

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH JULY 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### JULY SUPPORT GROUPS

- JULY 1 & 15 Grand Villa Largo 9:30 AM**  
750 Starkey Rd. Largo 33771 (727)586-0108
- JULY 5 & 19 St. Mark Village 9:00 AM**  
2655 Nebraska Ave. Palm Harbor (727)785-2580
- JULY 5 & 19 Grand Villa Largo 6:00 PM**
- JULY 20 Palms of Largo –REGAL 2:30 PM**  
300 Lake Ave NE -Largo, FL 33771 - 437-1350
- JULY 20 Princeton Village 6:00 PM**  
333 16th Ave SE - Largo 33771 (727)588-0020

### AUGUST SUPPORT GROUPS

- August 2 & 16 St. Mark Village 9:00 AM
- August 2 & 16 Grand Villa Largo 6:00 PM
- August 5 & 19 Grand Villa Largo 9:30 AM
- August 17 Palms of Largo –REGAL 2:30 PM
- August 17 Princeton Village 6:00 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### YOUR BED IS YOUR FRIEND

We are all way too busy. It seems that people and events demand so much of our time that we never have time to rest. Sleeping is vital to your brain health. Without proper rest, your brain cannot clear out all of the waste by-products accumulated during the day. Long-term build-up of "brain trash" can lead to mental health problems, and may even contribute to developing dementia. Make a good night's sleep a daily routine. Enjoy the chance of getting a peaceful, quiet, and restful nights' sleep. Your brain will be happier and healthier.



♥♥♥ "I gave three years of my life to take care of my dying mother who had Alzheimer's disease. Being there for her every need for three years might have looked codependent but it wasn't because it was what I wanted to do."

--- MELODY BEATTIE

Sean W. Scott  
Elder Law Attorney

If your healthcare needs have changed, your financial and legal needs have changed as well. More than half of America's seniors will spend some time in a nursing home at some point before they die. It is important to have legal documents in place to protect your assets when this time arises. It is vitally important to take action before someone loses the mental capacity to understand and make decisions. Call for a free consultation: (727)539- 0181 <http://www.virtuallawoffice.com/>



The United States Postal Service (USPS) is taking public comments on the issuance of five new "semipostal" stamps over the next 10 years. Purchase of these stamps allow postal customers to donate to an underlying cause featured on each. Past stamps have raised millions of dollars for diseases such as breast cancer. **The Alzheimer's Foundation of America (AFA)** has long supported efforts to have USPS issue an Alzheimer's stamp. Issuance of a semipostal stamp dedicated to Alzheimer's disease will help raise public awareness and encourage concerned individuals to get involved. AFA encourages anyone affected by Alzheimer's disease to submit comments in support of the establishment of an Alzheimer's semipostal stamp to the USPS. Comments may be sent to [semipostal@usps.gov](mailto:semipostal@usps.gov) noting "**SEMIPOSTAL DISCRETIONARY PROGRAM,**" in the subject line.

The comment period is only open until July 5<sup>th</sup>.



Light for the Journey - Courage for the Soul

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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### THREE CATEGORIES

Friends and relatives of Alzheimer's patients often fall into one of these three categories:

**1. Those that get it immediately.**

They understand that the person with Alzheimer's has a different reality and they get in their world and adjust the conversations accordingly.

**2. Those that don't understand initially but learn that it is easier to agree than to argue.**

**3. Those that don't (won't?) get it and refuse to get it.** They fight with the person and argue instead of realizing that they need to fix the way they talk. Many people have trouble adjusting their interactions. They just can't wrap their heads around it or they refuse to say anything but the entire truth even if not saying 100% of everything would be to everyone's advantage.

*(An example of this would be to not tell the patient ahead of time that they have a doctor appointment next week or even in a day or two. They may fuss and fume and get very anxious and get dressed in the middle of the night and insist they have to be there NOW.)*



### CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

*We would so appreciate your support!*

**DEMENTIA CAREGIVER RESOURCES, INC.**

**PO BOX 7677 - Seminole, FL 33775**

### WE ALWAYS NEED USED INK CARTRIDGES!



### IT'S NOT JUST FOOTBALL

Over the last few years, there have been numerous reports of former NFL players who were found to have chronic traumatic encephalopathy (CTE). We can now add a bike rider to that list. **DAVE MIRRA** was a superstar BMX bike rider who helped popularize freestyle BMX, where the riders perform tricks on the ground and in the air. BMX is a dangerous sport which results in crashes and injuries. Mr. Mirra himself once described a crash as "falling 16 feet straight to my head". His wife stated "I started to notice changes in his mood. It quickly got worse. It was hard to be in a relationship with him to any degree". An autopsy of his brain found proteins that were indistinguishable from those found in football and hockey players who also died of CTE. Dave Mirra committed suicide in February 2016. He was 41 years old.



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*"ResCare to the Rescue!"*

*ResCare HomeCare helps seniors who want to age in place*

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