

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH MARCH 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

MARCH SUPPORT GROUPS

MAR 3 & 17 Grand Villa Largo 9:30 AM
750 Starkey Rd. Largo 33771 (727)586-0108

MAR 7 & 21 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580

MAR 7 & 21 Grand Villa Largo 6:00 PM

MARCH 15 Palms of Largo – REGAL 2:30 PM
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

APRIL SUPPORT GROUPS

APR 4 & 18 St. Mark Village 9:00 AM

APR 4 & 18 Grand Villa Largo 6:00 PM

APR 7 & 21 Grand Villa Largo 9:30 AM

APR 19 Palms of Largo – REGAL 2:30 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

FOODS THAT LOWER BRAIN HEALTH

Part 1 We are what we eat

As we nourish our bodies, we also nourish our brains. But, sometimes what we feed our brain is not good for us. This month we list three categories of foods that can cause damage to our brains.

- 1) Butter & Margarine: these contain saturated fats which can clog arteries
- 2) Red Meat: too much red meat can cause oxidative damage by free radicals reducing our ability to think clearly
- 3) Cheese: too much cheese can actually damage the hypothalamus that helps us to regulate body temperature and weight

Next month, the last three foods that can damage our brains...



Sean W. Scott
Elder Law Attorney

The Personal Representative of Your Will

To qualify to serve as a personal representative, an individual must be either a Florida resident -- or, regardless of residence, a spouse, sibling, parent, child or other close relative of the decedent. An individual who is not a legal resident of Florida, or who is not closely related to the decedent, **cannot serve** as a personal representative.

Please call us for a free consult: (727)539-0181
or visit: <http://www.virtuallawoffice.com/>

EUROPEAN STUDY FINDS EDUCATION DOES NOT PROTECT AGAINST AGE RELATED MEMORY AND THINKING PROBLEMS

This large study looked at whether levels of education impact on the natural decline in memory and thinking that occurs as we get older. It found that, although older people who are more educated perform better on memory tests, there was no differences in the rate of memory decline they experienced as they aged compared to their less educated peers.

Visit: <https://www.alzheimers.org.uk/news>



One of our new caregivers was expressing in a support group how lonely she has become since her husband is declining with his frontal lobe dementia that has caused *expressive aphasia* (this is characterized by the loss of the ability to speak or write.) One of our “seasoned” caregivers wisely said to her: “It was probably lonely for you even *before* he lost his ability to speak”.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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PROSOPAGNOSIA is also called “face blindness”. This is a cognitive disorder of face perception where the ability to recognize familiar faces, including one's own face (self-recognition), is impaired. Staff and family members may have to introduce and reintroduce themselves every time they enter certain patients' rooms.

HAVE YOU HEARD ABOUT NEUROTRACKER?

This is a video game that is aimed at heightening cognitive agility the way that lifting dumbbells develops muscles. Professional athletes are preparing their brains to use attention based brain networks and motion-processing networks. It was developed at the University of Montreal and has a lot of professional teams using it to enhance their games. Visit: <https://neurotracker.net/>



Family caregivers need to remember that their Loved One who is now in assisted living still needs the basics like a dental check-up every six months, new shoes, new clothes etc. When was the last time your Loved One had a Medication Review? Some problems like bad behaviors and aggression could be caused by dental issues, reactions to medications, a skin rash, or a urinary tract infection.



Can you make a tax deductible donation?
DCR, Inc. - PO Box 7677 – Seminole, FL 33775



We are often asked this question: **How is assisted living (ALF) different from skilled nursing (SNF) or rehab facilities?** Skilled nursing services are most often needed following a hospitalization or significant decline in health. A stay in a skilled nursing facility is usually temporary in nature and is focused on rehabilitation that is intended to prepare the resident to return to their previous living arrangement. A permanent long-term stay may be necessary in either type of community. An ALF community will have amenities like prepared meals, assistance with dressing, bathing, medications, and transportation to medical appointments. SNF's will have more skilled medical services.

THANK YOU to our MARCH SPONSOR



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WE ALWAYS NEED USED INK CARTRIDGES



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