

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH FEBRUARY 2018

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org

FEBRUARY SUPPORT GROUPS

♥ February 6 & 20 St. Mark Village 9:30 AM

2655 Nebraska Ave. Palm Harbor (727) 785-2580

♥ February 6 & 20 Grand Villa- Largo 6:00 PM

750 Starkey Rd. Largo 33771 (727) 586-0108

MARCH SUPPORT GROUPS

♣ Feb. 6 & 20 St. Mark Village 9:30 AM

♣ Feb. 6 & 20 Grand Villa- Largo 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **B = Blood Flow**: Low blood flow is the #1 brain imaging risk for Alzheimer's. Exercise and ginkgo help to boost blood flow. Pistachios raise a chemical called arginine, which helps blood vessels become wider.

Visit: <https://www.amenclinics.com/>



Gut Bacteria has become big news. We hear much about the powerful effect tiny microbes have on our health and wellbeing, and are likely to hear more. That's because our gut *microbiome* (the combination of gut bacteria), apart from aiding digestion, is closely linked to our immune system. It's thought to play a role in conditions like Parkinson's diseases, heart disease, cancer, multiple sclerosis, autism, asthma, allergies, arthritis, depression and diabetes.

Sean W. Scott
Elder Law Attorney

The Personal Representative of Your Will

To qualify to serve as a personal representative, an individual must be either be a Florida resident or, regardless of residence, a spouse, sibling, parent, child or other close relative of the decedent. An individual who is not a legal resident of Florida, or who is not closely related to the decedent, **cannot serve** as a personal representative. For more information, *please call our office for a free consult: (727)539-0181* <http://www.virtuallawoffice.com/>

In America, 75% of opioid addiction starts with a prescription.

Nearly 12 million Medicare beneficiaries received at least one prescription for an **OPIOID Painkiller** in 2015 at a cost of over \$4.1 billion, according to a federal report that shows how common the addictive drugs are in many older Americans' medicine cabinets. An average of five Prescriptions or refills for **OxyContin** and **fentanyl** were given to elders. This raises concerns about over-use and abuse. Over-dose risk for older Americans is heightened by medication interactions and alcohol. Addiction is a big risk factor, and doctors could be making suggestions to their patients to consider alternatives for chronic pain, such as meditation, yoga, walking, weight loss, and physical therapy referrals, which could benefit patients without drugs, and help to minimize opioid use.



Light for the Journey - Courage for the Soul

Member Organization of:



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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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Enrolling in the Florida Brain Bank

Registration takes some time (plan on 6-8 weeks). All participants must be registered prior to time of death and must reside in the state of Florida at time of enrollment and of death. Knowing that their loved one has made a significant contribution to the body of research that is seeking a cure for Alzheimer's disease helps to provide closure during the difficult time of loss. The family can find comfort in knowing that the most precious gift given by their loved one has gone on to help countless others. The Brain Bank better prepares the caregiver for the future and can motivate them to understand the role *lifestyle choices* may have in reducing the potential risks for developing Alzheimer's disease. **For more information:** <http://elderaffairs.state.fl.us/doea/BrainBank/index.php>



Early-onset Alzheimer's (*not to be confused with early stages*) strikes less than 5% of all people with the degenerative brain disease. It can develop in people as young as their 30's and 40s and it's sometimes mistaken for depression or other psychiatric disorders at first. Symptoms may not start with typical memory loss, instead there may be changes in mood or behavior, or changes in judgment or organizing skills. Alzheimer's is a progressive and irreversible disease that attacks nerve cells in the brain, causing memory loss and damaging thinking skills.

Home Health services are often short bursts of services that focus on recovery or improvement from a hospital, rehab stay, or medical set back. This intermittent care is usually covered by Medicare, Medicaid, or another type of health insurance and requires a physician's order.

THANK YOU to our February Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER
Cell (813)334-3472 Tina.Costa@Rescare.com
ResCare Home Care Office: (727)734-7400
ResCare HomeCare helps seniors who want to age in place
www.ResCareHomecare.com



Can you make a tax deductible donation?

There are so many caregivers who need support services & information.

DCR, Inc.

PO Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



HAPPY
VALENTINE'S
DAY



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Alzheimer's Foundation of America
Together for Care...in addition to Care

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