

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MARCH 2018

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

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www.dementiacaregiverresources.org

MARCH SUPPORT GROUPS

March 6 & 20 St. Mark Village 9:30 AM
2655 Nebraska Ave. Palm Harbor (727) 785-2580

March 6 & 20 Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727) 586-0108

APRIL SUPPORT GROUPS

April 3 & 17 St. Mark Village 9:30 AM

April 3 & 17 Grand Villa- Largo 6:00 PM

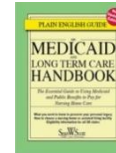
FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **R – Retirement/Aging:** When you stop learning, your brain starts dying. Make new learning a part of every day. Increase your use of foods that contain antioxidants; these include berries, cloves and dark chocolate. Visit: <https://www.amenclinics.com/>



Feb. 15, 2018 -Tallahassee, Fla. – State Senator Dana Young's (R-Tampa) "Do Not Call" legislation, Senate Bill 568, relating to telephone solicitation, just passed the House of Representatives and will now go to Florida Governor Rick Scott to be signed into law. Floridians are fed up with telephone solicitation schemes that are manipulative, annoying, and an invasion of privacy. Senate Bill 568 will finally crack down on telemarketers who have ignored the will of Florida's consumers.

Sean W. Scott
Elder Law Attorney



Come to one of our live monthly Florida Medicaid Seminars and learn how to navigate the maze of Medicaid to pay the cost of care in a nursing home or assisted living facility. Most are presented at local libraries. If you can't make it out to see us live then we still want you to get the information you need to understand how Medicaid may pay for nursing home and assisted living care. Watch a **YouTube** webinar or read the **Medicaid Planning Handbook** by Sean W. Scott, Esq. by visiting this website: <http://www.virtuallawoffice.com/> For more information, please call our office for a free consult: (727)539-0181

NEW BRAIN DISEASE TEST for PARKINSON'S, DEMENTIA with LEWY BODIES

NIH / National Institute of Allergy and Infectious Diseases Scientists have modified a test for early diagnosis of prion diseases with the goal of improving early diagnosis of Parkinson's disease and dementia with Lewy bodies. The group tested cerebral spinal fluid samples from people with Parkinson's disease; people with dementia with Lewy bodies; and controls, some of whom had Alzheimer's disease. The test correctly excluded all the controls and diagnosed both Parkinson's disease and dementia with Lewy bodies with 93 percent accuracy.



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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With an aging population, there will be an increasing number of drivers who have cognitive impairment and dementia. Some **red flags** that show when adults are **unsafe to drive** include:

- Lack of orientation (i.e.: driving on the wrong side of the road, or the inability to stay in their own lane.)
- Forgetting how to locate familiar places
- Failing to observe traffic signs/signals
- Reactions are too slow or they are making poor decisions in traffic
- Not hearing the fire or ambulance sirens at intersections or behind them
- Driving at an inappropriate speed (Especially in the left lane)
- Failing to leave enough safe distance between vehicles or leaving too much distance especially at traffic lights
- Eyesight issues are common in dementia, and can result in people being unable to read signs or see pedestrians,

These warning signs can all be indications that it is unsafe for this person to drive safely. When scheduling an appointment with the primary care doctor or neurologist make sure to mention these issues. The question to ask yourself is: Would you let your Loved Ones (i.e.: grandchildren) sit in the front seat and feel safe? Sometimes you may have to follow the person to make sure they are doing things correctly – have another person video the path/actions taken and if there are huge red flags, then show them the video and make that doctor appointment ASAP!

WE ALWAYS NEED USED INK CARTRIDGES

Heavy drinkers are putting themselves at risk of **dementia**, according to the largest study of its kind ever conducted. It will also raise questions for moderate drinkers about the possible long-term consequences of their social habit. The study looked at more than a million people diagnosed with a dementia between 2008 and 2013. More than a third – 38% of the 57,000 cases of early-onset dementia – were directly alcohol-related and 18% had an additional diagnosis of alcohol use disorders associated with a three times greater risk of all types of dementia.

<https://www.theguardian.com/society/2018/feb/20/chronic-heavy-drinking-leads-to-serious-risk-of-dementia-study-warns>



The ability to remain **independent**, stay in familiar surroundings, and engage socially promotes physical and mental health. That's why **ResCare** is committed to finding innovative solutions to help seniors and individuals with disabilities stay in their own homes.

THANK YOU to our March Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

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



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