

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 2012

MARCH 2012 SUPPORT GROUPS

Mar. 2 & 16 Grand Villa 9:30 AM

Mar. 6 & 20 St. Mark Village 9:30 AM

Mar. 6 & 20 Grand Villa 6:00 PM

Mar. 7 & 21 Bon Secours PL 6:00 PM

April 2012 Support Groups

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

Apr. 3 & 17 Grand Villa 6:00 PM

Apr. 4 & 18 Bon Secours PL 6:00 PM

Apr. 6 & 20 Grand Villa 9:30 AM



SIGNS OF CAREGIVER DEPRESSION

We are hearing more and more about depression in caregivers. Please make sure you are taking good care of yourself. Caregiving is not an easy job and sometimes we will feel overwhelmed with our never ending duties.



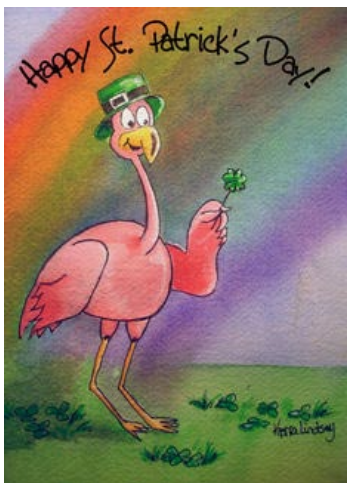
The Law Offices of Sean W. Scott are focused on the legal needs of the elderly. Sean uses a variety of legal tools and techniques to meet the goals and objectives of older clients. Under this holistic approach, he assists the client and their families in pre-planning for future care needs. This often includes finding the best nursing home or assisted living long-term care placement options, asset preservation, Medicaid qualification, probate and trust administration.

For more information call: **727.539.0181**

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

- ⇒ Feelings of hopelessness
- ⇒ Loss of interest in friends & activities
- ⇒ Irritability or frustration over small matters
- ⇒ Insomnia or excessive sleeping
- ⇒ Weight loss or weight gain
- ⇒ Agitation or restlessness...pacing, hand-wringing or inability to sit still
- ⇒ Fatigue, tiredness and loss of energy --- even small tasks seem to require a lot of effort
- ⇒ Feelings of worthlessness or guilt, fixating on past failures
- ⇒ Blaming yourself when things aren't going right
- ⇒ Frequent thoughts of death & dying
- ⇒ Unexplained physical problems, such as back pain or headaches

Seek help and resources. Talk to a social worker or counselor. Find an adult day care program for your Loved One. Change your routine, go for a walk; see a sunrise; take a nap; call a friend; go on a trip, get those legal and financial issues in order. Make that call today!



Member Organization of:



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Alzheimer's disease probably is not on any **sports-loving kid's** radar. But it's starting to register with both the youth sports and medical communities, as autopsies of a growing number of retired professional athletes who played hard-hitting sports and died relatively young have showed Alzheimer's-like brain deterioration.

Researchers have known for decades that repeated brain trauma caused neurological damage, called chronic traumatic encephalopathy (CTE). But the condition was usually associated with boxing, not football, and not connected with Alzheimer's, considered an old person's disease. It wasn't until brain autopsies started being done on retired NFL players with a history of dementia symptoms like aggression, memory loss and paranoia - that doctors found CTE brain deterioration similar to that in Alzheimer's patients.

Source: <http://www.sun-sentinel.com>



The Brain Fitness Center in Clearwater is a revolutionary combination of physical and mental exercise, diagnostic testing, physician consultation, nutrition planning and stress management in a structured environment to improve your brain function and memory. Potential candidates include persons with: Early dementia, traumatic brain injury, MS, stroke, chemo brain and Parkinson's disease. This is a Medicare covered therapy. Phone: 727-608-7378 Visit: www.brainfitnesscentersofflorida.com



EXPERT PANEL- BAKER ACT SYMPOSIUM

Cathy Saylor -Windmoor Healthcare
Karen Truman - Dementia Caregiver Resources
Martha Lenderman - Lenderman & Associates
Officer Rayshall Poinsette- Largo Police Dept.
Christine Varner - Executive Director - Pacifica
*The Feb. 24th Symposium was a WOW Event! Our panel of experts presented lots of important information on the Baker Act at **Pacifica Senior Living-Belleair**. Professionals and family members learned a lot about the resources and help that is available in the community. The next symposium will be announced soon.*

THANK YOU to our MARCH NEWSLETTER SPONSOR

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TINA COSTA

727.579.9414 tcosta@arcadiahealthcare.com
"Keeping People at Home and Healthier Longer"



*Enhance the Dementia Caregiving Journey!
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WE ALWAYS NEED INK CARTRIDGES!*

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