

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH ♣ MARCH 2020

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

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www.dementiacaregiverresources.org



### SUPPORT GROUPS

**MARCH 3 & 17 - Grand Villa Largo 6:00 PM**

750 Starkey Rd. Largo 33771 (727)586-0108

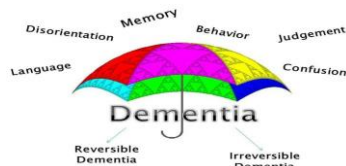
**MARCH 4 - Grand Villa Clearwater 6:00PM**

2750 Drew St. (East of 19) (727)799-2177

### APRIL Support Groups

**April 1** Grand Villa Clearwater **6:00 PM**

**April 7 & 21** Grand Villa Largo **6:00 PM**



**ALCOHOL** has a direct effect on brain cells, resulting in poor judgment, difficulty making decisions, and lack of insight. Alcohol-related dementia includes **Wernicke-Korsakoff syndrome (WKS)** as a type of dementia characterized by impaired planning, thinking, and judgment. Symptoms of WKS may present as someone telling the same stories or asking the same questions over and over, with no recollection that the questions have just been asked and answered. In conversations, a person may repeat the same piece of information 20 times, remaining wholly unaware that they are repeating the same thing in absolutely stereotyped expression. Remarkably, at the same time, they can seem to be in complete possession of their faculties, able to reason well, draw correct deductions, make witty remarks, or play games that require mental skills, such as chess or cards.

<https://www.caregiver.org/wernicke-korsakoff-syndrome>



**Seeing an Elder Law Attorney** is an important step for most of us. We need to make sure our legal and financial papers are current and spell out our wishes properly. Even though our main office is in Pinellas County, we help people all over the State of Florida qualify for Medicaid benefits and routinely use video and phone conferencing in place of face-to-face meetings. We have dedicated staff ready to consult with you concerning Durable Powers of Attorney, Health Care documents, wills, placement options and care plans. *To make an appointment for a free consult, call (727)539-0181*

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



According to the **National Institutes on Health**: Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people. Caregivers have found that joining a **SUPPORT GROUP** is a critical lifeline. These special groups allow caregivers to find respite, express concerns, share experiences, get tips, and receive emotional comfort. ♥ **From Irene a caregiver:**  
Best meeting ever!!!  
I always feel better when I leave.....



Light for the Journey - Courage for the Soul

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Member Organization of:



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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### VALIDATION and LISTENING

When dealing with difficult behaviors from someone with dementia, it's important to remember that they are not deliberately being difficult. Our loved one's sense of reality may now be different from ours, but it is still very real to him or her. As caregivers, we can't change the person with dementia, but we can employ strategies to better accommodate any problem behaviors. The environment you create and the way you communicate with your loved one can make a significant difference.

**Validate your loved one's feelings.** Let your loved one know you understand that they're upset and that you want to help. Your loved one **will often** respond to your **body language, facial expression and tone of voice** far more than the words you choose. Use eye contact, a smile, or reassuring touch to help convey your message and show your compassion.



**I've finally gone and bought some memory foam inserts for my slippers.**

No more forgetting why I walked into the kitchen.

### IRS PUBLICATION 502 - Taxes & Deductions

This publication explains the itemized deduction for medical and dental expenses that you claim on Schedule A (Form 1040).

- It discusses what expenses, and whose expenses, you can and cannot include in figuring the deduction.
  - It explains how to treat reimbursements and how to figure the deduction.
  - This publication also explains how to treat impairment-related work expenses, health insurance premiums if you are self-employed, and the health coverage tax credit that is available to certain individuals.
- <https://www.irs.gov/publications/p502>

**We welcome our 2020 newsletter sponsor: Touching Hearts at Home.**

We start by listening to your unique needs. Then we'll customize a plan of care with our trained caregivers who understand your personal needs and lifestyle.

• Companionship	• Medication Reminders
• Light Housekeeping	• Transportation
• Memory Care	• Shopping & Errands
• Laundry & Linens	• Meal Preparation

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[www.touchinghearts.com/swpinellas](http://www.touchinghearts.com/swpinellas)

**Donations are always appreciated -  
In Honor or Memory of a Loved One  
Dementia Caregiver Resources, Inc.**

**P.O. Box 7677**

**Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**



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