

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH JUNE 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### JUNE SUPPORT GROUPS

**June 2 & 16 Grand Villa Largo 9:30 AM**  
750 Starkey Rd. Largo 33771 (727)586-0108

**June 6 & 20 St. Mark Village 9:00 AM**  
2655 Nebraska Ave. Palm Harbor (727)785-2580

**June 6 & 20 Grand Villa Largo 6:00 PM**

**June 21 Palms of Largo – REGAL 2:30 PM**  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

### JULY SUPPORT GROUPS

**July 7 & 21 Grand Villa Largo 9:30 AM**

**\*July 18 St. Mark Village 9:30 AM**

*Starting July 18th, the St. Mark Village support groups will meet at 9:30am*

**July 18 Grand Villa Largo 6:00 PM**

**July 19 Palms of Largo – REGAL 2:30 PM**

→\*PLEASE NOTE TIME CHANGE starting in JULY

→ NO MEETING JULY 4th!

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### SOME R FUN

It's time to get out and enjoy the outdoors. Contrary to popular belief, *Seasonal Affective Disorder* (SAD) can occur in the summer as well as the winter. By getting out and enjoying the outdoors, you can alleviate the stress and strain building up on your brain. Plan a day at the beach, go on a nature hike, visit a park and take your kids and grandkids. The social inter-action with others, along with outdoor activity can do great things in helping to relax and calm your brain.



A home and away from home **Medical Alert system** with no LAND-LINE needed!

**For more information, contact:**

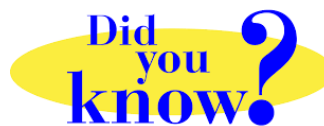
**Lynn-Marie Boltz, PROFESSIONAL GUARDIAN**

*Mobile Help Authorized Dealer*

**(813) 625-8734 [lynnmariemobilehelp@gmail.com](mailto:lynnmariemobilehelp@gmail.com)**

**Sean W. Scott**  
Elder Law Attorney

It has been said that a failure to plan is a plan to fail. Procrastination abounds when it comes to estate planning. It's probably the last thing any of us want to do. The subject of dying is rarely one we approach with anticipation. This lack of eagerness, compounded by having to face the estate planning learning curve, keeps us from doing anything about the problem. Ignoring the problem, however, does not make it go away. So often people don't take the time to come face to face with one of life's realities and put little or no effort into solving a problem that we will all have at some part in our life. I often jokingly say that the best time to plan your estate is the day before you die. I tell my clients, tongue in cheek, to call me on that day and I will draft the plan for their signature immediately. *Please call us for a free consult:* (727)539-0181 <http://www.virtuallawoffice.com/>



Around 1832, Count Odet Philippe of France abandoned a settlement on Florida's East Coast in the face of hostile natives and moved to what is now Safety Harbor. Philippe introduced citrus to the area and persuaded a few more settlers to move here. The area was then part of Hillsborough County. By 1880, despite the establishment of Fort Harrison in what was then called Clear Water, there were only about 50 families. A report to the American Medical Convention in 1885 claimed that the Pinellas Peninsula was "The Healthiest Spot on Earth".



*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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### ROOM TEMPERATURE BEVERAGES ARE A BETTER CHOICE

Fluids that are at or near room temperature are better choices. When it comes to drinking fluids, steer clear of extreme temperatures. Ice water will constrict the arteries and just sit in your stomach until it warms up. If you hear water swishing around in your stomach, it means the water is not getting absorbed.



### FRONTOTEMPORAL DISORDERS REGISTRY

Frontotemporal degeneration (FTD) is a disease process that results in progressive damage to the temporal and/or frontal lobes of the brain. It causes a group of brain disorders that share many clinical features. FTD is also commonly referred to as frontotemporal dementia, Fronto-temporal lobar degeneration (FTLD), or Picks disease. The goal of the FTD Registry is to collect information from people diagnosed with FTD, their caregivers and family members to encourage and facilitate research. Collecting data from the FTD community will provide information on a broad scale that is not yet available on the FTD disorders. To learn more and register: [www.FTDregistry.org](http://www.FTDregistry.org)



**Can you make a tax deductible donation?**

**DCR, Inc.**

**PO Box 7677**

**Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**

### TINA'S HOME CARE CORNER

What are some "**Key Questions**" to ask when selecting a private duty home care provider?

- Are caregivers employed by the agency or are they *independent contractors*? Are caregivers licensed, bonded, insured and background checked?
- Are caregivers offered ongoing training? (**Examples: Dementia, Infection Control, Communication Skills, Body Mechanics, Balance Techniques, Activities & Engagement Programs**).
- Are caregivers supervised by health care professionals? (**Example: Registered Nurse**). If so, how often?
- How long has the agency been serving the local community?
- Are services available based on your need with no minimum number of hours required?
- Is the agency staff available directly via phone outside of regular business hours? (**Example: Evenings, Weekends, Holidays**)

**THANK YOU to our JUNE Sponsor**

**ResCare**



**Tina M. Costa, RN - AREA SALES MANAGER**

**Cell (813)334-3472 [Tina.Costa@Rescare.com](mailto:Tina.Costa@Rescare.com)**

**ResCare Home Care Office: (727)734-7400**

*ResCare HomeCare helps seniors who want to age in place*

[www.ResCareHomecare.com](http://www.ResCareHomecare.com)



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