

**THE DEMENTIA DETAILS DISPATCH JUNE 2015**

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



**Sean W. Scott**  
Elder Law Attorney

**JUNE SUPPORT GROUPS**

- June 2 & 16 St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580
- June 2 & 16 Grand Villa Largo** 6:00 PM  
750 Starkey Rd. Largo (727)586-0108
- June 3 Bon Secours Place** 6:00 PM  
10401 Roosevelt Blvd. St. Pete (727)563-9733
- June 5 & 19 Grand Villa Largo** 9:30 AM

**JULY SUPPORT GROUPS**

- July 1 Bon Secours Place** 6:00 PM
- July 3 & 17 Grand Villa Largo** 9:30 AM
- July 7 & 21 St. Mark Village** 9:00 AM
- July 7 & 21 Grand Villa Largo** 6:00 PM

**FRANKLIN'S DEMENTIA PREVENTION TIP**

**Tutti Fruity**

Fresh fruits and vegetables, along with whole grains, greens, nuts, & seeds, provide the best protection for the brain against dementia.

Five or more servings (1/2 cup) will provide the anti-oxidants needed to nourish your brain cells. Cut back or eliminate processed foods, reduce sugar intake, and ease up on empty calories. Visit a local fresh or farmers market for the best values and choices.



You are Not Alone ---

♥ **NEARLY 50 MILLION AMERICANS ARE TAKING CARE OF AN ADULT WHO USED TO BE INDEPENDENT.** According to **Gail Sheehy** - best selling author of "Passages" and "Passages in Caregiving" says: *"This is a caregiving role that nobody applies for. You don't expect it. You aren't trained for it. And, of course, you won't be paid for it. You probably won't even identify yourself as a caregiver."* So many women tell me, *"It's just what we do."*

As we move forward in the 21st century we are facing new issues as a society. A few weeks ago our law office did Medicaid planning for our first same sex couple, perhaps the first of its kind in Florida. This presents some unique planning challenges for elder law attorneys in regard to the methods they use in planning, as well as the new model of couple they are planning for. Many of our actual clients have some form of dementia, and this was the case with our particular couple. As caregivers for this unique group of society we need to be sensitive to the needs they have as our patients, clients and residents. We embrace the new and upcoming challenges our clients present and hope all healthcare providers will educate themselves and do the same.

**For more information, call: 727-539-0181**  
<http://www.virtuallawoffice.com/>



**Q: Are you afraid of getting older?**

**A:** No. I used to dance, but I've had my time as an athlete. This is a different chapter of my life that would have been impossible in my physical prime, but my mental prime is still being developed. I look forward to all that I can contribute to this world because of my age and life experience in a way that would have been impossible at half my age. I'm cool with that.

--- *Astrophysicist: NEIL DEGRASSE TYSON*



*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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**ARE YOU EXPRESSING YOUR NEEDS?**

Keep your sanity by expressing your needs. Know that you have the *right* to ask for help; to seek respite; to attend support groups; to have others take over for you before you have a "meltdown" and fall apart. Know that you do not want to have caregiver burn-out too often or too soon. Seek the help you need! Self-Care is an *essential* part of caregiving -- give others the opportunity to share in the care. How can you tell if you need help? If you are crying all the time, you cannot get anything accomplished...it is too hard, or too painful, or too overwhelming...then **ASK** for help. This is not a sign of weakness or giving up. It is an awareness that we are not a village...we have recognized our limitations and fully recognize and understand what the consequences of our choices will hold in the future. If the primary caregiver goes down -- then what does the back-up plan look like and who does it involve? Have discussions, make decisions, and pre-plan so that you are prepared and ready for any unexpected or challenging situations.



**WE ALWAYS NEED USED INK CARTRIDGES!**



**700,000**

The latest statistics say that an estimated 700,000 people in the United States age 65 and older will die with Alzheimer's in 2015. Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed.



Grief never ends, but it changes.  
*It's a Passage – NOT A PLACE TO STAY*  
Grief is not a sign of weakness --  
Nor a lack of faith -- It is the price of love.  
--- UNKNOWN

**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"*

**CAN YOU MAKE A TAX DEDUCTIBLE DONATION?**

*We would so appreciate your support!*

*Have you attended support groups?*

*Making a donation "In Honor of" or "In Memory of" your loved one will make a huge difference.*

**DEMENTIA CAREGIVER RESOURCES, INC.**

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



*Light for the Journey - Courage for the Soul*

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