

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH JANUARY 2019

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org

### JANUARY SUPPORT GROUPS

*\*Note: The 1st Tuesday groups will meet the 2nd Tuesday – just for January*

**\*Jan. 8 - The Preserve** at Clearwater **9:30AM**  
2010 Greenbriar Blvd. CLW (727)735-6200

**\*Dec. 8 & 15 - Grand Villa - Largo 6:00 PM**  
750 Starkey Rd. Largo 33771 (727)586-0108

### ♥February SUPPORT GROUPS

February 5 - The Preserve Clearwater **9:30 AM**

February 5 & 19 Grand Villa Largo **6:00 PM**

**DEMENTIA CAREGIVER RESOURCES will be doing a special dementia education event:**

**WHEN: MONDAY – JANUARY 21, 2019**

**TIME: 10:30 AM – NOON**

**WHERE: Lutheran Church of the Palms**

2250 Nebraska Ave - Palm Harbor, FL 34683

**RSVP: (727) 733-6537**



**For 2019, we will focus on the many different kinds of dementia**



80% of people with Lewy Body Dementia (LBD) experience visual hallucinations (seeing things that aren't really there). However, a large percentage of those with LBD also have sensitivity to medications for hallucinations (these are called anti-psychotics), which can lead to worsening of certain symptoms. An ongoing clinical trial is enrolling participants to learn if **PIMAVANSERIN** is both safe and effective for people with dementia, including LBD. *For more information, visit:*

[https://www.lbda.org/harmonystudy?utm\\_source=site&utm\\_medium=interstitial2&utm\\_campaign=acadia](https://www.lbda.org/harmonystudy?utm_source=site&utm_medium=interstitial2&utm_campaign=acadia)



Come to one of our live monthly Florida Medicaid Seminars and learn how to navigate the maze of Medicaid to pay the cost of care in a nursing home or assisted living facility. Most are presented at a local library near you. If you can't make it out to see us live then we still want you to get the information you need on how to pay for nursing home and assisted living care.

*For more information or to make an appointment for a free consult, call or visit: (727)539-0181 <http://www.virtuallawoffice.com/>*



The **Walabot HOME** is the first automatic fall detection device that doesn't need to be worn. Traditionally, if you're concerned about falls, people would wear a fall-detection bracelet or pendant, which can be very helpful. But there are some situations where having those are not so convenient, or your loved ones just don't want to wear them. The Walabot HOME, is a device that's placed on your bathroom wall and sends out radio signals –almost like a Wi-Fi signal pulse. What it does is to detect when people come in, and if a fall happens, it can identify it. Then, the device will call anyone that you designate and it'll give you a direct line to talk to your loved one who has fallen. For more information: <https://store.walabot.com/home/checkout/>



*Light for the Journey - Courage for the Soul*

Member Organization of:



©2018 - A 501(c)(3) Non-Profit Organization since 1997

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.

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH JANUARY 2019

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

[drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)

**THE MOBILE LIBRARY BOOKMOBILE** will be launched in January. It is designed to reach the underserved populations of Largo – this includes people with mobility issues and low-performing school populations. You can do everything on the bookmobile that you can do in the library – it is a moving branch. The library is looking for additional stops to include: assisted living facilities, community centers, and special events. For more information: <http://largopubliclibrary.org/> (727)586-7398



### LIFE-LONG LESSONS FOR CAREGIVING



What a gift it is to visit and re-connect with family and friends over the holidays. The Facebook postings have been especially nice to see how others celebrate their moments. One of the most precious memories I will enjoy is my Chicago “Framily” (a blend of family and friends). The honesty and “grown-up” talks about near and dear folks was full of heart and soul. The caring and the “can-do” efforts that go into caring for people as they get different health issues is a learning curve and one of our life-long lessons. Looking back, it was the lessons **we** learned and now this has come full-circle. The examples we witnessed are now becoming a part of our daily inter-actions and continuing life education that we can pass along to the next generations. Including the kids in the conversations, allowing them to share their feelings, and showing how much we love is a beautiful thing. We also need to know when to step away for self-preservation. We have witnessed way too many caregivers who die before their Loved One. They are simply worn out. The big take away is to put your oxygen mask on first. Two or more of you will benefit!



### DID YOU KNOW?

Medicare Part B covers Podiatrist foot exams or treatment if you have diabetes-related nerve damage or need Medically necessary treatment for foot injuries or diseases, like hammer toe, bunion deformities, and heel spurs.

*Medicare doesn't usually cover routine foot care, like these:*

- Cutting or removing corns and calluses
- Trimming, cutting, or clipping nails
- Hygienic or other preventive maintenance, like cleaning and soaking your feet

### Your costs in Original Medicare -

You pay 20% of the Medicare-approved amount for Medically necessary treatment provided by your doctor, and the Part B Deductible applies. Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

### WE ALWAYS NEED USED INK CARTRIDGES

**Can YOU make a difference with a Tax Deductible Donation?**

**DCR, Inc.**

**P.O. Box 7677**

**Seminole, FL 33775**



*Light for the Journey - Courage for the Soul*

Member Organization of:



©2018 - A 501(c)(3) Non-Profit Organization since 1997

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.