

DEMENTIA CAREGIVER RESOURCES, INC.

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

THE DEMENTIA DETAILS DISPATCH JANUARY 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

JANUARY SUPPORT GROUPS

Jan. 3 & 17 Grand Villa 9:30 AM

Jan. 7 & 21 Grand Villa 6:00 PM

750 Starkey Rd. Largo (727)586-0108

Jan. 7 & 21 St. Mark Village 9:00 AM

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

NEW

Jan. 8 Grand Villa Pinellas Park 4:00 PM

8980 49th St. N-Pinellas Park (727)546-4053

Jan. 15 Bon Secours Place 6:00 PM

10401 Roosevelt Blvd. St. Pete (727)563-9733

FEBRUARY Support Groups

Feb. 4 & 18 Grand Villa -Largo 6:00 PM

Feb. 4 & 18 St. Mark Village 9:00 AM

Feb. 7 & 21 Grand Villa - Largo 9:30 AM

Feb. 5 Bon Secours Place 6:00 PM

Feb. 12 Grand Villa-Pinellas Park 4:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP

Join us for a special free

DEMENTIA PREVENTION EVENT

that Jeff & "Franklin" will put on at

NATURES FOOD PATCH

6:30PM Thursday -January 30, 2014

1225 Cleveland St. - Clearwater

727-443-6703



Sean W. Scott
Elder Law Attorney

The new 2014 Medicaid Fact Sheet is available.

Important items include: Income & Asset Limits; "Look Back Periods"; and frequently asked questions like: "Why do I need an attorney specifically trained in Medicaid qualification?"

Visit our updated website for more information.

Call: 727.539.0181

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



Be Your Best Self

Have you ever wanted to do an inner make-over? Can you banish and do away with all of the fears, regrets, shoulda's, coulda's and woulda's? This is a brand new year and we can change things for the better. Make those resolutions to do things you have wanted to do but were afraid to do: spend the money, create the energy, or take a risk. Are you with people who you love? Are you honoring your promises and commitments? Do you forgive others? Are you caring for yourself? And really important is how are you minimizing your burden for others? Have you made your final pre-planning documents and decisions? The time is now...the satisfaction of realizing you changed your life-script in significant ways will last a lifetime and beyond!



ROSEMARY & MEMORY

Researchers in the UK discovered that when the essential oil of rosemary was diffused into a room, it enhanced a persons' ability to remember past events and reminded them to do tasks planned for the future...like mailing a birthday card. The test concluded that cognitive functioning in healthy people and memory impaired persons' outperformed subjects in the control group who were not exposed to the oil of rosemary aroma.

Member Organization of:



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HEALTH DANGERS OF TRANS FATS

Trans Fats are found in stick margarine, frosting, pie crusts, crackers, doughnuts and microwave popcorn products. The American diet is full of artificial trans-fats which creates clogged arteries. The FDA is proposing to ban them from restaurants and supermarkets by 2016.



BEING BILINGUAL MAY SLOW DEMENTIA

Do you speak two languages? If so, you are better protected from dementia! Researchers have found a 4 ½ year delay of dementia in bilingual people and suggest that education levels alone cannot explain the differences.



Most Alzheimer's MEDICATIONS

are covered under Medicare's Part D prescription drug plans, but plans vary on co-payments. If you have a Part D plan, use the Medicare Plan Finder tool at <https://www.medicare.gov/find-a-plan/questions/home.aspx> to compare your plan's total drug costs against other plans to be sure you're getting the best coverage.



HEAD INJURIES

A history of concussion involving at least a momentary loss of consciousness may be related to the buildup of Alzheimer's disease-associated plaques in the brain, according to a recent study at Mayo Clinic in Rochester, MN.

THANK YOU to our JANUARY SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414 tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"



**A HUGE THANK YOU TO JIM BOWMAN
AT ST. MARK FOR HIS ONGOING EFFORTS IN
GATHERING USED INK CARTRIDGES...**

**You are making a difference for this non-profit
organization!**

WE ALWAYS NEED USED INK CARTRIDGES!

Your Tax Deductible Donations can be sent to:
DCR, Inc. - PO Box 7677 - Seminole, FL 33775

Member Organization of:

