

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH DECEMBER 2021

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



SUPPORT GROUPS

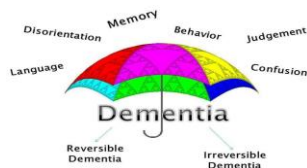
If you would like to attend support groups, (for current caregivers) please make sure to call the community the day before to let them know you are attending.

DECEMBER 2nd 10:15AM - 11:30AM

ARAVILLA Clearwater Memory Care

3055 Union St. Clearwater (727) 260-2826

t.dacey@aravillaclearwater.com



FRONTOTEMPORAL DEMENTIA (FTD) is an umbrella term for a group of brain disorders that primarily affect the frontal and temporal lobes of the brain. More than 50% of all respondents in a recent study reported that the person diagnosed saw three or more doctors before receiving an accurate diagnosis, and 44% reported having initially received a different diagnosis, including Alzheimer's or Parkinson's disease, anxiety, depression, or bipolar disorder, menopause, or mid-life crisis. FTD brings progressive changes to personality, language, decision making, behavior, and movement. FTD is actually a **group** of diseases affecting the same brain regions. These include behavioral variant FTD, primary progressive aphasia (PPA), Corticobasal degeneration, progressive supranuclear palsy, and FTD/ALS. There are currently many studies going on and you can call or e-mail **The FTD Disorders**

Registry LLC for more information:

1-888-840-9980 director@FTDregistry.org

Sean W. Scott
Elder Law Attorney

Few of us have ever had to choose a nursing home or an assisted living facility. To help, we have dedicated staff ready to consult with you concerning placement options and care plans. We offer a necessary starting point for families to plan for the future and to provide solace and direction for those who must address these hard life-care decisions in a time of crisis.

For a free consult, call: (727)539-0181

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

HOLIDAY to do LIST

1. **Buy BE Present**
2. **WRAP Gifts Someone in a HUG**
3. **Send Gifts PEACE**
4. **Shop for Donate Food**
5. **See BE the Lights**
6. **Spread your JOY and Gratefulness**

We have been reminded often of how many people have **food insecurity**. Our non-profit has been reaching out quietly to caregivers and Food Banks who need a little assistance. This is a list of the most useable items and a link to most of the food banks in Pinellas:

- *POWDERED or CANNED MILK
- *Canned meats/fish (Spam, Tuna, Chicken)
- *Meals in a Box & Instant Mashed Potatoes
- *Peanut and Almond Butters (no glass jars)
- *Canned Beans, Soups, Stews and Chili
- *Nuts and Crackers
- *Whole Grain Cereals and Granola Bars
- *Canned or Dried Fruits
- *Herbs and Spices
- *Olive and Canola Oils

<https://www.jwbpinellas.org/wp-content/uploads/2020/04/Pinellas-County-Food-Pantry-Flyer.pdf>



Light for the Journey - Courage for the Soul



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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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SCOLIOSIS and How it Affects the Body

Scoliosis is a sideways curvature of the spine that most often is diagnosed in adolescents and the cause of most childhood scoliosis is unknown. Severe scoliosis can be disabling. An especially severe spinal curve can reduce the amount of space within the chest, making it difficult for the lungs to function properly.

Scoliosis is generally viewed as a lateral curvature of the spine with an axial twist that causes a distortion of the ribs. Current research shows that idiopathic scoliosis is a multifaceted disease that compromises five of the body's systems: digestive, hormonal, muscular, osseous (bones), and neurologic. **It impacts upon the brain and central nervous system** and affects the body's hormonal and digestive systems. It can deplete the body's nutritional resources and damage its major organs including the heart and lungs. Conditions arising as a result of scoliosis include rib deformity, shortness of breath, digestive problems, chronic fatigue, acute or dull back pain, leg, hip, and knee pain, acute headaches, mood swings, and menstrual disturbances.

Visit: Mayo Clinic for more information:

<https://www.mayoclinic.org/diseases-conditions/scoliosis/symptoms-causes/syc-20350716>



Dementia Caregiver Resources, Inc.

P.O. Box 7677

Seminole, Florida 33775

Your donations make all the difference

WE ALWAYS NEED USED INK CARTRIDGES

WE received this powerful message last month from one of our newsletter readers:

"I love this quote from the Elie Wiesel Noble Prize acceptance speech. Gives me a lot of purpose in my work and I was immediately reminded of this quote with your story...Brandi"

"We know that every moment is a moment of grace, every hour an offering; not to share them would mean to betray them. Our lives no longer belong to us alone; they belong to all those who need us desperately."

Holiday Home Safety Tips

Holiday decorations, such as Christmas trees, lights, or menorahs, should be secured so that they do not fall or catch on fire. Anything flammable should be monitored at all times, and extra precautions should be taken so that lights or anything breakable are fixed firmly, correctly, and out of the way of those with Alzheimer's disease. Candles should never be lit without supervision. When not in use, they should be put away. Also, try to avoid clutter, especially in walkways, during the holidays. For more home safety tips, visit [Home Safety and Alzheimer's Disease](#).



ACADIA

For more information and resources, visit:

<https://www.morethanmemoryloss.com/>



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