

# DEMENTIA CAREGIVER RESOURCES, INC.

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

## THE DEMENTIA DETAILS DISPATCH DECEMBER 2013

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.

Visit our website [www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) organization since 1997

### DECEMBER SUPPORT GROUPS

Dec. 3 & 17 Grand Villa 9:30 AM

Dec. 6 & 20 Grand Villa 6:00 PM

750 Starkey Rd. Largo 727-586-0108

Dec. 3 & 17 St. Mark Village 9:00 AM

2655 Nebraska Ave. Palm Harbor 727-785-2580

Dec. 4<sup>th</sup> Bon Secours Place 6:00 PM

10401 Roosevelt Blvd. St. Pete 727-563-9733

### January Support Groups

Jan. 3 Grand Villa Largo 9:30 AM

Jan 7 St. Mark Village 9:00 AM

Jan. 7 Grand Villa 6:00 PM

Jan. 15 Bon Secours Place 6:00 PM

NEW

Jan. 8 Grand Villa Pinellas Park 4:00 PM

8980 49<sup>th</sup> St. N-Pinellas Park (727)546-4053

Sean W. Scott  
Elder Law Attorney

An integral part of obtaining Medicaid benefits is meeting and understanding the Medicaid eligibility requirements. Income, assets, and transfers are the big three eligibility tests that the state uses to determine if you qualify for benefits. Visit our updated website for more information. Call: 727.539.0181

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

### FRANKLIN'S DEMENTIA PREVENTION TIP

At the holidays, for our mental, emotional, and psychological health, the more outside contacts a caregiver has the better overall health, and a better caregiver they will be. Keep connected with church, social, and fraternal groups.



### THE THREE "P'S"

Our caregiving journey is full of challenges. During this holiday season, please try to make these a priority for your Loved One: **Passion** for the person's ongoing care needs **Persistence** for the things that need doing **Patience** for the challenges

### Nov. 2nd ORLANDO EDUCATIONAL EVENT



Karen Truman; Peter Rabins, M.D., M.P.H  
(Co-Author of "The 36 Hour Day")

Peggy Connelly (Director of Memory Care Sagora Senior Living); and Dale Davis (Community Liaison for Elder Law Attorney Sean W. Scott)

### THESE ARE MY FOUR TAKE AWAY POINTS from Dr. Rabins:

1. Dementia starts in the "Smell Memory" part of the brain
2. All dementia's look alike
3. 30-60% of Alzheimer's Disease is under "Genetic Influence"
4. His final word is that the treatments we have today "Stink"

Member Organization of:



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**DEMENTIA CAREGIVER RESOURCES, INC.** has been a member organization of AFA for ten years, and is proud of how they assist families without asking for financial assistance. They are about "Caring for the Nation - One Person at a time." **THE ALZHEIMER'S FOUNDATION OF AMERICA** recognizes that our member organizations are the essential hands of care in their communities. As such, we structured AFA to be supportive to member organizations on all counts, including serving as a source of referrals and revenues. Together, we are making a difference nationally and locally."

Visit: <http://www.alzfdn.org/>



### DOORWAYS & FORGETTING

Do you ever walk into a room with some purpose in mind to get something, perhaps only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an "event boundary" in the mind, separating one set of thoughts and memories from the next, just as exiting through a doorway signals the end of a scene in a movie. Your brain files away the thoughts you had in the previous room, and prepares a blank slate for the new locale. Mental event boundaries usually help us organize our thoughts and memories as we move through the continuous and dynamic world, but when we're trying to remember that thing we came in here to do or get or maybe find they can be frustrating indeed. Source: <http://realideal.com/forum/topic/1333>



### SLEEPING HELPS BRAIN SCRUB AWAY TOXINS

It's no secret that too little shut-eye can drain your brain, but scientists haven't fully understood why. Now, a new study suggests that a good night's sleep leaves you feeling sharp and refreshed because a newly discovered system that scrubs away neural waste is mostly active when you're at rest. It's a revelation that could not only transform scientists' fundamental understanding of sleep, but also point to new ways to treat disorders such as Alzheimer's disease, which are linked to the accumulation of toxins in the brain.

"We have a cleaning system that almost stops when we are awake and starts when we sleep. It's almost like opening and closing a faucet -- it's that dramatic," Source:

<http://www.nbcnews.com/health/good-nights-sleep-scrubs-your-brain-clean-researchers-find-8C11413186>

THANK YOU to our **DECEMBER SPONSOR**

**ARCADIA** Home Care & Staffing



**TINA COSTA – Operations Director**

727.579.9414 [tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

"Keeping People at Home and Healthier Longer"

MERRY CHRISTMAS & HAPPY HOLIDAYS

WE ALWAYS NEED USED INK CARTRIDGES!

Your **Tax Deductible Donations** can be sent to:

**DCR, Inc. - PO Box 7677 - Seminole, FL 33775**

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