

THE DEMENTIA DETAILS DISPATCH FEBRUARY 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



FEBRUARY SUPPORT GROUPS

Feb. 2 & 16 St. Mark Village **9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580

Feb. 2 & 16 Grand Villa Largo **6:00 PM**
750 Starkey Rd. Largo 33771 (727)586-0108

Feb. 5 & 19 Grand Villa Largo **9:30 AM**

MARCH SUPPORT GROUPS

Mar. 1 & 15 St. Mark Village **9:00 AM**

Mar. 1 & 15 Grand Villa Largo **6:00 PM**

Mar. 4 & 18 Grand Villa Largo **9:30 AM**

FRANKLIN'S DEMENTIA

PREVENTION TIP: NEW-2-U

As we age, we often get stuck in a rut, doing the same things over and over again. To stimulate your brain, try to do something you've never done before. It does not matter if you are good at it; what does matter is that you are stimulating new neurons and keeping your brain active. For best results, involve as many senses as possible - sight, smell, hearing and touch. The more new things you try, the more stimulation, and it helps make a better YOU!



Sean W. Scott
Elder Law Attorney

SPECIAL NEEDS TRUST: A Special Needs Trust is a special kind of trust which holds title to property for the benefit of a child or adult who has a disability. The funds in the Trust can be used to supplement benefits received from various governmental assistance programs including SSI and Medicaid. A special needs trust will manage a variety of resources for the benefit of the injured or disabled person while maintaining the person's eligibility for public assistance benefits.

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

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

A REMINDER ABOUT CAREGIVING CHALLENGES

Dementia has behavioral challenges that demand that everyone living or working with it make changes. The person who has the disease cannot make these changes. Understanding that an entire new way of thinking and responding has to be learned is one of the hardest lessons for caregivers to learn and "get". Dementia in its many forms can present communication problems, hygiene issues, abusive relationships, safety concerns, disrupted sleep patterns, and the gradual loss of self. It takes the primary caregiver(s) down paths that they do not want to go on and did not even know were there. It can be cruel and quick or it can linger for years. *Please always remember the number one rule: NEVER ARGUE* -- You will always lose the argument and it is not worth the energy. Just agree and go on --- PERIOD!

GET THE LEAD OUT!

Important information about drinking water and lead



DID YOU KNOW?

Dementia-like symptoms can occur as a result of exposure to heavy metals, such as lead, and other poisons, such as pesticides. The current Flint, Michigan - **LEAD** in their water supply crisis - may have devastating long-term effects.

COPD and DEMENTIA?

Recent studies point to a link between lung diseases like chronic obstructive pulmonary disease (COPD) and the developing of dementia. Persons with COPD often are "breathless" and may have very low oxygen levels which can increase their risk of heart disease, strokes and dementia. One study found that people with COPD had an 83% greater risk of developing a form of dementia.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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Q. WHAT IS A MEDIGAP POLICY?

A. Medigap is private insurance that you can purchase to supplement and cover some out-of-pocket costs. You must be enrolled in ORIGINAL Medicare in order to purchase a Medigap Policy. There are 10 types of policies that are standardized by law. Insurance companies charge different premiums so it may benefit you to do your homework and shop around to get the best price.

NOTE: This is NOT an ADVANTAGE Plan or Medicare REPLACEMENT Policy. It is an *insurance supplement* to pay for the 20% that your Medicare policy does NOT cover.



BETTER BUSINESS BUREAU'S SCAM TRACKER

Have you heard about the BBC Scam Tracker? On their site you can either report a scam or find out what the current scams are by state [or Canada] with the information broken down by date, zip code, etc. The US Map shows 13,976 scams reported in the US between Feb. 13, 2015 and Jan. 27, 2016 with 483 of those reported in Florida! So if you're interested just click on the state then click on a city or location and viola you get a list of all the scams currently happening in *your* neighborhood! Then click on the date to read the details of each scam listed!

<https://www.bbb.org/scamtracker/us/>

To Report a Scam, visit:

<https://www.bbb.org/scamtracker/us/reportscam>

Valentine's Wishes



WE ALWAYS NEED USED INK CARTRIDGES!

THE ALZHEIMER'S FOUNDATION OF AMERICA

(AFA) sent a letter to President Obama, requesting that an additional \$1 billion be appropriated for Alzheimer's research in the Administration's budget for fiscal year 2017 (FY'17). AFA also requested \$40 million in enhanced investments for caregiver supports and services in FY'17. (*Dementia Caregiver Resources is a member organization of AFA*).

BREAST CANCER GENE IMPLICATED IN ALZHEIMER'S

BRCA1, a DNA repair protein best known for its ties to breast cancer, appears to matter for Alzheimer's disease as well.

<http://www.alzforum.org/news/research-news/breast-cancer-gene-implicated-alzheimers>

THANK YOU to our FEBRUARY 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



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