

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JUNE 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



JUNE SUPPORT GROUPS

JUNE 3 & 17 Grand Villa Largo 9:30 AM
750 Starkey Rd. Largo 33771 (727)586-0108
JUNE 7 & 21 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
JUNE 7 & 21 Grand Villa Largo 6:00 PM
JUNE 15 Palms of Largo –REGAL 2:30 PM
300 Lake Ave NE -Largo, FL 33771 - 437-1350
JUNE 15 Princeton Village 6:00 PM
333 16th Ave SE - Largo 33771 (727)588-0020

JULY SUPPORT GROUPS

July 1 & 15 Grand Villa Largo 9:30 AM
July 5 & 19 St. Mark Village 9:00 AM
July 5 & 19 Grand Villa Largo 6:00 PM
July 20 Palms of Largo –REGAL 2:30 PM
July 20 Princeton Village 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

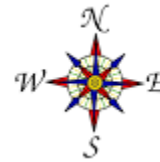
DETOX THE BRAIN

Most of us are familiar with a Physical detox in order to flush out toxins from our bodies. This may involve a cleanse, juice fast, or other activities to rid the body of impurities. It is just as important to rid our brains of impurities. A recent book suggested three ways to detox our brains: 1) Eliminate catastrophic thoughts – imagining the worst only adds to our depression and fear of the unknown; 2) Eliminate pessimistic thoughts – too many “I can’t” and “it won’t work” thoughts will defeat you before you even start a task; 3) Eliminate perfectionist thoughts – you are only human, and you will make mistakes. Take ten minutes twice a day to practice eliminating these thoughts and ideas and replace them with positive, reinforcing goals. Your outlook, your relationships, and your peace of mind will all significantly improve.



Sean W. Scott
Elder Law Attorney

The Law Office of Sean W. Scott has an interactive map of every nursing home with the Agency for Healthcare Administration ratings in the state of Florida. Locate a Nursing Home by Gold Seal Award, watch list, room type, languages spoken, religious affiliation, or special programs/services. Call today to set up a free consultation: (727)539- 0181
<http://www.virtuallawoffice.com/>



Early Signs of Alzheimer's Disease May Now Include Bad Sense of Direction

Did you know symptoms of Alzheimer’s disease (AD) can appear nearly 20 years before the disease can be clinically diagnosed? One of those symptoms, which seems harmless and may be commonly overlooked, is getting lost, according to new research published in the **Journal of Alzheimer’s Disease**. The findings are in tune with previous studies that have shown that people with Alzheimer’s have had navigation problems early on, and are consistent with where in the brain the effects of AD first surface: the **hippocampus**. This is a region of the brain that plays a role in memory forming, organizing and storing, as well as the creation of mental maps.

To read the full article, visit:

<http://www.medicaldaily.com/early-alzheimers-disease-sense-direction-mental-map-environment-383229>

WE ALWAYS NEED USED INK CARTRIDGES!



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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WHAT IS THE BAKER ACT?

The *Baker Act* allows for involuntary examination (what some call emergency or involuntary commitment). It can be initiated by judges, law enforcement officials, physicians, or mental health professionals. Persons can be "Baker Acted" if they are a serious danger to themselves or others, or if they are likely to suffer from neglect or harm if the current behavior continues.

CONSERVE YOUR ENERGY

Oftentimes, we get so engrossed in providing care that we try to be a super-human until our bodies fail us by getting a very serious illness, breaking a bone, or having to have emergency surgery. These wake-up calls remind us that we need to practice and improve our own self-care. Whenever a caregiver gets completely overwhelmed and stressed, we often ask these questions: 1) "Who will care for your Loved One when you are gone?" 2) "Who will be their best advocate?" 3) "Who will give their needs a voice when they can no longer speak?" 4) "Who knows them better than anyone?" Did you know that almost 75% of caregivers report they are "somewhat" to "very" concerned about maintaining their own health since becoming a caregiver. The important message is to take care of you first. Put your oxygen mask on before you try to assist your Loved One – everyone benefits that way!

A BIG THANK YOU to **David R.** who truly showed us that chivalry is still alive. We were in a support group and when we were getting ready to leave, it was pouring. David went out in the rain to get an umbrella and came back in and escorted one of our members who uses a walker to his car and then came back in to "rescue" me and escorted me to my car. He made a wonderful difference for both of us!

LEWY BODY STUDY

There is a new study evaluating subjects with Dementia with Lewy Bodies. It is called The HEADWAY-DLB Study for individuals 50-85. You must have a care provider who will be able to report on the status of the patient throughout the study. *For more information call:*

Ruth Cox (813)353-9613 or e-mail her at: rcox@axiom@gmail.com

STAND YOUR GROUND!

Finding a balance is the key to surviving this journey -- sometimes we just have to let the doctor be the "bad guy". Let him or her tell our Loved One that they must do x____. Your Loved One will usually say "NO" to whatever decisions are involved, and at this point we have to be strong and unwavering.



Tina M. Costa, RN - ACCOUNT EXECUTIVE

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ResCare Home Care (727)734-7400

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CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

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