

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 February 2012

FEBRUARY 2012 SUPPORT GROUPS

Feb. 1 & 15 Bon Secours PL 6:00 PM

Feb. 3 & 17 Grand Villa 9:30 AM

Feb. 7 & 21 St. Mark Village 9:30 AM

Feb. 7 & 21 Grand Villa 6:00 PM

March 2012 Support Groups

Mar. 2 & 16 Grand Villa 9:30 AM

Mar. 6 & 20 St. Mark Village 9:30 AM

Mar. 6 & 20 Grand Villa 6:00 PM

Mar. 7 & 21 Bon Secours PL 6:00 PM



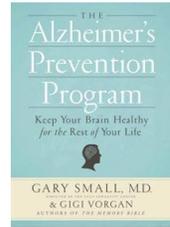
Sean W. Scott
Elder Law Attorney

Did you know that Sean does free monthly seminars in many locations? Attend one to get the latest information on your legal concerns and then make an appointment for a free consultation. Seminars are always at **2PM** and in **FEBRUARY** will be held at the following locations:

1. Feb. 3 Largo Library
2. Feb. 6 Seminole Library
3. Feb. 7 Palm Harbor Library
4. Feb. 8 New Port Richey Library
5. Feb. 9 Arbor Oaks ALF (Near Tyrone)

For more information Call: **727.539.0181**

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



THE ALZHEIMER'S PREVENTION

PROGRAM is a whole body, whole mind, easy-to-follow regimen based on the latest research on Alzheimer's disease, and especially the connection between lifestyle and susceptibility. He had some great ideas for prevention that you can start NOW! The program begins with an assessment test, checking everything from recall to physical balance. Then, with a baseline established, it introduces the 7-Day jumpstart program—Daily mental workouts to sharpen your brain: wordplay, letter scrambles, 3-D drawings, tricky equations, logic challenges, and number sequences; Healthy brain nutrition filled with antioxidants—berries, avocados, raw vegetables, omega-3 rich anti-inflammatory food choices, including fish, whole grains, legumes, along with memory-boosting spices most often found in Indian curries; Stress-reduction strategies to fortify neurons and aerobic and strength exercises.

<http://drgarysmall.com/about.shtml>



JOIN US ON OUR FUN CRUISE sailing April 28 - May 3 from Port Canaveral to Key West, Nassau & Freeport. Inside cabins start at approx. \$400.00 per person. You must have a passport. This cruise will highlight history, fun, laughter, new friendships, shopping, and relaxation. Pamper yourself, stay up late, enjoy the shows, and refresh your spirit. Contact Karen for more details. drkaren@bookofhope.us

Member Organization of:



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SHOULD YOU GET A FLU SHOT IF YOU HAVE THYROID DISEASE, ALLERGIES, ASTHMA, ETC? The body has two sides to the immune system -- TH1 (cellular) and TH2 (antibody). Normally they are balanced, but many conditions are associated with low TH1 and increased TH2, contributing to symptoms such as Chronic Fatigue Syndrome, fibromyalgia, asthma, allergies, ADD, and autoimmune disease such as Hashimoto's, etc. The flu vaccine intensely stimulates the TH2, and can worsen symptoms -- subtly or dramatically -- or precipitate these conditions. Ultimately, when it comes to seasonal flu shots and other immunizations, thyroid and autoimmune disease patients should talk to their physicians about their own flu risk factors, as well as the benefits and potential risks of the vaccine. *Source:*

<http://thyroid.about.com/od/relatedcondition/s1/a/flu-shot-thyroid-patients.htm>

BINGO

Bingo has benefits that extend well beyond socializing. Researchers found high-contrast; large bingo cards boost thinking and playing skills for people with cognitive difficulties and visual perception problems produced by Alzheimer's disease and Parkinson's disease. "The general finding of improved performance across healthy and afflicted groups suggests the value of visual support as an easy-to-apply intervention to enhance cognitive performance," researchers from Case Western Reserve University, Boston University and Bridgewater State University wrote.

Source: <http://blog.case.edu>



Make sure you take advantage of all the IRS 1040 tax breaks for your Loved Ones medical, dental & long-term-care insurance.



PEOPLE WITH PARKINSON'S might want to pay extra attention to that cough or chest pain. A U.S. study reports that elderly people with PD have a greatly increased risk of dying compared to seniors without the condition. However, death is frequently associated with complications such as infection, cardiovascular disease, and dementia, some of which may be preventable. The researchers, led by Allison Willis and Brad Racette at Washington University School of Medicine, also found hints that exposure to environmental toxins (*i.e.*: *Agent Orange*, *Pesticides*, *etc.*) could hasten decline in PD patients. The results point to the importance of screening people with PD for other health conditions, and to the need for more research on the effect of environmental exposures on the disease course.

Source: <http://www.alzforum.org>

Enhance the Dementia Caregiving Journey! Your tax deductible donations can now be made with a credit card on our website! Your donation(s) will help us provide much-needed assistance and support services to individuals and families affected by Alzheimer's, Parkinson's, Vascular, Lewy Body, Huntington's and other brain health diseases.

WE ALWAYS NEED INK CARTRIDGES!

THANK YOU TO OUR FEB. NEWSLETTER SPONSOR:

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TINA COSTA

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