

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: [karenkarle@knology.net](mailto:karenkarle@knology.net) to be added to e-newsletter distribution list.

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)

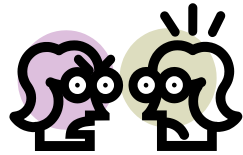
## THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details" THE DEMENTIA DETAILS DISPATCH February 2011

### February Support Groups

Feb. 1 & 15 St. Mark Village 9:30 AM  
Feb. 1 & 15 Grand Villa 6:00 PM  
Feb. 2 & 16 Bon Secours PL 6:00 PM  
Feb. 4 & 18 Grand Villa 9:30 AM  
Feb. 8 Brentwood ALF 10:00AM  
Feb. 8 & 22 Villas of Belleair 1:00 PM

### March Support Groups

March 1 & 15 St. Mark Village 9:30 AM  
March 1 & 15 Grand Villa 6:00 PM  
March 2 & 16 Bon Secours PL 6:00 PM  
March 4 & 18 Grand Villa 9:30 AM  
March 8 Brentwood ALF 10:00AM  
March 8 & 22 Villas of Belleair 1:00 PM



### ADVICE TO CAREGIVERS: REASSURE AND DON'T ARGUE

Dr. Beverly Jones always advises Alzheimer's caregivers, "You will never win an argument with an Alzheimer's patient." "Family members simply cannot recognize how severe the memory loss is," Jones said. "They see the same person on the outside and just can't comprehend how different they are on the inside." Among the tips offered by a team of doctors and senior advocates:

- ⇒ Set up a 'no argue zone'
- ⇒ Keep communication short
- ⇒ Don't correct everything
- ⇒ Don't take away what the Alzheimer's patient can do
- ⇒ Stay on schedule
- ⇒ Don't let the person see you get upset
- ⇒ Don't treat the person like a child
- ⇒ See beyond the upset to the underlying cause

Source: <http://www2.journalnow.com>



### RESTLESS LEG SYNDROME AND NIGHT LEG CRAMPS

Putting a small bar of Ivory Soap between the mattress pad and bottom sheet seems to work for a lot of folks who have *Restless Leg Syndrome and Night Cramps*. Hard to believe this easy solution works, but it does for many.



### TAX DEDUCTIONS & CREDITS

The costs associated with the care needs of persons with dementia is high. Caregivers pay for a lot of care related expenses out of pocket. This is a short list of items that may be eligible as IRS tax deductions.

- ⇒ Transportation essential to medical care
  - ⇒ In-home care
  - ⇒ Personal care items (*i.e.*: disposable briefs and special foods)
  - ⇒ Nursing home /Assisted living Care
  - ⇒ Home modifications (*i.e.*: grab bars and wheel chair ramps)
  - ⇒ "Child and Dependent Care Credit"
- Visit: <http://www.irs.gov/>



*When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice --- WHITE ELK*



*Enhance the Dementia Caregiving Journey!*

Your tax deductible donations can now be made with a credit card on our website!

**We still need INK CARTRIDGES.**

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### ANNUAL WELLNESS VISIT

A health risk assessment, for which the Department of Health and Human Services is to develop guidelines includes:

- ⇒ Individual and family medical history
- ⇒ A list of current providers providing care
- ⇒ A list of prescription medications
- ⇒ Height, weight, and body mass index (BMI) or waist circumference measurements
- ⇒ Blood pressure measurements
- ⇒ **Detection of cognitive impairments**
- ⇒ A screening schedule for appropriate preventive services over the next five to ten years



### NEW RECOMMENDED DIETARY ALLOWANCES FOR VITAMIN D AND CALCIUM

**Vitamin D** Adults up to age 70 need 600 IU (*international units*) daily, up from 400 IU in 1997.

Men and women 71 and older need 800 IU, up from 600 IU.

**Calcium** Men need 1,000 mg daily until age 71, down from 1,200 mg in 1997.

Women, beginning at age 51, and both men and women over age 71, need 1,200 mg of calcium a day, the same as in 1997.

*Studies have linked these two nutrients, both individually and combined, to a surprisingly wide range of health benefits, including lower blood pressure, reduced risk of bone fracture and decreased risk of breast cancer, as well as protection against heart disease, Parkinson's disease and type 2 diabetes. Source: <http://www.aarp.org/>*

### DEMENTIA - EXISTING IN ISOLATION

Mary-Ann Billington is never sure which language her mother will use - as if the 85-year-old's brain, stricken with Alzheimer's disease, has jumbled her words. Ask her a question in Dutch, the language of her childhood, and she might answer in English, which she learned fluently as an adult. She merges Dutch and English into one sentence, or makes up words altogether. She gets frustrated when she isn't understood. "We would just nod and smile if we didn't understand what she was saying," said Ms. Billington, a researcher with Statistics Canada. But imagine that in an already darkening world, where dementia has made the familiar strange, the people wheeling you to the dining room or helping you into the bathtub speak words that you don't recognize. Dementia is already an isolating disorder. But it becomes even more complicated because patients, with their memories collapsing back to childhood, often lose their ability to speak English if they learned the language later in life. In Canada, where 20 per cent of an aging population has a mother tongue other than English or French, that means a huge strain on families looking for good care, and will require a radical shift in the country's health-care services.

Source: <http://www.theglobeandmail.com>

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727.579.9414

[tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

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Together for Care...in addition to Care

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