

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE HELP HEART  LIGHT GROWTH LOVE

Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) Organization

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

## THE DEMENTIA DETAILS DISPATCH JANUARY 2013

### JANUARY 2013 SUPPORT GROUPS

Jan. 2 & 16 Bon Secours PL 6:00 PM  
10401 Roosevelt Blvd. St. Petersburg 727-563-9733  
Jan. 4 & 18 Grand Villa 9:30 AM  
Jan. 14 Seasons Memory 9:30 AM  
Call for current information 727-282-5303  
Jan. 15 Grand Villa 6:00 PM  
750 Starkey Rd. Largo 727-586-0108  
Jan. 15 St. Mark Village 9:30 AM  
880 Highlands Blvd. Palm Harbor 727-785-2580

### February 2013 Support Groups

Feb. 1 & 15 Grand Villa 9:30 AM  
Feb. 5 & 19 St. Mark Village 9:30 AM  
Feb. 5 & 19 Grand Villa 6:00 PM  
Feb. 6 & 20 Bon Secours PL 6:00 PM  
Feb. 11 SEASONS 9:30 AM

  
Sean W. Scott  
Elder Law Attorney

### DEBT AFTER DEATH?

Medical Debt: If your name is not on the bill, then you do not have to pay the debt. A collection agency may tell you that you are liable even if you are not. Learn your rights under the **FDCPA** (*Fair Debt Collection Practices Act*) on third party collection of debts.

<http://www.ftc.gov/os/statutes/fdcpa/fdcpact.shtm>

For more information call: **727.539.0181**

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



### U.S. CAREGIVING

#### STATISTICS

29 percent of American adults served as family caregivers in the past year, according to the **National Alliance for Caregiving**. That's nearly 66 million people.

- ✓ Most caregivers are female--about 59 to 75 percent.
- ✓ About two-thirds of family caregivers work full-time.
- ✓ There are equal numbers of caregivers in urban, suburban, and rural areas.
- ✓ 5.7 million Grandparents live in the same household with their grandchildren, according to the U.S. Census Bureau. 2.4 million of them are the grandchildren's primary caregivers.
- ✓ African American families have the most caregiving grandparents, at 52 percent.
- ✓ 906,000 households have a child caring for a sick sibling, parent, or aging relative.
- ✓ Many caregivers of older people are older themselves--63 is the average age of a person caring for someone over age 65.
- ✓ Nearly half of elderly lesbian, gay, bisexual, and transgendered people provide caregiving to either their own families or families they choose to help.
- ✓ The number of caregivers is expected to rise. Two-thirds of the U.S. population expects that they will be caregivers at some point in the future.
- ✓ Between 5 and 7 million caregivers provide assistance from a distance, and that number is expected to double in the next 15 years.

### 2013 RESOLUTIONS

LESS SUGAR (YOU'RE SWEET ENOUGH ALREADY) EAT MORE  
SAY NICE THINGS DON'T FORGET TO GREEN THINGS  
ABOUT OTHERS BREATHE  
THIS TOO SHALL PASS DRINK MORE WATER  
MAKE NEW (OR RECREATE) A BREAK YOUR BODY IS 55% WATER AFTER ALL  
FRIENDS YOU'RE TALK LESS ADD MORE  
DOING GREAT LISTEN MORE TO YOUR LIFE  
CHOOSE TO BE HAPPY GET MOVING EVEN IF IT'S JUST AROUND THE BLOCK  
TAKE RISKS STEP OUTSIDE OF YOUR NORMAL ROUTINE  
FORGET MILESTONES SMILE  
REMEMBER MAGICAL MOMENTS

Member Organization of:

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

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## THE DEMENTIA DETAILS DISPATCH JANUARY 2013



### TOUCHING THE HEART ♥ AND SOUL

A wonderful CNA (Certified Nursing Assistant) who works two jobs was in one of my recent trainings. She was a star pupil and raised some interesting questions as well as having some "ah-ha" moments. We were discussing the no-rinse shampoos and soaps that are available. She said that often she goes to the store and purchases some favorite bar soap for her residents. She does this because the facility she works in only has an all-purpose liquid soap that some of her residents do not care for. She pays for this out of her own pocket, as these residents do not have family that visit them often or only have a guardian. This act of kindness comes from the heart. She is making minimum wage, caring for elder persons with a form of dementia and she goes out of her way to make a difference for their quality of life.



### DRUGS THAT INTERACT WITH GRAPEFRUIT ON THE RISE

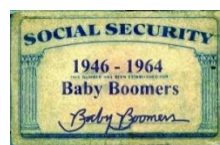
The number of drugs that can be risky when taken with grapefruit is on the rise, largely due to the influx of new medications and chemical formulations, a new study shows. As it stands, there are now more than 85 drugs that may interact with grapefruit. The number of drugs that may result in potentially fatal side effects when mixed with grapefruit increased from 17 to 43 during the past four years. This equates to more than six new potentially risky drugs a year. The list includes some **statins that lower cholesterol** (such as atorvastatin, lovastatin, and simvastatin), **some antibiotics, cancer drugs, and heart drugs**. Most at risk are older people who use more prescriptions and buy more grapefruit. *Source:*

<http://www.medscape.com/viewarticle/775217>

### THE TOP MAYO CLINIC TIPS FOR MEDICAL APPOINTMENTS

1. Schedule wisely
2. Be prepared
3. Be specific
4. Take notes
5. Consider the future
6. Ask for referrals or recommendations
7. Deal promptly with conflict

<http://www.mayoclinic.com/health/caregivers/MY00395>



Many people born between 1945 and 1964 or "baby boomers" are beginning to worry about Alzheimer's disease. Millions are already caring for their parents and watching them fade away, and they realize they may be next in line. Although there is currently no cure, scientists believe there are ways to lower the risk of developing Alzheimer's disease by continually "exercising" our brains and choosing foods in the Mediterranean Diet.

### ENHANCE THE DEMENTIA CAREGIVING JOURNEY! YOUR TAX DEDUCTIBLE DONATIONS ARE ALWAYS APPRECIATED TO ASSIST FELLOW CAREGIVERS!

THANK YOU to our **JANUARY SPONSOR**

**ARCADIA** Home Care & Staffing



**TINA COSTA – Operations Director**

**727.579.9414** [tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

"Keeping People at Home and Healthier Longer"

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