

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
THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"
THE DEMENTIA DETAILS DISPATCH January 2012

January 2012 Support Groups

Jan. 3 & 17 St. Mark Village 9:30 AM
Jan. 3 & 17 Grand Villa 6:00 PM
Jan. 4 & 18 Bon Secours PL 6:00 PM
Jan. 6 & 20 Grand Villa 9:30 AM

February 2012 Support Groups

Feb. 1 & 15 Bon Secours PL 6:00 PM
Feb. 3 & 17 Grand Villa 9:30 AM
Feb. 7 & 21 St. Mark Village 9:30 AM
Feb. 7 & 21 Grand Villa 6:00 PM

Sean W. Scott
Elder Law Attorney

HEALTH REFORM AND PEOPLE WITH PRE-EXISTING CONDITIONS

The Pre-Existing Condition Insurance Plan makes health insurance available to people who have had a problem getting insurance due to a pre-existing condition -- To be eligible, you must:

1. Be a citizen of the U.S. or reside in U.S. legally
2. Must have been without health insurance for past six months
3. Must have a pre-existing condition or have been denied coverage because of your health condition

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



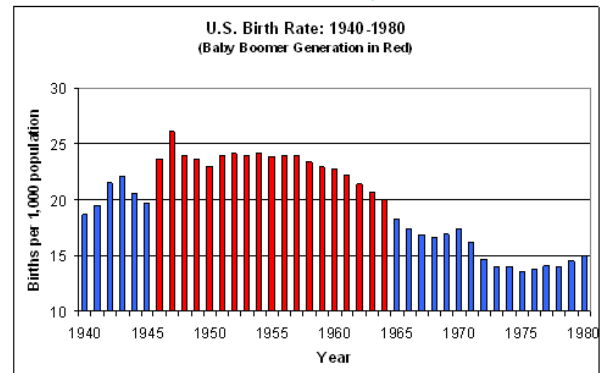
Alzheimer's Foundation of America
Together for Care...in addition to Cure

The Alzheimer's Foundation of America

has a new dynamic, interactive community of care website designed to meet educational, practical and emerging needs for caregivers of individuals with Alzheimer's or a related dementia. AFA invites you to:

Meet. Learn. Connect.

www.carecrossroads.org



BABY BOOMERS VOLUNTEER

The number of Americans volunteering in their communities jumped by 1.6 million according to the **Corporation for National and Community Service**. Volunteering in America is at a 30-year high. Baby Boomers have made more charitable contributions than any other age-group. We were born between 1946 and 1964. "Making a difference" is the top reason why we volunteer.



INVITATION TO ATTEND SUPPORT GROUPS

Baby Boomers won't follow the sedentary ways of our aging parents, nor will we allow ourselves to become as isolated. Mother Teresa often said that "isolated people are the poorest people on the planet". In the past, a tribe was a clan of people who descended from a common ancestor. A tribe today can be defined as a group of people or a "subfamily" that holds common interests or a collective passion. Together they share knowledge and find solutions.

A HAPPY
NEW YEAR
2012

Member Organization of:



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

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LOWER WEIGHT AND ALZHEIMER'S

Individuals are more likely to be slimmer during the earliest stages of Alzheimer's disease, just like overweight individuals during middle age have a higher risk of developing the disease decades later, researchers from the University of Kansas Alzheimer's Disease Center reported after conducting a study on the relationship between BMI and Alzheimer's disease.

Source: <http://www.medicalnewstoday.com>



VISIT YOUR DENTIST

Brushing can help get rid of plaque, the sticky, bacteria-filled film that develops on teeth, but only professional cleaning can remove tartar, hardened plaque that brushing won't touch. In a process called scaling, a dentist or dental hygienist scrapes off the tartar from above and below the gum line. Among more than 100,000 men and women followed for an average of seven years, those who had their teeth cleaned professionally had a 24 percent lower risk of heart attack and 13 percent lower risk of stroke overall compared with those who never had a dental cleaning. The men and women who had their teeth cleaned at least once a year had the fewest heart attacks and strokes,

Source: <http://www.aarp.org/health/healthy-living/info-11-2011/teeth-gums-and-heart-attack-stroke-risk.2.html>



REFOCUS RESEARCH

After three decades of study that have produced neither cure nor medications that significantly slow the Alzheimer's progress, some researchers are asking: What if it's not a disease with a cure? What if it's just an unfortunate but inevitable part of aging, along with wrinkly skin, osteoporosis and heart disease? A research group at the University of South Florida suggests that "tremendous social pressures" have pushed scientists to target Alzheimer's as a curable disease. Despite all the research, however, they say the cause of the condition remains unknown and "there seems no major progress expected any time soon." They believe scientists should refocus efforts from searching for an underlying villainous pathogen to manipulating neurotransmission in the brain. Source: <http://www.latimes.com>

Enhance the Dementia Caregiving Journey! Your tax deductible donations can now be made with a credit card on our website! Your donation(s) will help us provide much-needed assistance and support services to individuals and families affected by Alzheimer's, Parkinson's, Vascular, Lewy Body, Huntington's and other brain health diseases.

WE ALWAYS NEED INK CARTRIDGES!

THANK YOU TO OUR JAN. NEWSLETTER SPONSOR:

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TINA COSTA

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"Keeping People at Home and Healthier Longer"

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