

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE HELP HEART  LIGHT GROWTH LOVE

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

www.dementiacaregiverresources.org A non-profit 501(c)(3) Organization

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

THE DEMENTIA DETAILS DISPATCH MARCH 2013

MARCH 2013 SUPPORT GROUPS

| | |
|--------------------------------------|--------------|
| Mar. 1 & 15 Grand Villa | 9:30 AM |
| Mar. 5 & 19 Grand Villa | 6:00 PM |
| 750 Starkey Rd. Largo | 727-586-0108 |
| Mar. 5 & 19 St. Mark Village | 9:30 AM |
| 880 Highlands Blvd. Palm Harbor | 727-785-2580 |
| Mar. 6 & 20 Bon Secours PL | 6:00 PM |
| 10401 Roosevelt Blvd. St. Petersburg | 727-563-9733 |
| Mar. 11 Seasons @ Cabot Cove | 9:30 AM |
| Cabot Cove 455 Belcher Rd. S Largo | 727-282-5303 |

April 2013 Support Groups

| | |
|------------------------------|---------|
| Apr. 2 & 16 Grand Villa | 6:00 PM |
| Apr. 5 & 19 Grand Villa | 9:30 AM |
| Apr. 2 & 16 St. Mark Village | 9:30 AM |
| Apr. 3 & 17 Bon Secours PL | 6:00 PM |
| Apr. 8 Seasons @ CABOT COVE | 9:30 AM |


Sean W. Scott
Elder Law Attorney

FREQUENTLY ASKED QUESTIONS

ABOUT MEDICAID

Is long-term care insurance a good idea?

Yes, if you can afford long-term care insurance, and meet the eligibility requirements, this is an acceptable way to manage the risk of an extended stay in a nursing home.

For more information call: **727.539.0181**

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



PONDER THIS THOUGHT:

If you choose to not deal with an issue, then you give up your right of control over the issue. Do not procrastinate...make decisions now!

**Happy
Easter**



DO INFECTIONS SPEED UP ALZHEIMER'S?

An increase in brain inflammation, such as that caused by age, diabetes and obesity, is known to increase risk for developing Alzheimer's disease. Now scientists are about to start a three-year study, using brain tissue generously donated by people who died with Alzheimer's disease, to see if inflammation caused by infections such as those of the urinary tract or chest, also speeds up progress of the disease. The study started in January 2013 in Great Britain, and will add to the growing pile of evidence that shows how the immune system is implicated in Alzheimer's disease. The research team believes that in Alzheimer's, the immune system goes beyond its role as protector of the body and starts causing damage, like it does in an autoimmune disease.

Source: <http://www.medicalnewstoday.com>



CAPGRAS SYNDROME IN LEWY BODY DEMENTIA ASSOCIATED WITH ANXIETY AND HALLUCINATIONS

Delusions, or false beliefs, are common in **Lewy body** dementias and can come in many forms. One fairly common delusion is a recurrent, temporary belief that a familiar person, often a close family member or caregiver, or location has been replaced by an identical imposter. This is called *Capgras syndrome*, which according to one study, affects approximately 17 percent of people with dementia with Lewy bodies (DLB). Recent research investigated whether there is an association with other DLB symptoms and Capgras syndrome.

Source: <http://www.lbda.org/>

Member Organization of:



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ALCOHOL BLAMED FOR 1 IN

EVERY 30 CANCER DEATHS

For anyone who still thinks that drinking does not contribute to cancer, a new report finds that alcohol is to blame for one in every 30 cancer deaths each year in the United States. The connection is even more pronounced with breast cancer, with 15 percent of those deaths related to alcohol consumption, the researchers added. And don't think that drinking in moderation will help, because 30 percent of all alcohol-related cancer deaths are linked to drinking 1.5 drinks or less a day, the report found. Alcohol is a cancer-causing agent that's in "plain sight," but people just don't see it. People who are higher alcohol users were at higher risk, but there was really no safe level of alcohol use. Moderate drinking has been associated with heart benefits "But, in the broader context of all the issues and all the problems that alcohol is related to -- alcohol causes 10 times as many deaths as it prevents." For more information on alcohol and cancer, visit this website: [American Cancer Society](http://AmericanCancerSociety.org)



ARE YOU A "TARGET"?

A prime target for financial exploitation and abuse include seniors. They usually have assets that include a home, Social Security, investments and perhaps collectible or valuable items:

- ✓ Women, mostly between ages 80-89
- ✓ Men who have recently lost a spouse
- ✓ Elders living alone who require some help with health care or home maintenance
- ✓ The lonely, depressed and vulnerable

If you are targeted, call the Senior Helpline 1-800-96-ELDER. They will advise and guide you.



REMEMBER TO COUNT YOUR BLESSINGS

If you have food in the refrigerator, clothes on your back, a roof over head and a place to sleep -- You are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace -- You are among the top 8% of the worlds wealthy.

If you woke up this morning with good health-- You are more fortunate than the million who will not survive this week.

If you have never experienced the danger of battle unfolding all around you, the loneliness of imprisonment, the agony of torture, or the pangs of starvation -- You are ahead of 500 million people in the world.

If you can attend a church meeting without fear of persecution, harassment, arrest, torture, or death-- You are more blessed than three billion people in the world.

If you can read this-- You are more blessed than over two billion people in the world that cannot read at all.

Source: UNKNOWN

THANK YOU to our MARCH SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director

727.579.9414 tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"

**ENHANCE THE DEMENTIA CAREGIVING JOURNEY!
YOUR TAX DEDUCTIBLE DONATIONS ARE ALWAYS
APPRECIATED TO ASSIST FELLOW CAREGIVERS!**

WE ALWAYS NEED USED INK CARTRIDGES!

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