

## DEMENTIA CAREGIVER RESOURCES, INC.

### THE DEMENTIA DETAILS DISPATCH MAY 2014

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

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

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

**Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.**

Visit website [www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) organization since 1997

#### MAY SUPPORT GROUPS

May 6 & 20 **St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580  
May 6 & 20 **Grand Villa Largo** 6:00 PM  
750 Starkey Rd. Largo (727)586-0108  
May 7 **Bon Secours Place** 6:00 PM  
10401 Roosevelt Blvd. St. Pete (727)563-9733  
May 2 & 16 **Grand Villa Largo** 9:30 AM  
750 Starkey Rd. Largo (727)586-0108  
May 14 **Grand Villa Pinellas Park** 6:00 PM  
8980- 49<sup>th</sup> St. N. Pinellas Park (727)546-4053

#### JUNE Support Groups

June 3 & 17 St. Mark Village P.H. 9:00 AM  
June 3 & 17 Grand Villa Largo 6:00 PM  
June 4 Bon Secours Place St. Pete 6:00 PM  
June 6 & 20 Grand Villa Largo 9:30 AM  
June 11 Grand Villa Pinellas Park 6:00 PM

**Sean W. Scott**  
Elder Law Attorney

Information and video will be available soon on Sean's website from the **ALZ talk** event in case you want to re-look at the fantastic speakers again; to see what it was about; and/or share this great info with other family and friends.

**For more information, call: 727-539-0181**  
<http://www.virtuallawoffice.com/>

#### FRANKLIN'S DEMENTIA PREVENTION TIP

Many caregivers have the attitude that I can do it all myself. Just the opposite is true. For your mental, emotional, and psychological health, the more outside contacts the caregiver has, the better their health will be.



**ASSISTED LIVING COMMUNITIES** continue to be one of the most cost-effective options for long-term care, according to a new study of nearly 15,000 long-term care providers nationwide. The median annual rate for a private room in an assisted living community is \$42,000. The median annual rate in a nursing home is \$77,380 for a semi-private room and \$87,600 for a private room, the study found. In addition to long-term care facilities, the report found that the median annual rate is \$45,188 for home health aides and \$16,900 for adult day health care.



LBDA has announced the launch of a major national advertising, public relations, and social media campaign entitled, "**Lewy Who?**" to raise awareness of Lewy body dementia in the general public and healthcare domains. Lewy body dementia (LBD) is the most misdiagnosed form of dementia and, following Alzheimer's disease, is the second most common cause of progressive dementia. It is a brain disorder that affects 1.3 million Americans, impairs thinking, movement, sleep and behavior. Also, it affects autonomic body functions, such as blood pressure control, temperature regulation, and digestion. <http://www.lbda.org/>

Member Organization of:



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The Association for  
Frontotemporal Degeneration  
Opening the gateway to help and a cure

#### FRONTO-TEMPORAL DEMENTIA (FTD)

affects persons between 50-80 with the average age being around age 57. FTD can be inherited, can be mistaken for another form of dementia and causes challenges that can include: overeating or only eating certain foods or even certain colors of foods like red lifesavers, excessive drinking and/or smoking, hand-rubbing, humming, re-reading the same book over and over, indifference, inappropriate sexual acting out, shoplifting, lack of hygiene, and mood swings. *For more information visit:*

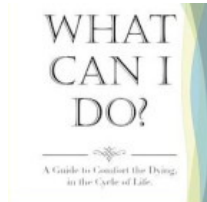
<http://www.theaftd.org/>



**CARING TOO MUCH CAN HURT** When caregivers focus on others without practicing self-care, destructive behaviors can surface. Apathy, isolation, bottled up emotions and substance abuse head a long list of symptoms associated with the secondary traumatic stress disorder now labeled: **Compassion Fatigue.**



Happy Mother's Day



There is an incredible new guide by *Victoria Ben-Toviya*. The title is **"WHAT CAN I DO? A Guide to Comfort the Dying in the Cycle of Life"**. We had the pleasure of meeting her at the recent **ALZ Talk** event and know that her ancient wisdom is so perfect for today's family and professional caregivers. To order copies, call: **813-484-6767**

THANK YOU to our **MAY SPONSOR**  
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*"Keeping People at Home and Healthier Longer"*



**WE ALWAYS NEED USED INK CARTRIDGES!**

*Tax Deductible Donations can be sent to:*

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