

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH DECEMBER 2018

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org

DECEMBER SUPPORT GROUPS

Dec. 4 - The Preserve at Clearwater **9:30AM**
2010 Greenbriar Blvd. CLW (727)735-6200

Dec. 4 & 18 - Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

January SUPPORT GROUPS

*January 8 - The Preserve Clearwater **9:30 AM**

*January 8 & 15 Grand Villa Largo **6:00 PM**

**Note: The 1st Tuesday groups will meet the
2nd Tuesday – just for January*

FRANKLIN'S DEMENTIA

PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "B R I G H T M I N D S". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp.



S = Sleep Issues: Sleep cleans your brain of toxins. Get about 7 hours. Cherry juice has natural melatonin, the hormone that helps us sleep. Getting good sleep is important in maintaining health. There are several things that you can do to promote good sleep and sleep hygiene, and ultimately get a better night's sleep. Did you know that each of us needs a certain amount of sleep per 24-hour period. We need that amount to function at our best, however we usually don't need more than that. Going to bed and getting up at the same time 7 days a week is the best "cure" for insomnia; and no TV or other electronics on – quiet and dark is best. For more information, visit: <https://www.amenclinics.com/>

☺ This will be Franklin's last column – he is going to take his own advice and relax more, eat better, and make sure he has time for himself.

Sean W. Scott
Elder Law Attorney

BENEFITS of a TRUST

A trust, like joint tenancy, avoids probate by transferring the property before the death of the individual, resulting in little or no estate to probate. By making the individuals who transferred the property co-trustees, the complete control over the property remains with these individuals just as if they owned it. The surviving trustee however is obligated to transfer the assets of the trust as is directed by the individual who created the trust, upon the death of the other trustee. Not only does the use of a revocable living trust eliminate the intrusion of the state in the form of the probate system but it also allows the family to possess an estate valued at a total of \$5 million without paying death taxes to the federal government.

For more information or to make an appointment for a free consult, call or visit: (727)539-0181 <http://www.virtuallawoffice.com/>



As we enter our 22nd year of service as a non-profit organization, we are so grateful that you have been a part of this journey. We have facilitated over 5000 support groups; shared our resources and programs with thousands of caregivers and have created dementia specific information that has been shared globally. Our mission and passion is to continue to educate, support, and provide resources to family and professional caregivers in a compassionate and kind ♥ hearted manner.



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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MEDICARE ADVANTAGE PLANS adopt new DRUG POLICY - Starting next year, Medicare Advantage plans will be able to *add restrictions* on expensive, injectable drugs administered by doctors to treat cancer, rheumatoid arthritis, macular degeneration and other serious diseases. Under the new rules, these private Medicare insurance plans could require patients to try cheaper drugs first. This is also called "Step Therapy" and can be cruel since the doctor would have taken into consideration a patient's diagnosis, medical history, lifestyle and more. Satisfying an insurer's "fail first" treatment requirements is not something most of us want to have to do. Delaying the correct treatment plan may be the difference between treatable and hopeless. If those are not effective, then the patients could receive the more expensive medication prescribed and deemed best and appropriate by their doctors. *Preferred* is often a euphemism for *cheapest*. These Medicare Advantage beneficiaries can seek exceptions, but the multi-stage appeals process is burdensome and should not have to be something one would have to go through to get drugs that have been calculated by a patient's doctor(s) to be the best option for this patient. Not sure how these insurance companies can take away the best interests of patients, and put insurer profits first and foremost. This is hitting a new low, and potentially putting our most vulnerable and sickest people in danger.

One of the most useful items (under \$30) I keep in the trunk all the time is a **SMART CART**. This has been used for groceries, laundry, and during the hurricane season for supplies. We have used it for toting brochures, training manuals, and books for special presentations. It is a back-saver and folds flat! These would make a wonderful Christmas or Birthday gift for a senior or a caregiver. It weighs less than 3# and can carry up to 110 pounds!

(Amazon, Bed Bath and other places carry these.)



Can YOU make a difference with a Tax Deductible Donation?

DCR, Inc.

P.O. Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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