

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH JULY 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

JULY SUPPORT GROUPS

→ **NO MEETINGS JULY 4th!**

→ ***PLEASE NOTE TIME CHANGE starting in JULY**

Starting July 18th, the St. Mark Village support groups will meet at 9:30am in the Village Room

July 7 & 21 Grand Villa Largo 9:30 AM

750 Starkey Rd. Largo 33771 (727)586-0108

***July 18 St. Mark Village *9:30 AM**

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

July 18 Grand Villa Largo 6:00 PM

July 19 Palms of Largo – REGAL 2:30 PM

300 Lake Ave NE -Largo, FL 33771 (727)437-1350

AUGUST SUPPORT GROUPS

Aug 1 & 14 St. Mark Village 9:30 AM

Aug 1 & 15 Grand Villa Largo 6:00 PM

Aug 4 & 18 Grand Villa Largo 9:30 AM

Aug 16 Palms of Largo – REGAL 2:30 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

HUP, TWO, THREE, FOUR

Lace up your shoes, get out the door - start walking. A recently published study tracked the exercise habits of over 300 people for a ten-year period. It was found that those who walked a mile a day (at a steady pace; no lollygagging allowed), lowered their risk of later life memory issues by as much as 50%.



FOR MEN with a dementia: The inside of the toilet bowl should be darker (e.g. by coloring the water). A totally white (inside & out) toilet does not allow orientation, especially for men while urinating in a standing position.

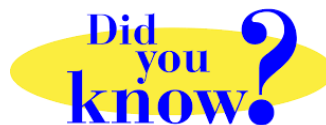
Sean W. Scott
Elder Law Attorney

A **Durable Power of Attorney (DPOA)** can be anyone of your choosing. The document must meet the criteria for the state of Florida and must have initials for the **seven super powers** to make them a power. It must be redrafted and updated every five or six years, as it is the only document of these three very important documents to go "stale" after a few years.

1. **Durable Power of Attorney**
2. **The Personal Representative of Your Will**
3. **Healthcare Surrogate/Living Will**

Please call our office for a free consult:

(727)539-0181 <http://www.virtuallawoffice.com/>



Currently there are over 73,000 Florida residents who reside in nursing homes, and Florida has about 92,000 assisted living beds. Medicaid covers about 60% of all long-term care in Florida. **It is important for you to contact your state and federal representatives** to make sure you let them know how important this issue is for the future health and well-being of your Loved One and maybe even for yourself. Florida is currently ranked at 48th in spending on Medicaid recipients. The current statistics say that: *A senior citizen (65+) has about a one-in-four chance of spending time in a skilled nursing home.*



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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HERE'S A QUESTION TO WORRY "SOCCER MOMS" AND "OTHER SPORTS MOMS"

Can playing football, soccer, baseball, and other sports lead to long-term brain injury?

In 2017, four former soccer players who had advanced forms of dementia were also found to have chronic traumatic encephalopathy (CTE). The clinical features of CTE are variable and consist of a combination of mood and behavioral changes, memory loss, executive dysfunction, slurred speech, Parkinsonism, and gait impairment, which typically manifest years after the initial *traumatic brain injury* (TBI). We used to call it "punch drunk". In the American football league, **receivers** have the highest rate of CTE acceleration and a number of scientific studies have suggested that repeatedly **heading the ball** could increase the risk of developing dementia in later life. The Coroner's conclusion is often put down as: "*an industrial disease*" -- in other words *a hazard of the job*. Soccer-related head injuries show that head-to-head or elbow-to-head blows are the real risk. Youngsters have a higher risk of head injury than adults because their skulls are thinner and less able to absorb shock. Recently a major league professional **baseball pitcher** took a blow to the head at 105MPH and had to have emergency brain surgery. It shattered the bones in his brain which made it look like a windshield that spider-webbed and caused an epidural hematoma. The most important message here is to protect your brain and head – they are so fragile.

http://www.cnn.com/2009/HEALTH/03/06/football.dementia.injury/index.html?_s=PM:HEALTH

TINA'S HOME CARE CORNER

What are some "**Key Questions**" to ask when you are selecting a private duty home care provider?

- Does the agency offer a FREE in-person consultation to meet the customer and family?
- Does the agency offer a FREE nursing assessment?
- Is the caregiver provided with a written service plan and clear direction?
- Is the agency licensed and accredited?
- Does the agency specialize in any particular service? Alzheimer's, Parkinson's, End of Life, Cardiac.....
- Does the agency offer FREE pre-service caregiver interviews? What happens if the caregiver is not a good fit?

THANK YOU to our JULY Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

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ResCare Home Care Office: (727)734-7400

ResCare HomeCare helps seniors who want to age in place

www.ResCareHomecare.com



Can you make a tax deductible donation?

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Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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