

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

E-mail: karenkarle@knology.net to be added to e-newsletter distribution list.

www.dementiacaregiverresources.org

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

THE DEMENTIA DETAILS DISPATCH May 2011

MAY SUPPORT GROUPS

May 3 & 17 St. Mark Village 9:30 AM
May 3 & 17 Grand Villa 6:00 PM
May 4 & 18 Bon Secours PL 6:00 PM
May 6 & 20 Grand Villa 9:30 AM
May 10 Brentwood ALF 10:00AM
May 10 & 24 Villas of Belleair 1:00 PM

JUNE SUPPORT GROUPS

June 1 & 15 Bon Secours PL 6:00 PM
June 3 & 17 Grand Villa 9:30 AM
June 7 & 21 St. Mark Village 9:30 AM
June 7 & 21 Grand Villa 6:00 PM
June 14 Brentwood 10:00AM
June 14 & 28 Villas of Belleair 1:00 PM



BON SECOURS - ST. PETERSBURG

PROFESSIONAL PANEL EVENT

Karen will be facilitating an event at

BON SECOURS PLACE

10401 Roosevelt Blvd.

St. Petersburg 33716

THURSDAY MAY 12 -- 2:00PM - 4:30PM

Please **RSVP 727.563.9733**

1. **Sean W. Scott**
Elder Law
2. **Helen King**
Area Agency on Aging
3. **Holliday Lisowski**
Deaf & Hearing Connection
4. **Jeanette Brownstein**
Geriatric Assessment Program



Karen will be a participant on
"THE ART OF DOWNSIZING" Panel
Tuesday **May 24 at 10:00 AM** at **The Barrington**: 901 Seminole Blvd. Largo
RSVP: 585-5900

Karen & Jeff are very happy that his mother Betty just moved into The Barrington and is making new friends and enjoying the Florida lifestyle.



SUPPORTING OUR PARENTS AT HOME

Automating these tasks will help to support forgetful parents who can still remain at home with some assistance:

1. Set up automatic checking account payments for monthly bills.
2. Set up Direct Deposit into checking account for all income sources
3. Sign them up for online prescription refills or have local pharmacy deliver monthly
4. Hire a lawn service
5. Have twice monthly housekeeping services
6. Order groceries online; have some meals delivered if you think their nutritional choices are not good; or take them grocery shopping
7. Do you need to set up regular pet care and maintenance through volunteers or a local service?
8. Make one day a month a doctor day and schedule appointments
9. Create a 3-ring binder with all of their important papers; account numbers, and medical information
10. Involve the family as a team to assist you and share the care.



**Life Is Ten Percent What You Make It
And Ninety Percent How You Take It**

Member Organization of:



Alzheimer's Foundation of America

Together for Care...in addition to Care

322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484

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CONSTRICTED "LIFE SPACE" LINKED WITH ALZHEIMER'S The extent to which we move through our environments as we carry out our daily lives from home to garden to workplace and beyond has more significance than we might imagine. Researchers at Rush University Medical Center have discovered that our "life space" is intimately linked with cognitive function. Researchers found that seniors who had a constricted life space (*confined to their bedroom or home*) were almost twice as likely to develop Alzheimer's disease as seniors whose life space extended well beyond the home. "Life space may represent a new way to identify, out of a group of older persons displaying no memory or thinking problems, who is likely to go on to develop Alzheimer's disease," said Bryan James, PhD.

Source: <http://www.medicalnewstoday.com>



THE PHYSICAL DEMANDS OF BEING A CAREGIVER

Protecting and ensuring the safety of elders is of prime importance for home caregivers. However, many don't stop to think about protecting themselves. Preventing injuries, especially back and shoulder injuries (the most common), can be achieved through proper education and attention to body positioning when lifting, turning and transferring patients from one location to another. Many caregivers...are simply not suited for such physical stress. With the physical demands of physically lifting, turning and transferring patients, injury is common. In fact, *it is estimated that musculoskeletal injuries that occur as a result of lifting or moving patients affects nearly 52 percent of caregivers.* Most caregivers in home environments are in their 40s, and 50s. Keeping them, as well as their loved ones, safe and healthy is vital.

Source: <http://www.agingcare.com>

STUDY: MEMANTINE (Namenda) DOESN'T WORK IN EARLY ALZHEIMER'S

A drug that is widely used but not approved, for the treatment of mild Alzheimer's disease shows little evidence of benefit in early-stage patients, according to new research. Memantine, sold as Namenda in the U.S., was approved by the FDA in 2003 for moderate to severe Alzheimer's, but two years later agency officials rejected an application to expand its indication to include patients with mild disease. Nevertheless, the drug is often prescribed for this indication, either alone or in combination with drugs that are approved for mild Alzheimer's disease, such as Aricept, Exelon, and Razadyne.

Source: <http://www.webmd.com>



Enhance the Dementia Caregiving Journey!

Your tax deductible donations can now be made with a credit card on our website!

We always need INK CARTRIDGES.

THANK YOU TO OUR MAY NEWSLETTER SPONSOR:

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TINA COSTA

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"Keeping People at Home and Healthier Longer"



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