

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JULY 2020

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

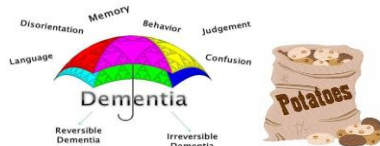
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www.dementiacaregiverresources.org

SUPPORT GROUPS – CANCELLED for JULY



We hope to resume groups at some time this year – we miss all of you and hope you are doing OK. These are some very hard days. The future in long-term care communities and what it will look like is so hard to grasp. Please reach out to your doctors for assistance in finding some resources that may be paid for by insurance, or private pay, or VA.



ALAN ALDA and PARKINSON'S

In 2015, I read an article in the *New York Times* by Jane Brody, in which a couple of doctors said some of their Parkinson's patients had one particular early symptom, and it's an unusual one: People act out their dreams while they're asleep. I realized I had done just that. I had dreamed somebody was attacking me, and in the dream I threw a sack of potatoes at him. In reality, I threw a pillow at my wife. So, believing there was a good chance I had Parkinson's, I went to a neurologist and asked for a brain scan. He examined me and said, "I don't think you need a scan. You don't have any

symptoms." I said, "Well, I'd really like the scan anyway." And he called me back and said, "Boy, you really got it." Wow. How did you react? I began to exercise. A lot of people hear they have Parkinson's and get depressed and panicky and don't do anything, just hoping it'll go away. It's not going to, but you can hold off the worst symptoms. Movement helps: walking, biking, treadmills. But also specific things: I move to music a lot. I take boxing lessons from a guy trained in Parkinson's therapy. I do a full workout specifically designed for this disease. It's not the end of the world when you get this diagnosis.

<https://www.aarp.org/entertainment/celebrities/info-2020/alan-aldas-life-parkinsons.html>

Sean W. Scott
Elder Law Attorney

We are taking proactive steps to make sure our clients and staff - stay safe and healthy, including instituting a Covid-19 mitigation plan for our office and staff since March 4, 2020. We will continue to be open to serve the needs of our clients and are meeting with clients on a one-to-one basis. We have put in place telephonic and video conference options for clients wishing to substitute face to face meetings. We are providing Medicaid planning and application services without the need for in office visits. To make an appointment for a free consult, Call: (727)539-0181

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



Light for the Journey - Courage for the Soul

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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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Suicide and Caregiving

A resident of an assisted living community who lives alone in two rooms said: "This must be what it is like being in prison — a nice prison with food and shelter — but a prison. It's like solitary confinement. I am totally cut off. My memory is getting worse. This is very hard stuff. If there were some end to this that I could look forward to, it would be more bearable."

Another one asked me "When am I getting out of HELL?" Dementia caregivers and their Loved Ones are going through so much right now that it is hard to fathom all of the layers of physical, medical, and emotional burdens that are being thrust upon them from so many directions. There is no respite, no day programs, no support groups, and no family to bring a bit of normalcy. Please REACH OUT for help if you feel like you are "drowning". There are many who can assist you. Some can do a daily check-in call or make a grocery run. Learning a new technology may seem daunting, but FACETIME or ZOOM can keep our social contacts readily available and we can 'see' our Loved Ones and even enjoy a 'virtual' meal with them. Embrace these new ideas – keep yourself motivated, re-do your budget and include a beauty or hair appointment. These kinds of things make us feel better about ourselves and give a lift to the spirit. Caregiving is hard, but in the age of COVID-19 it is brutal. Call a friend, call the Senior Helpline, call your doctor, see a mental health counselor....these options are available now and can be life-saving. These days are going to change everything the way we knew it and the way we were – please stay healthy, strong and engaged in life– and we can hope that one day soon - this too shall pass.

According to the non-profit organization **RIP MEDICAL DEBT**, Every day 79,000,000 Americans choose between paying their medical bills and basic needs like food and shelter. 66% of all bankruptcies and 25% of all credit card charges is for medical debt. RIP Medical Debt is making a huge impact for people who are struggling to repay medical bills. To see more, visit: <https://ripmedicaldebt.org/>

BLOOD TYPE Whether you are classified as an **A, B, AB, or O** blood type, depends on how your genes instruct your blood cells to produce (or not produce) a certain set of proteins. The findings suggest that people with blood type **A** face a 50 percent greater risk of needing oxygen support or a ventilator should they become infected with the novel coronavirus. In contrast, people with blood type **O** appear to have about a 50 percent *reduced* risk of severe COVID-19. <https://directorsblog.nih.gov/2020/06/18/genes-blood-type-tied-to-covid-19-risk-of-severe-disease/>

Dementia Caregiver Resources, Inc.

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