

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JUNE 2019

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

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www.dementiacaregiverresources.org

JUNE SUPPORT GROUPS

JUNE 4 - The Preserve at Clearwater **9:30 AM**

2010 Greenbriar Blvd. CLW (727)735-6200

JUNE 4 & 18 - Grand Villa - Largo **6:00 PM**

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

JULY Support Groups

July 2 - The Preserve Clearwater **9:30 AM**

July 2 & 16 Grand Villa Largo **6:00 PM**



For 2019, we will focus on the many different kinds of dementia and how important it is to get a proper diagnosis.

This excerpt from the CBS morning program includes a video on **Frontotemporal dementia** (FTD) that reiterates some of what was on 60 Minutes (May 5), and goes further. https://apple.news/A_VPeWtI6ROaaANAasU3gDw

A new report from the **World Health Organizations** says: "Although age is the top risk factor, dementia is not a natural or inevitable consequence of aging."

Alzheimer's could be spotted up to 34 YEARS before symptoms begin

A study by Johns Hopkins University found patients who are at risk of the disease have elevated levels of the protein tau in their spinal fluid up to 34.4 years before they show signs of memory loss.

<https://apple.news/AUo9YN5t1Tx6ylQqJnsyj8g>

(Thank you M.G. for these news releases.)

Sean W. Scott
Elder Law Attorney

THE PROBATE PROCESS

The probate process goes something like this:

- The attorney for the decedent's estate files a court petition for probate.
- The attorney becomes entitled to fees based on a portion of the estate unless the attorney agrees to a lower fee.
- The court appoints a personal representative (executor), also entitled to compensation.
- A monetary bond must be posted by the personal representative unless waived in the will or by the will's beneficiaries.
- Notice is given to creditors by publishing a legal notice in a local newspaper.
- A survivor's family allowance can be given.
- All assets of the deceased must be inventoried.
- Creditor's claims of the deceased are paid.
- Assets may have to be sold to pay the decedent's debts, plus any federal and state death taxes, as well as the fees of the attorney and personal representative.
- Any assets left are distributed to the heirs.
- Final federal and state tax returns, plus estate and inheritance returns, are filed.

For more information or to make an appointment for a free consult, call or visit:
(727)539-0181

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

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To order your copies, please e-mail:
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The question we asked last month has brought several responses regarding statin drugs to lower cholesterol:

? Is there a connection between taking statins and the rise in memory loss and dementia?

The US Food and Drug Administration requires that warning labels state that statins can cause memory loss as well as mental confusion, liver problems, and type 2 diabetes.

1. My doctor wanted me to take statins and I tried every single one on the market, short term, and I am allergic to all of them.

2. I was in constant chronic pain. My head hurt, had steroid shots in my neck, went to acupuncture twice a week and was considered a back surgery candidate....and had to stop all medications for two weeks prior to the surgery... in just a few days of being off of meds, all of my pain went away – it was a miracle – I was allergic to the statins and pain medication. No surgery necessary! YAY!!!

While your *brain* represents about 2-3% of your total body weight, 25% of the *cholesterol* in your body is found in your *brain*, where it plays important roles in such things as membrane *function*, acts as an antioxidant, and serves as the raw material from which we are able to make things like progesterone, estrogen, cortisol, testosterone and vitamin D. In a recent study available on the NIH Public Access site, researchers showed that in the elderly, the best memory function was observed in those with the *highest* levels of cholesterol. Low cholesterol is associated with an increased risk for depression and even death.

JEALOUSY and CAREGIVING

Do you sometimes feel jealous of your friends who are able to go out and do things that you can no longer do, because of your caregiving responsibilities? Are you jealous of your siblings who are not doing their share to help? Do you feel jealous of a friend whose parent died quickly and easily while you take care of a parent who has had dementia for many years? Are we jealous of someone who got a big inheritance and we are struggling to pay bills and to be a good caregiver? We often don't admit to this feeling, because we have always been told not to be jealous. But that doesn't mean that we don't feel jealous from time to time of those who we perceive to have it easier or better than us.

Coping: It's okay to admit to being jealous. Because things are not fair, we often have flashes of resentment and envy at other people's good fortune compared to our own. *Jealousy is a problem when we wallow in it* and prevent ourselves from enjoying the things we DO have. Focus on your new found support system, an unexpected visit, a day of rest, or a new awareness (AHA Moment) that it is the disease talking – not the person, and focus on finding that place in your heart for the lessons of gratitude.

WE ALWAYS NEED USED INK CARTRIDGES

*Can YOU make a difference with
a Tax Deductible Donation?*

DCR, Inc.

P.O. Box 7677 - Seminole, FL 33775



Light for the Journey - Courage for the Soul

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