

THE DEMENTIA DETAILS DISPATCH MARCH 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



MARCH SUPPORT GROUPS

Mar. 1 & 15 St. Mark Village **9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580

Mar. 1 & 15 Grand Villa Largo **6:00 PM**
750 Starkey Rd. Largo 33771 (727)586-0108

Mar. 4 & 18 Grand Villa Largo **9:30 AM**

Mar 16 Princeton Village 6:00 PM
333 16th Ave SE - Largo 33771 (727)588-0020

APRIL SUPPORT GROUPS

April 1 & 15 Grand Villa Largo **9:30 AM**

April 5 & 19 St. Mark Village **9:00 AM**

April 5 & 19 Grand Villa Largo **6:00 PM**

FRANKLIN'S DEMENTIA

PREVENTION TIP: EAT BLUES

DNA damage is part of the reason we grow older. Several studies have shown that eating **blueberries** can help to protect us from that DNA damage which can lead to aging and cancer. The berries are full of anti-oxidants and are considered a super-food!



The Florida Supreme Court has ruled that it is a felony for non-lawyers to provide Medicaid planning advice and/or draft personal services contracts. The ruling is in response to an increasing number of incidents in which non-lawyers fail to warn clients about tax consequences, expose them to allegations of fraud, and/or fail to help clients achieve eligibility. Even referring someone to a non-lawyer for Medicaid planning may be considered aiding and abetting a crime. Agencies that purport to have a "relationship" with an attorney are not exempt: The client must independently meet with and hire/retain the attorney and his services.

For more information, call: (727)539-0181

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

ALZHEIMER INSTITUTE at USF in Tampa will be hosting an **OPEN HOUSE** Event on Saturday - March 5, 2016.

You must pre-register by March 1st.

- Tour our Discovery Laboratories where basic and translational research is aimed at understanding Alzheimer's and related disorders.
- Visit the unique Center for Memory C.A.R.E. and view PET/CT technology for neuroimaging, and a micro-apartment for occupational therapy and home safety.
- Get a behind-the-scenes look at the USF Health Parkinson's and Movement Disorders Center, and learn about clinical research and current medical treatments.
- Learn about clinical research studies where we are testing drugs and innovative treatments to slow or stop the progression of Alzheimer's disease.

Please register online at EventBrite

<https://www.eventbrite.com/e/science-open-house-tickets-19840347012>

Or call **(813)396-0659**

WHEN: Saturday, March 5, 2016

TIME: 1:00PM - 4:00PM

WHERE: USF Health Byrd Alzheimer's Institute - 4001 East Fletcher Avenue Tampa, FL 33613

ANTACID DRUGS and DEMENTIA?

JAMA recently published a German study that found that seniors who regularly took proton-pump inhibitors (commonly used to decrease acid in the stomach) were more likely to end up with dementia. Further studies are recommended to find out if these PPI's actually cause an increase in the risk of dementia.



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

©2016 A 501(c)(3) Non-Profit Organization since 1997

THE DEMENTIA DETAILS DISPATCH MARCH 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



ALZHEIMER'S DISEASE SYMPTOMS

The risk for Alzheimer's disease increases with age, so it's important to watch for certain *changes in behavior*, such as:

- Increased confusion
- Short-term memory problems (asking the same questions over and over)
- Reduced or loss of ability to do everyday activities

Other possible symptoms of Alzheimer's dementia are:

- Seizures that begin in adulthood
- Problems with coordination and walking
- Reduced ability to pay attention
- Behavior and Personality changes
- Wandering and/or difficulty finding one's way around familiar areas
- Being less social
- Decreased fine motor control

If you notice any of these changes, see a health care provider to find out more. Keep in mind, though, that not all dementia symptoms are caused by Alzheimer's disease. Many other things can cause confusion, such as medication side effects, depression, thyroid disease, head injuries and alcohol can also cause dementia symptoms. Some of these conditions can be treated and reversed. Getting the right diagnosis is so very important.



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

Have you attended support groups, received some valuable information, know that you are not alone on the journey?

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

ARE YOUR MEDICATIONS SAFE TO USE?

Oral nitroglycerin (NTG), a medication used for angina (chest pain), may lose its potency quickly once the bottle is opened and should never be taken after the expiration date. Similarly, insulin, for diabetes, may stop working after its expiration date. Other drugs you need to be sure are still at full strength include anticonvulsants, warfarin, digoxin, thyroid preparations and oral contraceptives. If your inhalers' expiration date has passed, toss it and get a new one. If you are having an acute respiratory attack and your inhaler doesn't work, it could turn into a dangerous situation. In EpiPens the epinephrine loses its potency. As with inhalers, EpiPens are used in life-threatening situations like anaphylaxis shock (i.e.: bee sting), so using an expired one can be a major health threat. Using eye drops past their expiration date could be dangerous because of the high risk for bacterial growth. Don't risk losing your vision from contaminated drops, it is not worth it!

WE ALWAYS NEED USED INK CARTRIDGES!

THANK YOU to our MARCH SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
(727)579-9414

tcosta@arcadiahealthcare.com

"Keeping People at Home and Healthier Longer"



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

©2016 A 501(c)(3) Non-Profit Organization since 1997