

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JANUARY 2020

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

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www.dementiacaregiverresources.org

* JANUARY SUPPORT GROUPS

Jan. 7 & 21 - Grand Villa of Largo 6:00 PM

750 Starkey Rd. Largo 33771 (727)586-0108



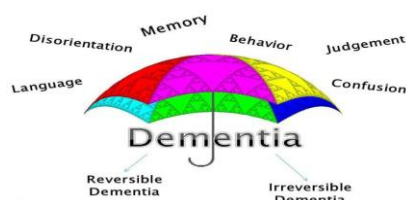
Jan. 8 – Grand Villa of Clearwater 6:00PM

2750 Drew St. (East of 19) (727)799-2177

♥ February Support Groups

FEB. 4 & 18 Grand Villa - Largo 6:00 PM

FEB. 5 Grand Villa - Clearwater 6:00 PM



WHAT IS REM SLEEP?

During the deep stages of REM sleep, the body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system. As you get older, you sleep more lightly and get less deep sleep. Aging is also linked to shorter time spans of sleep, although studies show you still need as much sleep as when you were younger. Usually, REM sleep happens 90 minutes after you fall asleep. The first period of REM typically lasts 10 minutes. Each of your later REM stages gets longer, and the final one may last up to an hour. Your heart rate and breathing quickens. You can have intense dreams during REM sleep, since your brain is more active. Babies can spend up to 50% of their sleep in the REM stage, compared to only about 20% for adults. Please turn off TV and other devices to get better sleep.

Sean W. Scott
Elder Law Attorney

Come to one of our live monthly Florida Medicaid Seminars and learn how to navigate the maze of Medicaid to pay the cost of care in a nursing home or assisted living facility. Most are presented at a local library near you. This link will take you to the 2020 dates, times and places:

<https://www.virtuallawoffice.com/medicaid-seminars/>. If you can't make it out to see us live then we still want you to get the information you need. Watch a YouTube webinar by going to our website, or read the [Medicaid Planning Handbook](#) by Sean W. Scott, Esq. For more information or to make an appointment for a free consult, (727)539-0181 <http://www.virtuallawoffice.com/>



2 ALZHEIMER'S Studies at USF

1. IS IT TIME TO GET YOUR BRAIN IN TUNE? We are seeking volunteers age 60 and older without formal music training for a research study to see if music training improves everyday abilities. Study participation takes about 5 months and includes up to 3 study visits and 20 music training sessions of 1 to 3 hours each.

To see if you qualify, please call:
PI: Jerri D. Edwards. (813)974-6703.

2. PACT ABOUT PREVENTING ALZHEIMERS

This is a study that involves games. For information on this study in St. Pete, call: (813)974-5638 or email rsch-irb@usf.edu



Light for the Journey - Courage for the Soul

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Member Organization of:



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](#). Registration does not imply endorsement, approval, or recommendation by the state.

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♥ KINDNESS GOES A LONG WAY – BE SUPPORTIVE

Families want to do the right thing, but they often do not know the questions to ask – so sit down with them. Have conversations. Research some of the medical jargon. Show them the doctor reports. Have them do some homework for you – task them with better awareness. Keep everyone informed – no surprises – few secrets – acceptance of the things we cannot change – wisdom to know the difference and to support the exhausted caregivers as much as possible without judgement. Often the shoes they are wearing are much different from the shoes a non-caregiver is wearing. Their emotions are fragile. Go gently and speak softly.

STUDYING THE HEART-HEAD CONNECTION

Developing new medications is a slow and painstaking process. The pace can be especially frustrating for people with Alzheimer's and their families who are waiting for new treatment options. Growing evidence suggests that brain health is closely linked to heart and blood vessel health. The risk of developing Alzheimer's appears to increase as a result of many conditions that damage the heart or arteries. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol.

<https://www.mayoclinic.org/>

Q. *If I Keep My Loved One At Home, What Resources Are Available?*

A. Adult Day Care, Respite Care, Home Health Agencies and Assisted Living Communities have special programs that can help you keep your Loved One at home longer and the caregiver gets a necessary break/rest from the daily routine. It will make a big difference for both of you.

We welcome our 2020 newsletter sponsor: **Touching Hearts at Home.**



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- Transportation
- Shopping & Errands
- Meal Preparation

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www.touchinghearts.com/swpinellas

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” – Mark Twain

Donations are always appreciated!
Dementia Caregiver Resources, Inc.
P.O. Box 7677
Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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