

DEMENTIA CAREGIVER RESOURCES, INC.

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

THE DEMENTIA DETAILS DISPATCH FEBRUARY 2014

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.

Visit our website www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997

FEBRUARY SUPPORT GROUPS

Feb. 4 & 18 **Grand Villa Largo** 6:00 PM
Feb. 7 & 21 **Grand Villa Largo** 9:30 AM
750 Starkey Rd. Largo (727)586-0108
Feb. 4 & 18 **St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
Feb. 5 **Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
Feb. 12 **Grand Villa Pinellas Park** 4:00 PM
8980- 49th St. N. Pinellas Park (727)546-4053

MARCH Support Groups

Mar. 4 & 18 Grand Villa Largo 6:00 PM
Mar. 4 & 18 St. Mark Village 9:00 AM
Mar. 5 Bon Secours Place 6:00 PM
Mar. 7 & 21 Grand Villa Largo 9:30 AM
Mar. 12 Grand Villa Pinellas Park 4:00 PM



Recently one of my caregivers related a story about the nursing home where his wife is in long-term care: "When I was visiting my wife, the caregivers came in to clean and change her. They asked me to step outside the curtains and come back in a few minutes. I told them that we have been married over 60 years and had five children. I told them there is nothing you can show me or try to shelter me from that would surprise me. I would like to stay" He stayed!

FRANKLIN'S DEMENTIA PREVENTION TIP

OATMEAL -- Talk about a comfort food! Oatmeal is a complex carbohydrate; it causes your brain to produce serotonin (a feel-good chemical) and it also has antioxidant properties. Studies have shown that who eat oatmeal for breakfast stay sharper throughout the morning.



TAXES for 2013

Questions you may want to consider when gathering information for the 2013 tax year

1. Can you claim a parent as a dependent?
2. Did you know that the IRS changed the medical & dental expenses deduction to 10% of Adjusted Gross Income (AGI)?
3. What kind of charitable contributions or donations did you make?
4. Did a parent sell their house?
5. Are you being paid to be a caregiver?
 - a) Is this considered taxable wages?
6. Did a parent pass away in 2013? The IRS requires a final tax filing for that person.

For more information, visit:

<http://www.irs.gov/>

and/or consult with your tax advisor.

Sean W. Scott
Elder Law Attorney

Did you know that The Law Offices of Sean W. Scott offers free monthly seminars in Largo, Seminole, St. Petersburg, Palm Harbor, Sun City and New Port Richey? These two hour seminars have critical information that can be very important to get a better understanding of long-term care, legal and financial issues. For dates and reservations, Call: 727.539.0181

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

Member Organization of:



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BRAIN IS FULL

Scientists are now saying older people do not decline mentally with age, it just takes them longer to recall facts because they have more information stored in their brains. Much like a computer slows down as the hard drive gets full up, so do aged humans take longer to access information. *Researchers say this slowing down is not the same as cognitive decline.*

Visit: <http://www.telegraph.co.uk/>



According to the director of the **US NATIONAL INSTITUTE of MENTAL HEALTH**

"Antipsychotic drugs, which are commonly prescribed to treat psychosis, agitation and aggression in Alzheimer's patients, are essentially no more effective than a sugar pill, new research suggests." Two of the drugs studied in a multi-center trial did seem to ease some symptoms, but the advantages were offset by the severity of the side effects. *For more information, visit:* <http://www.nimh.nih.gov/health/topics/index.shtml>



TIDBIT FROM DEAR ABBY

"There are two types of people: those who come into a room and their attitude says, "Here I am!" and those who come into a room and their attitude says, "There you are!" The moral here is that the happier you are to see others, the happier others will be to see you!"



Karen has proven her direct lineage and ancestry (with Jeff's help) to the 1600's in this country. She was accepted into the **National Society Colonial Dames XVII Century** in January, 2014. The spirit of the Colonial Dames XVII Century is reflected in its 11,500 members who honor the hardships and heroism of those who sought spiritual and economic freedom in the wilderness of this new world.

THANK YOU to our **FEBRUARY SPONSOR**
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