

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE HELP HEART  LIGHT GROWTH LOVE

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.
www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997
THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

THE DEMENTIA DETAILS DISPATCH JUNE 2013

JUNE SUPPORT GROUPS

June 4 & 18 St. Mark Village 9:30 AM
June 4 & 18 Grand Villa 6:00 PM
June 5 Bon Secours PL 6:00 PM
June 7 & 21 Grand Villa 9:30 AM
June 10 Seasons @ CABOT COVE 9:30 AM

JULY Support Groups

July 2 & 16 St. Mark Village 9:30 AM
July 2 & 16 Grand Villa 6:00 PM
July 10 Bon Secours PL 6:00 PM
July 15 Seasons @ CABOT COVE 9:30 AM
July 19 Grand Villa 9:30 AM


Sean W. Scott
Elder Law Attorney

Q. Do you get to keep your income if you are in a nursing home on Medicaid?

A. No. You are required to pay to the nursing home your total monthly income, minus \$35.00 for personal needs. But, if there is a spouse he or she keeps all of their income and may be entitled to some or all of the applicant's income.

For more information call: 727.539.0181
Visit: <http://www.virtuallawoffice.com/>

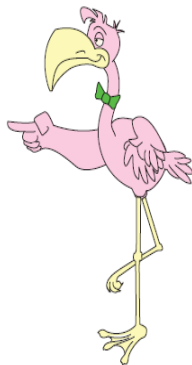
FRANKLIN'S DEMENTIA PREVENTION TIP

Getting Better Sleep

Go to bed and wake up at the same times every day (including weekends).

This conditions your body to a set routine.

Our bodies **thrive** on these set time-frames.




PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care
Managed by Encore Senior Living

Due to popular demand, we are having an **ENCORE Symposium of the DEMENTIA CAREGIVER RESOURCES: "PREVENTING DEMENTIA"** at **PACIFICA Senior Living-Belleair** on Thursday **June 20th** from **10 AM - 1:00 PM**. Call today to reserve your seat; arrange for free respite care for your Loved One; and enjoy a healthy lunch. There is no charge for this special event. (727) 467-9464

EXPECTATIONS
REALITY



TWO OF THE MOST IMPORTANT LESSONS I LEARNED IN THE SUPPORT GROUP MEETINGS WERE ABOUT GUILT AND EXPECTATION

There was absolutely no payoff in guilt. I needed all the energy I was able to muster. Feeling guilty about anything took too much time and energy; time and energy that was necessary for keeping my mother safe, seeing to her needs, and staying healthy so I was able to do all the things that secured her life and made it livable. I had to come to terms with expectations for my mother as well. Expectation blunted my effectiveness and made life a misery. When I let go of guilt and expectation, **confidence** and **effectiveness** took their places. Some days I learned these important lessons over and over. ---Caregiver CAROL C.

Member Organization of:


Alzheimer's Foundation of America
Together for Care...in addition to Care

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STILL SEARCHING FOR A "CURE"

A recent article informed us of another setback for Alzheimer's treatment. The drug manufacturer, Baxter International, announced their drug, GAMMAGARD, did not stop the decline of the disease. This is the third major company in the last two years to announce failure of their drug. In light of recent events, we must honestly ask ourselves; will there ever be a "Cure"? Several national organizations dealing with cancer and neuromuscular diseases have raised hundreds of millions of dollars over the last half century, but yet- there is still no cure. Even the polio vaccine invented by Dr. Jonas Salk was not a cure; it merely prevented healthy people from developing polio. Those with the disease died from it. Perhaps we should be focusing on **preventative measures**. The last fifteen to twenty years of research have shown that lifestyle choices have a significant impact on the likelihood of developing dementia. The amount of sleep we get, eating habits, body weight, physical activity, mental stimulation, reduction of stress, social interactions, and participation in high risk activities all have a direct effect on our health. Making small changes to your lifestyle can help reduce your risk of developing dementia.



WIRELESS MEDICINE A WAVE of the FUTURE?

Check out this website and watch the story. It is absolutely amazing cutting edge technology. WOW!
[iDoctor Could a smartphone be the future of medicine - YouTube](#)

Happy
Father's
Day

THANK YOU to our JUNE SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
727.579.9414 tcosta@arcadiahealthcare.com
"Keeping People at Home and Healthier Longer"

WE ALWAYS NEED USED INK CARTRIDGES!

Your Tax Deductible Donations
Are Always Appreciated
DCR, Inc.

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