

THE DEMENTIA DETAILS DISPATCH FEBRUARY 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

WHY USE AN ELDER LAW ATTORNEY AND NOT A NON-LAWYER FOR MEDICAID?

The United States Supreme Court described Medicaid as among “the most intricate...Byzantine “texts” ever drafted by Congress. If you use a non-lawyer, you have no remedy if they make a mistake. Lawyers are strictly regulated by the Florida Bar and must keep current on the law through continuing education requirements.

For more information, call: 727-539-0181

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

HOW FLU SPREADS - COUGHING & SNEEZING

People with flu can spread it to others up to about six feet away. Flu viruses spread mainly through tiny droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or be inhaled into the lungs.

Surfaces and Objects People can also be exposed to flu by touching a surface or object that has flu virus on it and then touching their mouth, eyes, or nose. Studies have shown that human flu viruses generally can survive on surfaces between two and eight hours. Hand washing with soap and warm water can help people avoid becoming infected by flu virus. The Flu is contagious. You may be able to pass on the flu to someone else before you even know you are sick—as well as while you are sick. Most healthy adults can infect others beginning one day before symptoms develop and up to a week after becoming sick. Young children and people with weakened immune systems might be able to infect others for an even longer time.

FEBRUARY SUPPORT GROUPS

- FEB. 3 & 17 St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
- FEB. 3 & 17 Grand Villa Largo** 6:00 PM
750 Starkey Rd. Largo (727)586-0108
- FEB. 4 Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
- FEB. 6 & 20 Grand Villa Largo** 9:30 AM

MARCH SUPPORT GROUPS

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

FRANKLIN'S DEMENTIA PREVENTION TIP

TAKE A CHILL PILL

If it were only that easy to help us relax. We all know the dangers of too much stress on our bodies, but excessive stress can also affect our brains. Stress can cause irritability, mood swings, depression and even contribute to short-term memory loss. Help your brain out. Spend at least 10 minutes a day - twice a day - focusing on you. Reflect on a beautiful picture, enjoy soft soothing music, meditate or pray. Schedule your time of relaxation just as you would meal times. The long-term benefits for your brain will pay huge dividends.



Happy Valentine's Day



Light for the Journey - Courage for the Soul

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WARNING SIGNS THAT HELP IS NEEDED

Do you have a friend, relative or neighbor who may need some assistance? Check on them to see if any of these things may be happening.

1. Weight loss, missed meals, having little appetite, mostly eating sugary foods and coffee
2. Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores
3. Living space not clean or sanitary or kept up
4. Auto has bumps and scrapes and person does not know how they got on car -- and yearly renewal tags/insurance not current
5. Inappropriate behavior i.e.: too loud or quiet, paranoid, agitated, and making phone calls at all hours
6. Increased physical problems such as burns or injury marks -- weakness, forgetfulness, misuse of alcohol or prescribed medications
7. Stopped participating in activities that were previously important i.e.: bingo, bridge or a book club, dining with friends, or attending religious services
8. Unopened mail, newspapers piled up, not filling prescriptions, missed appointments
9. Mishandled finances such as not paying bills or re-paying the same bills, losing or hiding money, running up credit cards, giving money to religious, veterans, or other groups that should be set-aside for their own future
10. Make purchases they cannot afford...from door to door people, lottery tickets, or "contests".



THE ADVISORY COUNCIL ON ALZHEIMER'S RESEARCH, CARE AND SERVICES, which guides

the implementation of the "National Plan to Address Alzheimer's Disease," recommended several items for inclusion in the 2015 plan update. The Secretary of Health and Human Services will ultimately decide which, if any, of the recommendations are included in the update. The Council's recommendations include: committing research resources with accountability; encouraging development of dementia friendly communities; including care planning in Medicare coverage; incorporating and promoting palliative care choices; expanding services under the Older Americans' Act to people with early-onset dementia; and establishing a federal panel to suggest innovative financing of long term care services.

THANK YOU to our FEBRUARY SPONSOR

ARCADIA Home Care & Staffing



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"Keeping People at Home and Healthier Longer"



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775



WE ALWAYS NEED USED INK CARTRIDGES!



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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