

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JULY 2018

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



JULY SUPPORT GROUPS

- July 3 -The Preserve at Clearwater 9:30AM
2010 Greenbriar Blvd. CLW (727)735-6200
- July 3 & 17 -Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727) 586-0108

August SUPPORT GROUPS

- August 7 - The Preserve – Clearwater 9:30 AM
- Aug. 7 & 21 Grand Villa- Largo 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "B R I G H T M I N D S". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **T = Toxins:** What goes on your body goes into your body. Detox your life. Conventional cleaning products often emit fumes that are toxic to brain cells. General anesthesia, mold, lead and other toxins may damage your brain and rob you of your memory. Eat/drink more green leafy vegetables, berries, sesame and sunflower seeds, beets, citrus (except grapefruit), fiber, green tea, colorful fruits and veggies, salmon, avocados, and walnuts. Limit alcohol, processed meats, salt, artificial dyes, and preservatives in foods.

To get more information, visit:
<https://www.amenclinics.com/>



Sean W. Scott
Elder Law Attorney

THE MOST EFFECTIVE ESTATE PLANNING CHECKLIST

Planning for the inevitable may not be the most enjoyable task. However, with effective estate planning, it is possible to transfer the greatest amount possible in the least amount of time to those who you want to receive it. It should be the goal of every person planning his or her estate to accomplish the following:

- » Assure continuity of control over your assets and maximize access to the assets.
- » Increase the preservation of your capital.
- » Maximize family privacy.
- » Assure adequate management of your assets.
- » Minimize time and cost of estate settlement.
- » Reduce or eliminate estate taxes.
- » Efficiently transfer estate to desired beneficiaries.
- » Clearly indicate your health care desires.

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

Personal Daily Mantra:

Get Up,
Dress Up,
Show Up &
Never Give Up



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 JULY 2018

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



These are some of the responses we received from other caregivers and professionals who read the June newsletter 'ABUSE or MORAL IRRESPONSIBILITY?' article about the 97 year old woman who has memory problems, is incontinent, and living in an assisted living community. She is being taken out by the 70+ year old daughter to have Botox injections in her face.

- Are you telling me at 97 we still have to be concerned about looking old? She is old...cut her some slack!!!
- Her daughter needs a reality/mental check!
- ABUSE!! Not only by the daughter but the so called Doctor!!!!!!!!!!!!!!!
- I think it is a travesty that they are doing this procedure on a 97 year old.

Confession

Caregiver Confession

I didn't sign up for this gig.

That does not mean I'm not willing to do the hard work. It does not mean I won't stick around or refuse to enjoy the happy moments ahead. It simply means I don't have to enjoy every moment of this experience. I'm entitled now and then to feel scared out of my mind or overwhelmingly sorry for myself.

ENROLLING IN THE FLORIDA BRAIN BANK

Registration takes some time (plan on 6-8 weeks). All participants must be registered prior to time of death and must reside in the state of Florida at time of enrollment and of death. Basic criteria for enrollment includes the requirement for a diagnosis of Alzheimer's Disease, or any other age related dementia, that has been in place for a minimum of 12 months. Additionally, a complete neuro-psychological evaluation, inclusive of brain imaging, needs to have been done. The diagnosis must have been made by a neurologist, psychiatrist, or medical director of an ADI-funded memory disorder clinic. A local funeral home that will be responsible for transportation must be selected prior to enrollment.

To learn more about the program and how to register, contact Edith Gendron at (407)843-1910, ext. 308.

The State of Florida Brain Bank Research Program is funded in part by the **Alzheimer's disease Initiative** (ADI) through the Department of Elder Affairs, in conjunction with Mount Sinai Hospital in Miami, FL.

For more information, visit:

<http://elderaffairs.state.fl.us/doea/BrainBank/howto.php>

 *Can You Make A Tax Deductible Donation?* 

DCR, Inc.
P.O. Box 7677
Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



©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.