

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JANUARY 2018

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

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www.dementiacaregiverresources.org

JANUARY SUPPORT GROUPS

→ January 2 & 16 St. Mark Village 9:30 AM
2655 Nebraska Ave. Palm Harbor (727) 785-2580

→ January 2 & 16 Grand Villa- Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727) 586-0108

→ January 17 Palms of Largo – REGAL 2:30 PM
300 Lake Ave NE -Largo, FL 33771 (727) 437-1350

FEBRUARY SUPPORT GROUPS

Feb. 6 & 20 St. Mark Village 9:30 AM

Feb. 6 & 20 Grand Villa- Largo 6:00 PM

Feb. 21 REGAL - PALMS of LARGO 2:30 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. Take a few minutes and do your own brain test. Go to <https://www.amenclinics.com/> In the upper right corner, click: "Brain Health Assessment". It's free, takes just 5-10 minutes, and you get a free report delivered to your e-mail that analyzes your brain fitness along with things to do to start 2018 with a better brain.



THE POWER OF MANY, NeurologyNow

describes how data from patient registries can help advance research and improve care. Registries are a valuable way to collect the extensive amounts of data needed to study potential causes and treatments for diseases, and they are crucial sources of data for rare diseases and are usually focused around a specific diagnosis or condition.

Sean W. Scott
Elder Law Attorney

What is an Income trust used for: If a Medicaid applicant's **income** exceeds the lawful amount for Medicaid eligibility (\$2,250.00 effective Jan. 1, 2018), a **Qualified Income Trust** must be created with the applicant's income in order to create eligibility for long-term nursing home care benefits. This is an irrevocable trust. The excess income is placed in the income trust checking account each month with a check equaling that amount written out at the end of the month to the nursing home. The applicant is required to pay all of their income less \$105.00 (the person in long-term care keeps 105.00 for their personal needs (haircuts, clothing, medical expenses that are not covered i.e.: new dentures, hearing aids, etc.) each month as their share of cost. For more information, *please call our office for a free consult: (727)539-0181* <http://www.virtuallawoffice.com/>



We are living longer, and your caregiving "role" may extend for many years. One day in the future, you may need a caregiver; are you the kind of caregiver you would like your children to be? Are they learning how to be a great caregiver from your examples? Becoming a great caregiver isn't something that will necessary happen immediately, but if the basic qualities are there, people can develop their skills and practice patience - over time - to become a great caregiver!



Light for the Journey - Courage for the Soul

Member Organization of:



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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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Who cares? All I want to do is just go home. ...

I JUST WANT TO GO HOME!

The psychological part of this statement is that our Loved One is trying to go back to a time and place where they had more control of their lives. This is one of THE most common issues. There is simply no reasoning with them. In fact, if you keep asking specific questions, they may get further agitated. It is better to just let them fuss and fume and offer a hug, or a snack. Sometimes we have to leave the room and return a little later. Often they will have forgotten the entire experience and it is a whole new person who greets you! In our staff trainings, we remind the caregivers that this is the disease "talking" not the person. We have to change our behavior and attitudes since the person who has a dementia cannot change. Alzheimer's causes *progressive and irreversible* damage to the brain's cognitive functioning ability, and this is what creates the confusion and memory loss.



Can you make a tax deductible donation?

There are so many caregivers who need support services & information.

DCR, Inc.

PO Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES

SCIENTISTS DISCOVERED WHAT CAUSES

DEMENTIA Scientists discovered a major cause of dementia which can help in the diagnosis and treatment of the illness. The researchers point to toxic levels of **urea** in the brain as being responsible for the brain damage that leads to **dementia**, an incurable neurodegenerative disease that causes an impairment of memory and thinking abilities. Urea is a byproduct of protein metabolism, produced by the liver to remove ammonia from the body. If you're wondering - yes, urea is what's excreted from the body in urine after being filtered by the kidneys. *See the full story:*

<http://bigthink.com/paul-ratner/scientists-discovered-what-causes-dementia>

Tina says: "The request for **Home Care** services usually comes at a time when there is an immediate realization or life-changing event that requires assistance on some level. It can be earth shattering for some. However, let's take the stigma out of **Home Care** services. It's not invasive. Rather, it's supportive. For many, it's about the importance of being Home."

THANK YOU to our January Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

Cell (813)334-3472 Tina.Costa@Rescare.com

ResCare Home Care Office: (727)734-7400

ResCare HomeCare helps seniors who want to age in place

www.ResCareHomecare.com



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