

**THE DEMENTIA DETAILS DISPATCH MARCH 2015**

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



**MARCH SUPPORT GROUPS**

**MAR 3 & 17 St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580

**MAR 3 & 17 Grand Villa Largo** 6:00 PM  
750 Starkey Rd. Largo (727)586-0108

**MAR 4 Bon Secours Place** 6:00 PM  
10401 Roosevelt Blvd. St. Pete (727)563-9733

**MAR 6 & 20 Grand Villa Largo** 9:30 AM

**APRIL SUPPORT GROUPS**

APR 1 Bon Secours Place 6:00 PM

APR 3 & 17 Grand Villa Largo 9:30 AM

APR 7 & 21 St. Mark Village 9:00 AM

APR 7 & 21 Grand Villa Largo 6:00 PM

**Sean W. Scott**  
Elder Law Attorney

On January 15, 2015 - Florida's Supreme Court has ruled that non-lawyers who engage in various Medicaid planning activities are engaging in the unlicensed practice of law. This includes drafting personal service contracts, preparing qualified income trusts and rendering legal advice regarding the implementation of Florida law to obtain Medicaid benefits.

**For more information, call: 727-539-0181**

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

**FRANKLIN'S DEMENTIA PREVENTION TIP**

**UP IN SMOKE**

I'm not referring to the Cheech & Chong movie of the 70's, but rather what happens to your brain when you smoke. The effects of smoking on the body are well known, but what is not mentioned is the effect of smoking on the brain. Studies have definitively shown the relationship between smoking and increased risk of vascular dementia. A recent report stated that it only takes 10 seconds for nicotine to reach the brain! Many current and former smokers with Alzheimer's also have a form of vascular dementia. The time to quit is NOW. If you tried before, try to quit again, otherwise your brain may go up in smoke!



Most of us, when we can't find our keys, it actually isn't a memory problem, it's an attention problem. You're doing five things at once and you never actually paid attention to where you put them in the first place. **Lisa Genova - 'Still Alice'**



**ART THERAPY**

Art therapy has become a staple in the treatment of a wide array of traumas, from child abuse to PTSD. Making art can help people unlock dark emotions or memories that they can't yet vocalize, pulling those buried anxieties from their subconscious and placing them onto a canvass or into a lump of clay, "It's especially effective in the treatment of trauma in service members. When trauma is experienced, it tends to be stored in the nonverbal part of the brain," Betts said. "This is why so many of them can't even put into words what they've been through. Art therapy helps them retell their story through art. It translates that trauma from the nonverbal part of the brain to the verbal part so they can start dealing with it. *For more information visit:* [http://usnews.nbcnews.com/\\_news/2013/05/24/18471262-unmasking-the-agony-combat-troops-turn-to-art-therapy?lite](http://usnews.nbcnews.com/_news/2013/05/24/18471262-unmasking-the-agony-combat-troops-turn-to-art-therapy?lite)



*Light for the Journey - Courage for the Soul*

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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**PARKINSON'S DISEASE** is a condition that affects about one million Americans. The disease is relentlessly progressive; often starting with a tremor in one limb on one side of the body, and then it spreads. The patient's muscles become more rigid, frequently leading to a stooped posture, and movements slow down and get smaller and less fluid. Named after English physician, geologist, paleontologist, and political activist - **JAMES PARKINSON**. He was most famous for his 1817 work, "**Essay on the Shaking Palsy.**"



### **BEETROOT JUICE**

One glass of beetroot juice a day is enough to significantly reduce blood pressure in patients with high blood pressure, conclude researchers who conducted a placebo-controlled trial in dozens of patients. Other benefits can include strengthening bones and conquering kidney stones! *Source:* <http://www.medicalnewstoday.com/articles/288229.php>

### **ALZHEIMER'S = TYPE 3 DIABETES?**

Alzheimer's disease has been referred to as "type 3 diabetes" to reflect the fact that Alzheimer's disease is a form of diabetes that selectively involves the brain. Insulin resistance in the brain causes dysregulation of cerebral glucose. The idea that Alzheimer's might be type 3 has been noted by researchers since 2005, but the connections between poor diet and Alzheimer's is becoming more convincing. Diabetes causes complications which can include heart disease, nerve damage, kidney, eye and foot damage, and skin bacterial and fungal infections and hearing loss. When the cells in your brain become insulin-resistant, you start to lose memory and become disoriented. You may even lose aspects of your personality. The longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening. This can often lead to much more serious life and life-style changes.



**WE ALWAYS NEED USED INK CARTRIDGES!**

**THANK YOU to our MARCH SPONSOR  
ARCADIA Home Care & Staffing**



**TINA COSTA – Operations Director  
727.579.9414**

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*"Keeping People at Home and Healthier Longer"*



### **CAN YOU MAKE A TAX DEDUCTIBLE DONATION?**

*We would so appreciate your support!*

*Have you attended support groups?*

*Making a donation "In Honor of" or "In Memory of" your loved one will make a huge difference.*

**DEMENTIA CAREGIVER RESOURCES, INC.**

**PO BOX 7677 - Seminole, FL 33775**



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[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)

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