

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH FEBRUARY 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### FEBRUARY SUPPORT GROUPS

- FEB 3 & 17** *Grand Villa Largo* 9:30 AM  
750 Starkey Rd. Largo 33771 (727)586-0108
- FEB 7 & 21** *St. Mark Village* 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580
- FEB 7 & 21** *Grand Villa Largo* 6:00 PM
- FEB 15** *Palms of Largo – REGAL* 2:30 PM  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

### MARCH SUPPORT GROUPS

- MAR 3 & 17** *Grand Villa Largo* 9:30 AM
- MAR 7 & 21** *St. Mark Village* 9:00 AM
- MAR 7 & 21** *Grand Villa Largo* 6:00 PM
- MAR 15** *Palms of Largo – REGAL* 2:30 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### ALL BY MYSELF

Several popular musicians have recorded this ballad dealing with loneliness, but isolation is one of the worst possible things. The brain needs the stimulation of social contact: being involved with people promotes feelings of belonging, caring and empathy which triggers the "feel good" hormones in the brain. Turn off the TV, and tune into life. Your brain will reap the benefits.



Take a tour of ARDEN COURTS PALM HARBOR, and get a free copy of "The Dementia Caregiver's Little Book of Hope". Call (727)771-1600 to schedule your tour.

☺ Quote from the book: CREATING MOMENTS of JOY for the PERSON with ALZHEIMER'S: **"My mother knows what buttons to push because she sewed them on."**

Sean W. Scott  
Elder Law Attorney

The Florida Medicaid Nursing Home eligibility numbers as of January 1, 2017: The Medicaid applicant's gross monthly income cannot exceed \$2,205.00. If the applicant's income exceeds that level, a *qualified income trust*, composed solely of the applicant's income, must be established in order to qualify for Medicaid eligibility.

Please call us for a free consult: (727)539-0181 or visit: <http://www.virtuallawoffice.com/>



**HOSPITAL ADMISSION STATUS** affects Medicare coverage of skilled nursing services, and it can cost patients thousands of dollars. Medicare requires a **three-day** hospital *inpatient* stay minimum before it will cover the cost of rehabilitative care in a skilled nursing care center. If you or your Loved One are not "Admitted" but just put under an "Observation" stay, regardless of length, this **will not** count toward Medicare's requirements – Observation is considered to be an **outpatient service**. Medicare officials are working to finalize a notice that will inform patients that they are receiving observation care that is now required under a federal law that went into effect in August 2016. Hospitals will likely begin using the notices in January. If necessary, you can request the hospital's *patient advocate* for assistance. Tell the hospital the patient wants their status changed to admitted because the care is "*medically necessary*" and needs an "*inpatient hospital level of care.*"



Light for the Journey - Courage for the Soul

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)      [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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### HONORING WISHES

One of the hardest things we do as caregivers is to watch our family member being slowly taken away from us, either through physical disease or a form of dementia. It is so critical that all legal documents and final wishes are put in writing before things progress beyond the point of reason. It is not enough to write down your requests, but also inform family, (spouse, children, siblings, etc.) of exactly what you want when "that time" comes. Have a family gathering and discuss these important end-of-life decisions. This way, your caregivers can allow you to complete your final transition with the respect and dignity you deserve. One caregiver's father told him: "I took the time to think through and write down my wishes; you take the time to honor them."

### INTERESTING FACTS ABOUT CREMATION

Pinellas County has one of the highest rates of cremation in the nation – over 70%. Did you know that cremation was allowed by the Catholic Church as early as 1963! The ongoing issue is that according to the Vatican's Decree, the cremains are to be buried or deposited in a consecrated place in a Catholic Cemetery in their *entirety*. The ashes are not to be scattered, made into jewelry or divided among family members.

**The Alzheimer's Foundation of America (AFA)** is offering several weekly phone based caregiver support groups:

- General Caregiver Support Group
- Caring for a Spouse Support Group
- Young Onset Spousal Support Group
- Professional Caregivers Support Group

Call them at **1(866)232-8484** for days and times.

### FIVE BIG STEPS TO PERSONAL GROWTH

As we march down the dementia path, there are many obstacles in our way. Some of these are long-standing personal issues and perhaps you will want to look at this short list to see if you can create change instead of the old patterns of constant inner chatter or grumping.

1. Practice ACCEPTANCE
2. Change your past suffering(s) into a brand new Focus of Awareness
3. Become Humble
4. Learn to Forgive
5. Be Willing to Heal

**THANK YOU to our FEBRUARY SPONSOR**



**Tina M. Costa, RN - ACCOUNT EXECUTIVE**  
Cell (813)334-3472

Tina.Costa@Rescare.com

**ResCare Home Care (727)734-7400**

*"ResCare to the Rescue!"*

*ResCare HomeCare helps seniors who want to age in place*  
[www.ResCareHomecare.com](http://www.ResCareHomecare.com)



**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**



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