

THE DEMENTIA DETAILS DISPATCH DECEMBER 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



Sean W. Scott
Elder Law Attorney

DECEMBER SUPPORT GROUPS

Dec. 1 & 15 St. Mark Village 9:00 AM

2655 Nebraska Ave. Palm Harbor (727)785-2580

Dec. 1 & 15 Grand Villa Largo 6:00 PM

750 Starkey Rd. Largo 33771 (727)586-0108

Dec. 2 & 16 Ivy Ridge (727)490-3233 4:00 PM

7179 40th Ave. North -St. Petersburg, FL 33709

Dec. 4 & 18 Grand Villa Largo 9:30 AM

JANUARY SUPPORT GROUPS

Jan. 5 & 19 St. Mark Village 9:00 AM

Jan. 5 & 19 Grand Villa Largo 6:00 PM

Jan. 6 & 20 Ivy Ridge 4:00 PM

*Jan. 15 Grand Villa Largo 9:30 AM

***NO MEETING -Friday - JANUARY 1st**

FRANKLIN'S DEMENTIA

PREVENTION TIP:

As a Caregiver, you place enough stress on yourself by being on duty 24/7. Pressure and deadlines at work, chemicals and pollution in the environment, the challenges of driving, and holiday events all contribute to our brains being on overload. This can lead to uncontrolled anger, depression and the inability to make sound judgements. Devote ten minutes twice a day just for you -- meditate, exercise, pray, whatever it takes, to declutter your brain to reduce your stress.



2015



THE NURSING HOME DECISION CAN BECOME A DAUNTING TASK

for someone unfamiliar with all the differences in choices, ratings, specialties offered, appropriateness of a facility in your area, and much more. This is why our office employs a person with special knowledge in this field. It is her job to assist clients in finding the resources that best meet their individual needs and to access them as they move forward in assisting their family member in their unique aging process. **NO ONE WANTS TO PLACE THEIR LOVED ONE** in a nursing home before it is necessary.

Unfortunately, what we often see with clients is that the family has waited too long for placement and is now in a crisis situation that must be dealt with in an efficient and expedient manner. It is a common misconception that a "Locked Unit" is considered a nursing home. This is in most cases, an area that is set aside and secured in one of three types of assisted living (ALF) communities. Unfortunately, there are very few *skilled care* (nursing homes) with secured accommodations available for their residents. The reason for this is the thought that if someone is *ambulatory* (can still walk) they are more appropriately placed in an assisted living community with a secured area or a completely secured property. Assisted living communities in Florida are rated according to the levels of care they are able to offer. They start with a **standard license**, then a **limited nursing license**, and the highest level of care permitted in an ALF is an (ECC license) **Extended Congregate Care** when the community must have a nurse on duty 24/7.

For more information, call: (727)539-0181

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



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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NEW REPORT LOOKS AT GROWING ROLE OF MEDICAID IN DEMENTIA CARE

Most people with dementia have Medicare, but due to high out-of-pocket costs and lack of **long-term services and supports (LTSS)** coverage, low-income persons living with dementia may also need Medicaid to fill coverage gaps. A new report from the **KAISER FAMILY FOUNDATION**, "Medicaid's Role for People with Dementia," shows how Medicaid plays an important role in providing LTSS and is increasingly focused on efforts to help seniors age in place. As cases of dementia increase in line with the rise of our aging population, there will be growing implications for Medicaid coverage and more... *Read the full report:* http://kff.org/medicaid/issue-brief/medicaids-role-for-people-with-dementia/?utm_source=E-newsletter+November+20&utm_campaign=E-newsletter+November+20&utm_medium=email

PARKINSON'S DISEASE - HOW IT PROGRESSES

The modern picture of Parkinson's disease resembles a play in three acts. First, the alpha-synuclein-driven disease process starts, possibly in the nose or the gut, as much as 10 or 20 years before a person is diagnosed with Parkinson's. Studies show that certain symptoms: *constipation, loss of smell and sleep disorders*, are associated with an increase in the odds of developing Parkinson's disease later. In act two, the alpha-synuclein moves on to the mid-brain and kills off dopamine cells in a region called the substantia nigra. When 70% of these dopamine cells are destroyed, the patient starts displaying the *classic tremors*. In act three, the disease migrates to other brain areas such as the cerebral cortex, where it can cause *hallucinations, cognitive impairment and dementia*. <http://www.wsj.com/articles/a-new-attack-on-parkinsons-disease-1443827360>



As 2015 ends, we wish to **THANK** all of our supporters for their donations and contributions as well as those who spent time collecting ink cartridges for our organization. This past year, we have reached more people, more often, and with more information than ever before, and your assistance has made this possible. We look forward to continuing to serve our communities and caregivers in 2016.

Light for the Journey,

Karen & Jeff

THANK YOU to our DECEMBER SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414

tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

Have you attended support groups, received some valuable information, know that you are not alone on the journey?

Making a donation "In Honor of" or "In Memory of" your loved one will make a huge difference.

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES!



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