

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: [karenkarle@knology.net](mailto:karenkarle@knology.net) to be added to e-newsletter distribution list.

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

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

## THE DEMENTIA DETAILS DISPATCH July 2011

### JULY Support Groups

July 1 & 15	Grand Villa	9:30 AM
July 5 & 19	St. Mark Village	9:30 AM
July 5 & 19	Grand Villa	6:00 PM
July 6 & 20	Bon Secours PL	6:00 PM
July 12	Brentwood	10:00AM
July 12	Villas of Belleair	1:00 PM

### AUGUST Support Groups

Aug. 2 & 16	St. Mark Village	9:30 AM
Aug. 2 & 16	Grand Villa	6:00 PM
Aug. 3 & 17	Bon Secours PL	6:00 PM
Aug. 5 & 19	Grand Villa	9:30 AM
Aug. 9	Brentwood	10:00AM
Aug. 9 & 23	Villas of Belleair	1:00 PM

### Our next EXPERT PANEL EVENT

**July 26** Villas of Belleair **10:00 AM-1PM**

Join us for this **free** event - Light Lunch will be provided. RSVP: 467-9464

1. **Jack Feeney, DMD**  
Oral and Dental Care
2. **Kim Linder**  
Host - The Caregiver Hour
3. **Michelle Cline, SRES**  
Real Estate Consultant
4. **Tina Costa**  
Arcadia Home Care & Staffing



Our lives seem to be busier than ever. We are constantly on the go...but, it is all good stuff and we do not want to miss a thing. May your holiday weekend be full of fun, flamingos, and fireworks.



Happy Birthday Karen -- Born on the 4<sup>th</sup> of July



### ½ BODY WEIGHT IN FLUIDS PER DAY

Some experts believe you can estimate the amount of water you need by taking your weight in pounds and dividing that number in half. That gives you the number of ounces you may want to drink each day. *For example, if you weigh 150 pounds, you might want to drink at least 75 ounces of water or other fluids per day.* Symptoms of mild dehydration include chronic pains in joints and muscles, lower back pain, headaches and constipation. If you notice a strong odor to your urine, along with a yellow or amber color, you may not be getting enough water. Note that some medications can change the color of urine and riboflavin, a B vitamin, will make your urine bright yellow.



"Rhinestone Cowboy" singer **GLEN CAMPBELL** says he is in the early stages of Alzheimer's disease, and has recorded one last album as a farewell to his fans. Campbell, 75, had been suffering from short-term memory loss for years, but the Alzheimer's diagnosis only came six months ago, according to an interview published in People magazine. "I still love making music," he said. "And I still love performing for my fans. I'd like to thank them for sticking with me through thick and thin." Source: <http://www.reuters.com>

Member Organization of:



322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484

# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: [karenkarle@knology.net](mailto:karenkarle@knology.net) to be added to e-newsletter distribution list.

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

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

## THE DEMENTIA DETAILS DISPATCH July 2011



TEVA PHARMACEUTICAL INDUSTRIES LTD.

The U.S. Food and Drug Administration has approved Teva Pharmaceutical Industries Ltd. to sell a generic version of the Alzheimer's drug Aricept. Jerusalem-based Teva said Wednesday that it has already begun shipping the product, in 5 milligram and 10 milligram tablets.

Source: <http://www.google.com>



### SOUL SEARCHING QUESTIONS TO ASK YOURSELF

1. Are you prepared to take on the responsibility of caregiving?
2. How do you know if you can handle the commitment of having your parent move in?
3. What signals alert you that you are in trouble of getting lost in caregiving?
4. How do you know when caregiving has become too much and it's time to think about other arrangements?

Many of us dove into caregiving with full hearts and no planning, then ended up sustaining this life-altering mode for months and often years. But at some point as a caregiver, you need to have a honest, realistic talk with yourself. You will, eventually need to include others in your final decisions, but some honest, quiet soul searching can help you sort out your own priorities and determine how much you can handle. Source: <http://www.agingcare.com>



Enhance the Dementia Caregiving Journey!

Your tax deductible donations can now be made with a credit card on our website!

**We always need INK CARTRIDGES.**



### NEW FOOD PLATE

The new Food Plate has four colored sections representing fruits, vegetables, grains and proteins. Next to the plate is a smaller circle representing dairy products. Healthier eating choices for you and your Loved One is so important along this dementia journey.



November 4 & 5, 2011 we will be organizing a group to go Orlando for the Naomi Feil (Validation Therapy) Caregiver Conference. This will be a special event with fun, education and fellowship. Please let us know ASAP if you plan on attending.

### Dementia THE ^ CAREGIVER'S LITTLE BOOK OF HOPE

The all new and updated version of Karen's book is now available. Copies can be purchased from our website, at events and support groups. Give one to a friend who may need some help.

THANK YOU TO OUR JULY NEWSLETTER SPONSOR:

**ARCADIA**

Home Care & Staffing



**TINA COSTA**

727.579.9414

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

"Keeping People at Home and Healthier Longer"

Member Organization of:



322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484