

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH JUNE 2018

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

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www.dementiacaregiverresources.org



### JUNE SUPPORT GROUPS

- June 5 -The Preserve at Clearwater 9:30AM  
2010 Greenbriar Blvd. CLW (727)735-6200
- June 5 -Grand Villa - Largo 6:00 PM  
750 Starkey Rd. Largo 33771 (727) 586-0108

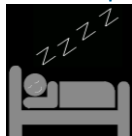
### July SUPPORT GROUPS

- July 3 The Preserve – Clearwater 9:30 AM
- July 3 & 17 Grand Villa- Largo 6:00 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "B R I G H T M I N D S". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **H = Head Trauma:** The silent epidemic. Protect your brain. Shrimp, nuts and dairy produce choline, which the brain makes into a chemical important for memory.

Visit: <https://www.amenclinics.com/>



**Did you know that** Sleeping in total darkness is a crucial part of sleep hygiene that many may overlook? Melatonin is a hormone secreted in your brain primarily at night (by your pineal gland), *triggered by the absence of light*. Melatonin's immediate precursor is the neurotransmitter serotonin, which is a major player in uplifting your mood.

Sean W. Scott  
Elder Law Attorney

Our goal is to help you succeed in aging with dignity and a high quality of life, both for you and for your loved ones. To be successful in aging, especially "aging-in-place" at home, you must arm yourself with all of the resources and knowledge you can. Our main office is in Pinellas County, however, we help people all over the State of Florida qualify for Medicaid benefits and routinely use video and phone conferencing in place of face-to-face meetings. *For more information or to make an appointment for a free consult, call or visit:* (727)539-0181 - <http://www.virtuallawoffice.com/>



A local assisted living community is over-whelmed with one of their long-distance resident family members who lives in Hawaii. She calls several times a week to check on her parent. She is very demanding and wants to speak with the executive director or the nurse on duty to ask the same questions time after time. Then she wants to speak with the parent who does not have a phone in his room. A possible solution was to set up a weekly video chat (Skype) call so the dad and the daughter could view each other face to face at a time that was convenient for both time zones. (4:00 PM EST time would be 10:00AM HST - Hawaii time.) This way dad would be set up in a private area and the staff would be ready to answer questions about dad's health and well-being.



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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**Melanie Bowman** is helping clients who have caregiving and other life challenges. Check out her profile on this website:

[Melanie Bowman's Psychology Today Profile](#)

She specializes in those caring for a loved one. Her clients are caring for parents, spouses, special needs children and more. Counseling sessions are goal oriented and together with her client will customize a strategy that will reduce feelings of stress, shame, depression, fatigue and burnout. Her approach is warm, compassionate, professional and collaborative. She is a Clinical Social Worker, and is committed to helping caregivers through support groups, therapy, and coaching. *Contact her at:*

Melanie Bowman, LCSW, MPH

**Caregiver Strategies and Support, LLC**

(727) 351-1899

[melanie@caregiverstrategies.com](mailto:melanie@caregiverstrategies.com)



### ABUSE or MORAL IRRESPONSIBILITY?

A lady is 97 years old. She has memory problems, is incontinent and living in an assisted living community. She is being taken out by the 70+ year old daughter to have Botox injections in her face. What does the Manager or Nurse say to the family about this? Do they have a responsibility to the resident to not subject her to the pain this may cause. (Sources said that her face is very "tight and looks pulled" from all of the injections). Would this be considered abuse? Who is the doctor that is performing this service? Does he have an ethical and moral responsibility or is she/he just looking for the cash flow? Maybe some of you could give a little insight into this?

### Biomarkers in LEWY BODY DEMENTIA (LBD), a clinical study by the DLB Consortium (DLBC)

The purpose of this study is to collect clinical information, brain imaging scans, and biological samples from people that have dementia with Lewy bodies. This information will help researchers gain a better understanding of the biology behind LBD. Those that meet the following may be able to take part in the study:

- Has a diagnosis of probable dementia with Lewy bodies (DLB) or mild cognitive impairment that is suspected to progress to DLB Parkinson's disease dementia

- Has a study partner who is able to attend study visits

For more information, visit:

<https://www.lbda.org/go/biomarkers-lbd-clinical-study-dlb-consortium->



Honoring my dad this June by doing a "bucket list" adventure. Going to Missouri to find over 200 mostly deceased relatives through Historical societies, cleaning headstones, taking pictures and gathering courthouse documents to compile into a book about my dad's maternal side. Forever seeking those "Aha" moments can take us down different paths and into family discoveries that are amazing. Family history can also reveal the truth by unveiling the long-held secrets.

 [Can You Make A Tax Deductible Donation?](#) 

DCR, Inc. - P.O. Box 7677 - Seminole, FL 33775

[WE ALWAYS NEED USED INK CARTRIDGES](#)



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