

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 2012

DECEMBER 2012 SUPPORT GROUPS

Dec. 4 & 18 St. Mark Village 9:30 AM
880 Highlands Blvd. Palm Harbor 727-785-2580
Dec. 4 & 18 *Grand Villa 6:00 PM
750 Starkey Rd. Largo 727-586-0108
Dec. 5 & 19 *Bon Secours PL 6:00 PM
10401 Roosevelt Blvd. St. Petersburg 727-563-9733
Dec. 7 & 21 *Grand Villa 9:30 AM
Dec. 10 *Belleair SEASONS 9:30 AM
Belleair Garden House 903 Ponce de Leon- Belleair
727-282-5303

*CALL TO PRE-ARRANGE FOR FREE RESPITE CARE

January 2013 Support Groups

Jan. 2 & 16 Bon Secours PL 6:00 PM
Jan. 4 & 18 Grand Villa 9:30 AM
Jan. 14 Belleair SEASONS 9:30 AM
Jan. 15 St. Mark Village 9:30 AM
Jan. 15 Grand Villa 6:00 PM


Sean W. Scott
Elder Law Attorney

TOP TEN MEDICAID ELIGIBILITY MISTAKES

This is the ninth in the series of the top ten.

Not understanding post-Medicaid consequences. What will happen when the Medicaid recipient passes away? What happens when the community spouse passes away before or after the recipient? What about the home? Medicaid is now more aggressively seeking repayment of benefits from beneficiary estates. Proper planning protects most estates from this recovery.

For more information call: **727.539.0181**

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



REMEMBER this during Holiday
Eating: BRAIN CELLS COME AND BRAIN
CELLS GO, BUT FAT CELLS LIVE FOREVER.

USF HEALTH BYRD ALZHEIMER'S INSTITUTE

We recently toured the **Byrd Alzheimer's Institute** at USF in Tampa. It is state of the art on every single level. We came away with a deeper appreciation for the many innovative diagnostic tools (like the driving simulator), the staff and the thorough testing that is done before a final diagnosis is made.

For more information, call 813-396-4808

Visit: <http://health.usf.edu/byrd/index.htm>



According to the USF **BRAIN RESEARCH DISCOVERIES Magazine** - Fall/Winter 2012 Florida has twice as many Alzheimer's patients per capita as the national average, with an estimated 500,000 – or 1 in 40 – Floridians suffering from Alzheimer's.



CARING FOR YOU

Understand that you will be a more effective caregiver when you care for the caregiver first. Our Loved ones neither want nor expect selfless servants. As a caregiver, when you care for yourself, you increase and improve your own caring. Take some "me" moments. Everyone will benefit.



Member Organization of:



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LOW VITAMIN D LINKED TO ALZHEIMER'S

September 28, 2012 Yet another study has linked low vitamin D levels with significant health issues — in this case, poor cognition. In this latest systematic review of the literature, people with Alzheimer's disease (AD) had lower concentrations of vitamin D than those without AD, and better cognitive test results were linked to higher vitamin D concentrations.

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



ORIGINAL MEDICARE & ADVANTAGE

PLANS Medicare pays a fixed amount for your care every month to the companies offering Medicare Advantage Plans. These companies must follow rules set by Medicare. However, each Medicare Advantage Plan can charge different out-of-pocket costs and have different rules for how you get services (like whether you need a referral to see a specialist or if you have to go to only doctors, facilities, or suppliers that belong to the plan for non-emergency or non-urgent care). These rules can change each year. Make sure you understand these very important changes and decisions before you select a plan. Remember, Original Medicare and a Supplement may always be your best investment and YOU choose any health care provider. There are a lot of issues on this subject. ALWAYS check the Medicare FIVE STAR ratings before you select an "Advantage" plan. See this article:

<http://money.usnews.com/money/>

Visit: Medicare.gov

<http://www.medicare.gov/>



A Caregiver's Story

A month before I had to go to California to see our son Lee, I started to talk to my wife Betty (she was in the final stages of Alzheimer's and under Hospice care) about the trip. During each visit with her, I would tell her the same story -- that I was flying to California on September 11th. I also told her that it was OK to let go and that I would be fine. She died on Monday the 10th at 6:30 am and I flew on Sept 11th to see our son. --GEORGE P.



Comprehensive Clinical Development in St. Petersburg is currently conducting Parkinson's and other clinical studies. Call them to see if there are any that could benefit you or your Loved One. 727-576-8474.

THANK YOU to our DECEMBER SPONSOR

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727.579.9414 tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"

Enhance the Dementia Caregiving Journey! Your tax deductible donations are always appreciated to assist fellow caregivers!

WE ALWAYS NEED USED INK CARTRIDGES!

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