

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JULY 2014

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

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

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

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.

Visit website www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997

JULY SUPPORT GROUPS

July 1 & 15 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580

July 1 & 15 Grand Villa Largo 6:00 PM
750 Starkey Rd. Largo (727)586-0108

July 2 Bon Secours Place 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733

July 9 Grand Villa Pinellas Park 6:00 PM
8980- 49th St. N. Pinellas Park (727)546-4053

July 18 Grand Villa Largo 9:30 AM
750 Starkey Rd. Largo (727)586-0108

AUGUST Support Groups

Aug. 1 & 15 Grand Villa Largo 9:30 AM
Aug. 5 & 19 St. Mark Village 9:00 AM
Aug. 5 & 19 Grand Villa Largo 6:00 PM
Aug. 6 Bon Secours Place 6:00 PM
Aug. 13 Grand Villa Pinellas Park 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP

The latest research information says: About three out of four older Americans have multiple chronic health conditions, and *more than 20 percent* of them are being treated with drugs that work at odds with each other - the medication being used for one condition can actually make the other condition worse. Have a medication review with your pharmacist to see if your prescription and over-the-counter drugs are working properly or against each other!



Sean W. Scott
Elder Law Attorney

As most of you know Elder Law Attorney Sean W. Scott has a small article in each of our newsletters. Recently, Sean was in a very bad accident, and it brought to the forefront what he tells his clients at every meeting and in every seminar he does. The most important document in your legal portfolio is your **Durable Power of Attorney**.

Because he practiced what he preaches, his law firm was able not only to keep the office open, but to manage all the needs of the law firm's clients without a missed step. His documents were in place and up to date, and his clients needs have been addressed under the tutelage of his expert staff. Don't wait till you are hit by a truck for your loved ones to find out that YOU don't have your legal documents in place. The cost is minimal to get them executed -- the consequences may be astronomical if you do not have them in place.

For more information, call: 727-539-0181

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



The results are in from a recent survey that asked the question: "If a test was available to determine if you will develop Alzheimer's within the next 10 years would you want to know?"

YES 89.60%
NO 10.40%

Member Organization of:



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LIFE INSURANCE & LONG-TERM CARE

Did you know that *Life insurance policies* are sometimes used to fund long-term care costs? **First**, if the policy has a **cash value**, this amount can be accessed through withdrawals or policy loans to pay for long-term care expenses. **Second**, the policy could be **sold** (referred to as a life settlement option) to help pay for long-term care expenses. In some cases, a life settlement can give the policy owner up to three times the amount of money as the cash value option. A **third** option is a viatical settlement, which is also selling the policy, but is done when the policy owner is terminally ill. With this approach, proceeds from the sale are generally income tax free. The amount the terminally ill policy owner is entitled to sell the policy for will be determined by their expected life expectancy and the policy benefits.



FULL MOON

Purdue University conducted a recent longitudinal study "to objectively examine the lunar influence on the frequency, duration and intensity of behaviors in individuals with Alzheimer's disease (AD)." The study concluded that individuals with AD exhibited *significantly more behaviors during periods of full moon, and that these behaviors were of a greater duration during the full moon.*

Have you heard of the word:

"**ORTHOREXIA**"? This is a very serious and unhealthy food obsession. A person goes on a diet to get healthier...not necessarily to lose weight. Then they stop eating all bread products or avoid any foods they believe are "bad". Bread products usually contain additional healthy ingredients with nutritional benefits. Sometimes a person goes way overboard in their zealous pursuit of getting "healthier" when in fact they are seriously affecting their physical and social health for the long-term. They may start avoiding social situations where "forbidden" foods are on the table and this creates rigid/irrational eating patterns.

THANK YOU to our **JULY SPONSOR**
ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
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"Keeping People at Home and Healthier Longer"



Tax Deductible Donations can be sent to:

DCR, Inc.

PO Box 7677

Seminole, Florida 33775



WE ALWAYS NEED USED INK CARTRIDGES!

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