

THE DEMENTIA DETAILS DISPATCH MAY 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



MAY SUPPORT GROUPS

- May 1 & 15 Grand Villa Largo** 9:30 AM
750 Starkey Rd. Largo (727)586-0108
- May 5 & 19 St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
- May 5 & 19 Grand Villa Largo** 6:00 PM
- May 6 Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733

JUNE SUPPORT GROUPS

- June 2 & 16 St. Mark Village 9:00 AM
- June 2 & 16 Grand Villa Largo 6:00 PM
- June 3 Bon Secours Place 6:00 PM
- June 5 & 19 Grand Villa Largo 9:30 AM

FRANKLIN'S DEMENTIA PREVENTION TIP

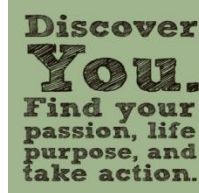
TIE ONE ON!

People with Alzheimer's lose manual dexterity and the ability to perform simple tasks such as tying their shoes. To help your brain maintain its level of movement, learn new tasks to increase and reinforce hand-eye coordination. Learning a new musical instrument (piano is great), sign-language, and improving typing skills can all stimulate your brain and keep up what you already know. That way, you can "Tie One On".



Sean W. Scott
Elder Law Attorney

The risk of dying from Alzheimer's disease has risen 71% over the last 10 years while dying from prostate, breast cancer, stroke, heart disease or HIV has significantly decreased. In the near future, 500,000 will be diagnosed in Florida alone, twice as many of them being women. This is the **Writing on the Wall. If you or your loved one has a dementia diagnosis, please see an Elder Law Attorney immediately.** For more information, call: 727-539-0181 <http://www.virtuallawoffice.com/>



Did you know that

OKINAWANS (who are reported to have the world's highest known concentration of centenarians of any country) share a common trait? They have an activity, passion or career that motivates them and gives their lives meaning! We all need to find our passion...it can give us a better quality of life and more purpose long into our later years.



SUNDOWNING is a symptom of Alzheimer's disease and other forms of dementia. Confusion and agitation get worse as the sun goes down.

These are some ideas to get you through the "36 hour days":

- Stick to a schedule
- Keep your home brightly lit in the afternoon and evening
- Stay active during the day with activities geared to your Loved Ones level of physical and mental health to improve her sleep quality - no naps after 2pm!
- Put on soft music to create a calm environment. Watching television or reading a book may be too difficult to follow or may cause more agitation.
- Adjust your eating patterns - have your largest meal at lunchtime and lighter fare like soup and sandwich in evening.
- Keep notes of daily activities, the environment, and behaviors to identify the triggers that start the sundowning and see if there seems to be a pattern.



Light for the Journey - Courage for the Soul

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There have been lots of news stories lately that have some interesting facts. Here are some of them that you can click on to go to the link to read all about it:

MIND FADES, DOES DESIRE?

SEX, DEMENTIA AND A HUSBAND ON TRIAL AT AGE 78 - The ethics of dementia patients and sex is in focus in an Iowa court.

http://www.nytimes.com/2015/04/14/health/s-ex-dementia-and-a-husband-henry-rayhons-on-trial-at-age-78.html?_r=0

ELDER CARE COSTS SURGE: *A nursing home is the most expensive option*

<http://abcnews.go.com/Business/wireStory/elder-care-costs-climbing-nursing-home-bill-now-30197093>

THE BRITISH GOVERNMENT, ALZHEIMER'S RESEARCH UK, AND FIVE MAJOR DRUG-MAKERS are pooling more than 100 million to create a global fund to accelerate efforts to find a treatment or cure for Alzheimer's.

<http://www.dailymail.co.uk/wires/ap/article-2998958/UK-drugmakers-establish-100M-Alzheimers-venture-fund.html>

7 KINDS OF COUGHS AND WHAT THEY MIGHT MEAN

<http://time.com/3819665/coughs-asthma-pneumonia/>

SLEEP APNEA MAY SPEED MEMORY LOSS, ALZHEIMER'S ONSET: STUDY

<http://www.nbcnews.com/health/health-news/sleep-apnea-linked-earlier-memory-loss-study-n342931>

BEING UNDERWEIGHT INCREASES DEMENTIA RISK, WHILE OBESITY REDUCES IT, STUDY FINDS

Past research has associated obesity with increased risk of dementia. But a new study - deemed the largest ever (**over 2 Million people** were in the study) to assess the link between body mass index and dementia risk - suggests *obesity could actually be a protective factor against the condition*, while people who are underweight may be at increased risk.

http://www.washingtonpost.com/world/new-research-being-fat-in-middle-age-cuts-risk-of-developing-dementia/2015/04/10/c87512ec-df52-11e4-a1b8-2ed88bc190d2_story.html

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“Keeping People at Home and Healthier Longer”



WE ALWAYS NEED USED INK CARTRIDGES!



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



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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