

THE DEMENTIA DETAILS DISPATCH JANUARY 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



JANUARY SUPPORT GROUPS

Jan. 5 & 19 St. Mark Village **9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580
Jan. 5 & 19 Grand Villa Largo **6:00 PM**
750 Starkey Rd. Largo 33771 (727)586-0108
Jan. 15 Grand Villa Largo **9:30 AM**

FEBRUARY SUPPORT GROUPS

Feb. 2 & 16 St. Mark Village **9:00 AM**
Feb. 2 & 16 Grand Villa Largo **6:00 PM**
Feb. 5 & 19 Grand Villa Largo **9:30 AM**

FRANKLIN'S DEMENTIA PREVENTION TIP:

WATER U WAITING FOR?

We need to flush the junk and gunk out of our brains and the best way to do this is with water. While we may enjoy our coffee, tea, and other beverages, nothing does our brain better than 6-10 glasses of water per day. You can use bottled, filtered, or tap water, but try your best to increase your water intake daily.



Sean W. Scott
Elder Law Attorney

A DURABLE POWER OF ATTORNEY is a written power of attorney by which a principal designates another person as the principal's attorney in fact. The durable power of attorney must be in writing, must be executed with the same formalities required for the conveyance of real property by Florida law, and must contain the words: "This durable power of attorney is not affected by subsequent incapacity of the principal except as provided in Florida Statutes". --Karen's note: *This is a "must-have" legal document especially for our families who have a Loved One with a memory disease.*

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

ANTIBIOTICS CAN CAUSE MAJOR PROBLEMS

Americans really trust antibiotics. We tend to think of them as magic bullets, protecting us from life-threatening infections with almost no downside. But one kind of antibiotic called fluoroquinolones (FQ, quinolones or quins for short) has left many patients permanently impaired. Although most people can take such medications safely, others are left devastated.

Some examples of FQ's are:

- Ciprofloxacin (Cipro)
- Gemifloxacin (Factive)
- Levofloxacin (Levaquin)
- Moxifloxacin (Avelox)
- Norfloxacin (Noroxin)
- Ofloxacin (Floxin)

The FDA warned physicians that FQs could cause irreversible nerve damage at any time during treatment, even after only a few doses. These FQ's may also cause hallucinations, depression, and confusion and can cause super-infections like C. diff diarrhea. Danger signals can include: strange psychological symptoms or pain, burning, tingling, numbness & weakness.

Visit this website for more information:

<http://www.fda.gov/Drugs/DrugSafety/ucm365050.htm>

DOWN'S SYNDROME & ALZHEIMER'S (AD)

The incidence of Alzheimer's disease in people with Down syndrome is estimated to be three to five times greater than that of the general population. AD and Down's share a genetic connection. People with Down syndrome experience pre-mature aging, and show physical changes related to aging about 20 to 30 years ahead of people of the same age in the general population. As a result, AD is far more common in people with Down syndrome than in the regular population. Adults with Down syndrome often are often aged 40-50 when Alzheimer's symptoms first appear. <http://www.nih.gov>



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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ONLY 7% OF THE POPULATION HAS A LONG-TERM CARE INSURANCE POLICY

Did you know that after a person has been diagnosed with a dementia, you cannot apply for a Long-Term Care Policy? It's important to get a handle on all the assets your family member has available for funding their future care needs. Start with money in the bank, investments, pensions, and Social Security. According to Money Magazine, "The financial toll can be nearly as large as the personal loss. Over the last five years of life, the average *out-of-pocket* cost of care for dementia patients totaled \$61,500—81% more than for people without dementia—according to a new study in the Annals of Internal Medicine."

<http://time.com/money/page/coping-with-agings-costliest-challenge/>



According to National Public Radio (NPR), many **NATIVE AMERICAN** communities don't recognize dementia as a disorder and some tribal communities do not even have a word for dementia. This is partly because of a cultural belief, and partly because no one talks about it. Alzheimer's goes undiagnosed in the Indian population.

<http://www.npr.org/sections/health-shots/2015/12/28/458041798/alzheimers-disease-underdiagnosed-in-indian-country>

Karen's Note: *Several years ago I went to Oklahoma City to speak at a Huntington's disease (HD) convention and I encountered Native Americans who asked me lots of questions about HD and other movement disorders -- they knew nothing about these problems, but knew their families were experiencing these issues.*

LIFTWARE GOOGLE'S LATEST:

A SPOON THAT STEADIES TREMORS

More than 10 million people worldwide, have essential tremors or Parkinson's disease. This spoon allows people with movement disorders to eat without spilling their food. One lady said: "I was shaking and I had a hard time to keep the food on a spoon, especially soup or something like an olive or tomatoes. It is very embarrassing and frustrating," These spoons are very expensive, but may offer a person continued dignity and independence by being able to continue to feed themselves.

For more info, visit:

<http://www.liftware.com/?gclid=ClIq67a7gcoCFcQkgQodqn4IIQ>

THANK YOU to our **JANUARY SPONSOR**

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414

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, received some valuable information, know that you are not alone on the journey? 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

WE ALWAYS NEED USED INK CARTRIDGES!



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