of a qualified Elder Law attorney can be invaluable. Please call us for a free consult: (727)539-0181 or visit: <http://www.virtuallawoffice.com/>



Did you know that the EPA recommends that you do **not** use water taken from the hot tap for cooking or drinking, and especially not for making baby formula? If you need hot water, draw water from the cold tap and heat it on the stove. Anytime a faucet hasn't been used for at least six hours, "flush" all the water that has been sitting in the pipes. This could take anywhere from five seconds to two minutes. When the water stops getting colder, it is "flushed."

A common nutritional problem that can affect persons in poor health is **CACHEXIA-ANOREXIA** and it especially involves those in advanced stages of Alzheimer's, Cancer and AIDS. Cachexia-anorexia is a syndrome in which progressive and involuntary weight loss occurs. The people with this disorder are "wasting-away" from the lack of vitamins and nutrients and as a caregiver; this can be a difficult and frustrating event to witness.



Light for the Journey - Courage for the Soul

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)      [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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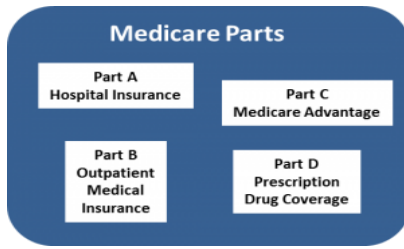
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One of the most important things we can do for our self and our Loved One is to make sure they have the very best medical coverage. Before December 7th, you can make changes to **Medicare** plans. This *Open Enrollment Period* includes enrolling in a Medicare Advantage Plan (AKA REPLACEMENT POLICY); Changing the Medicare Advantage Plan that you have; and Changing from a Medicare Advantage Plan to Traditional Medicare. It is very important that you do some homework and make sure the doctors and medical settings that you would like to use are a part of your plan, and in your network. This ensures continuity and access to health care. If you change your mind, you can switch back to Traditional Medicare each year from January 1st – February 14th. This is in addition to the Open Enrollment Period. Traditional Medicare has many benefits and you can see any medical provider that accepts Medicare, even if you are traveling. *For more information call or visit:*  
[Medicare.gov](http://Medicare.gov) 1-800-Medicare (1-800-633-4227)



*If you want others to be happy, practice compassion. If you want to be happy, practice compassion. --- UNKNOWN*



**We wish to thank all of you who gave to our non-profit organization. Your tax deductible donations and your used ink cartridge donations have really made a big difference for our printing and other business costs throughout the year.**

**THANK YOU to our DECEMBER SPONSOR**



**Tina M. Costa, RN - ACCOUNT EXECUTIVE**

**Cell (813)334-3472**

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**ResCare Home Care (727)734-7400**

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**CAN YOU MAKE A TAX DEDUCTIBLE DONATION?**

*We would so appreciate your support!*

**DEMENTIA CAREGIVER RESOURCES, INC.**

**PO BOX 7677 - Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**



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