

THE DEMENTIA DETAILS DISPATCH JULY 2013

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

Email: drkaren@bookofhope.us to be added to the e-newsletter distribution list.

Visit our website www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997

JULY SUPPORT GROUPS

July 2 & 16	St. Mark Village	9:30 AM
880 Highlands Blvd.	Palm Harbor	727-785-2580
July 2 & 16	Grand Villa	6:00 PM
July 19	Grand Villa	9:30 AM
750 Starkey Rd.	Largo	727-586-0108
July 10	Bon Secours PL	6:00 PM
10401 Roosevelt Blvd.	St. Petersburg	727-563-9733
July 15	Seasons @ CABOT COVE	9:30 AM
Cabot Cove 455 Belcher Rd.	S Largo	727-282-5303

August Support Groups

Aug. 2 & 16	Grand Villa	9:30 AM
Aug. 6 & 20	Grand Villa	6:00 PM
Aug. 6 & 20	St. Mark Village	9:30 AM
Aug. 7	Bon Secours PL	6:00 PM
Aug. 12	Seasons @ CABOT COVE	9:30 AM



Q. What does an Elder Law Attorney do?

A. We assist in locating appropriate types of long-term care needs; coordinate private and public resources to finance these costs; estate planning; & pre-plan for incapacity. We also prepare: wills, Durable Power of Attorney, and Health Care Surrogate documents; trust administration and probate estates.

For more information call: 727.539.0181

Visit: <http://www.virtuallawoffice.com/>

FRANKLIN'S DEMENTIA PREVENTION TIP

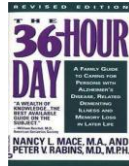
Getting Better Sleep

Take the TV and Computer out of the Bedroom. When you turn off the TV after the news and then try to go to sleep, you have not given your mind the time it needs to process the information and "shut off".

Two new JAMA studies show that restful sleep and exercise may also play a huge role in preventing cognitive decline.



A HUGE THANK YOU to REBECCA & CHRISTINE at Pacifica Belleair for hosting the "ENCORE" DEMENTIA PREVENTION SYMPOSIUM on June 20th. We had another capacity crowd and will be repeating this again later in the year. We are also working on another symposium later in the year to inform us on Original Medicare and Advantage Plans.



ROAD TRIP- SAVE the DATE

Our colleagues in Orlando, the *Alzheimer's and Dementia Resource Center*, are organizing a unique and informative event for families and professionals on Saturday November 2, 2013. **Dr. Peter Rabins** is the keynote speaker. He is the co-author of the "36 Hour Day" which has been "The Bible" of the long-term care industry since the 1980's. The conference includes Dr. Rabins' 90 minute presentation with questions and answers to follow. **DEMENTIA CAREGIVER RESOURCES, INC.** is planning on taking a group to Orlando on Friday November 1st through Sunday November 3rd, 2013. Save the date for this life changing event. More details will follow soon. (We are in need of corporate sponsorships)



MUSIC can be a wonderful tool in order for us to shift our Loved Ones into a better mood. There is a musical website called **SING AT HOME**, wherever home may be! <http://singathome.org/>. You can also do a YouTube or Google song search and come up with endless possibilities! A person's ability to engage in music and just humming along remains intact late into the disease process.

Member Organization of:



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GOOD DENTAL CARE

When was the last time your Loved One saw the dentist? A 2010 study by researchers at New York University has found that "gum disease may increase the risk of cognitive dysfunction associated with Alzheimer's disease."

Jack Feeney, DMD stated at our Dementia Prevention Symposiums that a huge amount of folks have neglected their oral care needs and have not even had a check-up in years. Make an appointment soon. Everyone will benefit.



EATING

Eating can be a challenge. Some people with Alzheimer's disease want to eat all the time, while others have to be encouraged to maintain a good diet. Remember that weight loss is a part of the disease process. Using RED Plates has been shown to promote better eating. Putting food on the plate in a "clock" pattern (i.e.: meat at 6, potato at 3, veggies at 9, etc. will keep the routines consistent.

TIP: Cut shelf liner (Non-slip, grip surface will hold things in place) and use as placemats under dishes and cups to prevent slips.

The Golden Rule:

*Treat others the way
You want to be treated.*

"Kindness is the language the blind can see and the deaf can hear."

---MARK TWAIN



REMINDER CARDS

Have you been questioned or accused of something your Loved One has forgotten. Can you have them write on a card (you may want to laminate it for safe keeping) a note in their own handwriting with their signature and the date? Place the card in a box for later review. Caregivers report this often works and provides a moment of security rather than worry or an argument. For example:

1. "Dr. Smith recommended I not drive anymore, so I gave the car to my granddaughter Mary for her birthday on July 4, 2013." Signed: _____.
2. "I allowed my son George to put my special papers, insurance and retirement information in the safe deposit box at the bank on April 29, 2013." Signed _____.

THANK YOU to our JULY SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414 tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"

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Or use a credit card on our website:

www.dementiacaregiverresources.org

WE ALWAYS NEED USED INK CARTRIDGES!

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