

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH FEBRUARY 2022

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

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www.dementiacaregiverresources.org



### SUPPORT GROUPS

If you would like to attend support groups, (for current caregivers) please make sure to call the community the day before to let them know you are attending.

◦ **FEBRUARY 10<sup>th</sup>** 10:15AM - 11:30AM

**ARAVILLA Clearwater** Memory Care  
3055 Union St. Clearwater (727) 260-2826  
[t.dacey@aravillaclearwater.com](mailto:t.dacey@aravillaclearwater.com)

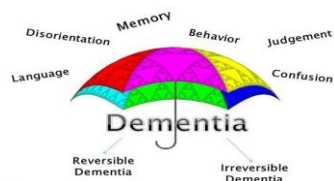
### Upcoming - SPECIAL PRESENTATIONS

The INN at FREEDOM SQUARE

**Making Sense of Memory Loss - 10:00AM**

**Friday February 4** and **Tuesday March 8**

RSVP to: Marsha Thompson (727)398-0324  
[thompsonmarsha@freedomsquarefl.com](mailto:thompsonmarsha@freedomsquarefl.com)  
10801 Johnson Blvd. Seminole 33772



### Walking Patterns Change Before Memory and Recognition Problems Start to Show

**Lewy body** dementia has an impact on how well you can walk, as well as having an effect on your alertness and attention span. It's because of this that many are wrongly diagnosed with **Alzheimer's**. A recent study looked at different ways people with the two conditions walked. This included the speed, how their steps change as they walk and the length of the step. People walked across a mat with thousands of sensors inside, which created an electronic footprint. The footprint gave researchers information about the walking pattern, such as how long it took them to make a step and how much their steps change as they walk. They found that

people with both types of dementia could be distinguished from the normal aging group based on their walking pattern. Lewy body dementia had a unique walking pattern that distinguished them from those with Alzheimer's disease. Their steps were even more variable and asymmetric when they walked.

<https://nypost.com/2021/11/22/how-you-walk-could-be-early-warning-sign-of-dementia-experts/>

Sean W. Scott  
Elder Law Attorney

### ASSET TRANSFERS

The most common cause for denial of Medicaid benefits is a transfer or gift of assets. Generally, transfers of assets prior to application for Medicaid benefits is a bad thing that will result in disqualification. Medicaid will look back *five years* from the date of application to see if **ANY** assets were given away. There is generally no safe amount of gift or any excluded person or entity although there are some exceptions. If a disqualifying gift has been made though, it can be "undone" by giving the gift back. One thing that needs to be clear: If you have not planned five years in advance you can still fix this problem. The five-year issue is a common misconception. You will have to disclose a gift, but you can fix the problem and still become eligible for Medicaid benefits.

For a free consult, call: (727)539-0181

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



Light for the Journey - Courage for the Soul



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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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### CATARACTS and DEMENTIA

Older people who have cataracts removed may be gaining more than better vision. Research published in JAMA Internal Medicine suggests that they are nearly 30 percent less likely to develop dementia, including Alzheimer's disease, than are people with cataracts who do not have the surgery. The key, the researchers say, may be the restoration of vision that comes with cataract surgery. A cataract is a cloudy area that can develop in the lens of the eye, almost always caused by normal changes in the eye that come with age. Proteins in the lens tend to break down and clump together, according to the National Eye Institute, creating the cloudy area. This can lead to such symptoms as blurred vision, sensitivity to light and difficulty seeing at night. The only treatment is surgery. The researchers noted that visual impairment has been identified as a dementia risk factor, in part because it can lead to social isolation and decreased cognitive stimulation. But by restoring vision, they wrote, cataract surgery may help delay or prevent the development of dementia. By comparison, the researchers found no differences in risk for dementia among people who did or did not have glaucoma surgery, which does not restore vision. Glaucoma is a condition that attacks the optic nerve.

### PARKINSON'S

Parkinson's disease (PD) affects about 1 million Americans, with 60,000 new cases each year. And in the three decades since Michael J. Fox's diagnosis, Parkinson's has been the fastest-growing brain disease; only Alzheimer's disease

affects more people. Doctors describe Parkinson's as a neurodegenerative disorder. The brain cells are dying. Neurons in the brain that control movement and mood degenerate. That's why both physical disability and depression are hallmarks of the disease. The causes of Parkinson's are still a mystery, and about 15% of people may have a genetic mutation that puts them at risk. Head injuries or exposure to certain environmental toxins may play a role, too. The earliest signs of PD can include a decreased sense of smell, recurring constipation, and sleep problems. As the brain neurons degenerate, patients may develop gait and balance issues; over 70% also develop tremors. Psychological symptoms include anxiety, cognitive changes (such as memory and attention deficits and impulse control) and sleep disorders. Recent studies have found a possible link between Parkinson's and an imbalance of bacteria in the digestive tract. Studies have also found that a nasty bacterium called *H. pylori* can interfere with absorption of the primary Parkinson's drug, levodopa. <https://www.aarp.org/health/brain-health/info-2021/parkinsons-research.html>



**Your donations make all the difference**  
**WE ALWAYS NEED USED INK CARTRIDGES**



**We are celebrating our 25<sup>th</sup> year**  
**of assisting caregivers ♥**

**DEMENTIA CAREGIVER RESOURCES, INC.**  
**P.O. Box 7677 - Seminole, Florida 33775**



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