

## DEMENTIA CAREGIVER RESOURCES, INC.

### THE DEMENTIA DETAILS DISPATCH JUNE 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](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.**

Visit website [www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) organization since 1997

#### JUNE SUPPORT GROUPS

**June 3 & 17 St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580  
**June 3 & 17 Grand Villa Largo** 6:00 PM  
750 Starkey Rd. Largo (727)586-0108  
**June 4 Bon Secours Place** 6:00 PM  
10401 Roosevelt Blvd. St. Pete (727)563-9733  
**June 6 & 20 Grand Villa Largo** 9:30 AM  
750 Starkey Rd. Largo (727)586-0108  
**June 11 Grand Villa Pinellas Park** 6:00 PM  
8980- 49<sup>th</sup> St. N. Pinellas Park (727)546-4053

#### JULY Support Groups

July 1 & 15 St. Mark Village 9:00 AM  
July 1 & 15 Grand Villa Largo 6:00 PM  
July 2 Bon Secours Place 6:00 PM  
July 9 Grand Villa Pinellas Park 6:00 PM  
July 18 Grand Villa Largo 9:30 AM

**Sean W. Scott**  
Elder Law Attorney

The Law Office has a brand new brochure that explains in detail about 2014 Medicaid and VA Benefits. It is available at the monthly seminars; our support groups; and Sean's office.

**For more information, call: 727-539-0181**

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

#### FRANKLIN'S DEMENTIA PREVENTION TIP

Is your Loved One on too many Prescriptions, over the counter medications and vitamins? Perhaps a really important thing to do is to have a **Medication Review** with a pharmacist. Bring a list of all of their meds, herbal formulas, patches and vitamins. Some things even may be negatively interacting with foods or no longer necessary.



**WANDERING** --Your Loved One is targeted on doing what will bring him or her a desired emotional result. That you don't want them to wander is your problem. Even if you pointed out that certain things are dangerous for them, it means nothing. They really don't remember. This is just what they want to do. You can't fight dementia. You just have to make sure the area is as safe as possible and always have some special treats on hand that may change the attitude, behavior, or the intense desire to get out of this space.



#### CHARITABLE DONATIONS

When an organization asks for your donation to "find a cure", make sure you know how much is spent on programs and services. Of the approximately six hundred charities currently rated by CharityWatch, only a select number qualify for a listing of Top-Rated charities based on rigorous analysis. Groups included on the Top-Rated list generally spend 75% or more of their budgets on programs, spend \$25 or less to raise \$100 in public support, do not hold excessive assets in reserve, and receive "open-book" status for disclosure of basic financial information and documents to CharityWatch. The Tampa Bay Times and the Center for Investigative Reporting Charity Checker shows you their ratings, reviews from the BBB Wise Giving Alliance, Charity Navigator, and Great Nonprofits -- all in one place.

Visit these websites for more information:

<http://www.charitywatch.org/toprated.html#mental>

[www.tampabay.com/charitychecker](http://www.tampabay.com/charitychecker)

Member Organization of:



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### THE SUPER-HERO CAREGIVERS

We see caregiver's everyday who are truly not caring for themselves and their needs. They spend hour after hour in the long-term care community's where their Loved Ones are, often to the point of neglecting their own physical, emotional, social and spiritual needs. We need to be our Loved Ones advocates, but we also have to know when to step away. Don't get caught in the superhero caregiver mode. We often see a loose plan fall apart and there is no back-up plan. This is important stuff for life's journey so make sure your plans are in place, and that your paper/backup action plans can be followed --when - not if!



### STOVE REMINDER

Cooking is the most common cause of residential fires, and leaving a stove unattended is the biggest culprit. Adults 85+ are at the highest risk of a fire death (4.5 times the norm). While most of us know we shouldn't leave a stove unattended, it's easy to get distracted. Stove Reminder automatically senses when the stove is in use, and chimes a periodic reminder to ensure you don't forget the stove on. It is suitable for seniors, students, busy families, or anyone who can use a casual reminder while cooking. <http://www.alzstore.com/Stove-Reminder-p/0105.htm>



### YOUNG & OLD BLOOD

A trio of new studies has discovered that the blood of young mice appears to reverse some of the effects of aging when put into the circulatory systems of elderly mice. After combining the blood circulations of two mice by conjoining them — one old, the other young — researchers found dramatic improvements in the older mouse's muscle and brain. After four weeks, stem cells in both those areas got a boost of activity and were better able to produce neurons and muscle tissue. (*The human clinical trials are still many years away.*) [www.washingtonpost.com/](http://www.washingtonpost.com/)

THANK YOU to our JUNE SPONSOR

**ARCADIA** Home Care & Staffing



**TINA COSTA – Operations Director**  
**727.579.9414**

[tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

"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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