

THE DEMENTIA DETAILS DISPATCH JANUARY 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



JANUARY SUPPORT GROUPS

Jan. 2 & 16 **Grand Villa Largo** 9:30 AM
750 Starkey Rd. Largo (727)586-0108
Jan. 6 & 20 **St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
Jan. 6 & 20 **Grand Villa Largo** 6:00 PM
Jan. 7 **Bon Secours Place** 6:00 PM
10401Roosevelt Blvd. St. Pete (727)563-9733

FEBRUARY SUPPORT GROUPS

Feb. 3 & 17 St. Mark Village 9:00 AM
Feb. 3 & 17 Grand Villa Largo 6:00 PM
Feb. 4 Bon Secours Place 6:00 PM
Feb. 6 & 20 Grand Villa Largo 9:30 AM

When your Loved One has to use the restroom in a public setting that has no unisex restroom -- according to Dear Abby, the rule of thumb is you should take him or her to the one specified for his or her gender even if you are the opposite gender.

"Be Humble. Be Hungry. And always be the Hardest Worker in the Room"

--- DWAYNE "THE ROCK" JOHNSON

FRANKLIN'S DEMENTIA PREVENTION TIP

HIT THE ROAD, JACK (OR JILL)

Recent research has shown that middle age people who engage in aerobic exercise 3-5 times a week perform better on cognitive tests and had less accumulation of beta amyloid plaque than inactive people. Find an activity that you like and start moving. Your body and your brain will look and feel better.



Sean W. Scott
Elder Law Attorney

Why Protect Assets?

These are the most common answers:

1. Make sure there are enough assets to take care of the spouse who is not in a nursing home. (Home costs, insurance, auto costs, medical, and monthly bills, etc.) 2. Leaving a legacy (i.e.: college tuition) for the children and grandchildren. 3. To preserve assets for the person who is in the nursing home (He or she will still need to have new clothes, see a dentist, get their hair cut, and other personal needs).

For more information, call: 727-539-0181

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

CAREGIVERS SPEND \$20,000+ PER YEAR ON LOVED ONES WITH ALZHEIMER'S

According to a recent report by **Caring.com** 42% of families caring for their loved ones with Alzheimer's and other forms of dementia spend \$20,000 plus a year on caregiving. The expenses include out-of-pocket costs for assisted living, professional home caregivers, medicine and medical bills, transportation and more.

Over half (62%) of family caretakers are paying for all of the costs associated with Alzheimer's out of their pockets. The report discovered other common means to pay: 51% used their loved one's savings, 42% used their loved one's health plan, 33% used government benefits, 16% used a credit card, and 10% used long-term care insurance.

While families see a staggering dent in their finances due to care, many of their personal relationships are impacted as well. Almost all family caregivers, 97%, admitted that caring for their loved ones has troubled or ended their friendships and marriages. Fifty-five percent said their own physical health declined, and 56% had to quit their job or claim that the caregiving has taken a toll on their careers.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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Did You Know?

Since 2000, Deaths from Alzheimer's Disease have risen 68% while deaths from other major diseases have declined.

Medical Costs for:

ALZHEIMER'S	\$218 BILLION
HEART DISEASE	\$204 BILLION
CANCER	\$154 BILLION

NIH funding could use an update since funding for research looks like this:

CANCER	\$5.0	BILLION
HEART DISEASE	\$3.2	BILLION
ALZHEIMER'S	\$500	MILLION

This may be a good time to contact your elected congressman, senators and other lawmakers to let them know you have been affected by this disease and would like to have more dollars invested in Alzheimer's research before we bankrupt the health care system.



A new study in the Journal **STROKE**, suggests that trying to stand on one leg with eyes open for 20 seconds (or more) could help you gauge the health of your brain. 1400 people (average age of 67) did this task and then had an MRI of the brain, the research found that those who struggled to balance for 20 seconds had cerebral small-vessel disease (SVD) even though they did not exhibit classic symptoms. SVD is related to stroke, dementia and Parkinson's. In addition, those with the shortest balance times generally had the lowest mental performance tests. *Source: Tampa Bay Times: Personal Best Magazine 12/27/2014*



The **Miami Dolphins** are working with the AARP state office to help older Floridians in need. They are focusing on the four priority issues: **HUNGER, ISOLATION, INCOME, and HOUSING**. Volunteers gather once a month and in Sept. 2014 packed 1 million meals. 14% of Floridians aged 65 and older live in poverty, 7% of those 50 and older are at risk of hunger. For more information: <http://states.aarp.org/dolphins-team-up-to-help-those-in-need/>

THANK YOU to our **JANUARY 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?
Have you attended support groups? Have you received information that changed your life? We empower caregivers to make the hard choices and find the best resources.

We would so appreciate your support!

DEMENTIA CAREGIVER RESOURCES, INC.
PO Box 7677 - Seminole, Florida 33775



WE ALWAYS NEED USED INK CARTRIDGES!



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