

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MAY 2018

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

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www.dementiacaregiverresources.org

MAY SUPPORT GROUPS

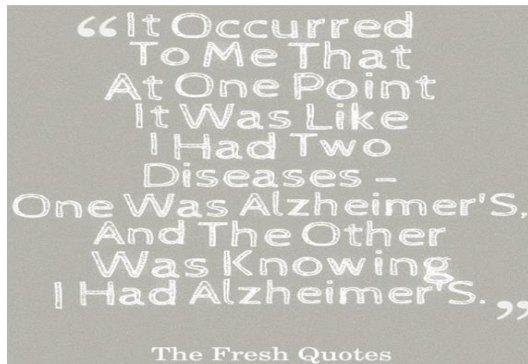
May 1 & 15 Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727) 586-0108

June SUPPORT GROUPS

June 5 & 19 Grand Villa- Largo 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp. **Genetics:** Not a death sentence, but a wake-up call to take care of your brain. If you have genetic vulnerability, you probably produce too much beta amyloid. Sage, Curcumin, Fish oils, including EPA and DHA omega-3 fatty acids may help to reduce beta amyloid. Visit: <https://www.amenclinics.com/>



"Whatever is eating her brain consumes only the fresher memories, the unripe moments" --- DEBRA DEAN
The Madonna's of Leningrad

Sean W. Scott
Elder Law Attorney

Did you know that a living trust protects your family's privacy? Once your will is admitted to probate, anyone can read it at the courthouse. But a trust document will remain secret even after the assets are distributed. During the Grantor's life, (the life of the person creating the trust) there are other benefits as well. A Grantor of a living trust can continue to exercise control over the property throughout his or her life. *For more information or to make an appointment for a free consult, call or visit: (727)539-0181 - <http://www.virtuallawoffice.com/>*



Here's one big reason why being a morning person matters: **Your risk of death may be lower.** A joint study by Northwestern University and the University of Surrey in the United Kingdom found "night owls" — people who prefer to stay up later — had a higher mortality rate than people who go to sleep early. The study also found evening types also had higher risks for conditions such as diabetes or psychological disorders.

Read the Full Story:

<https://www.usatoday.com/story/news/health/2018/04/12/night-owls-sleep-late-death-risk-study/510087002/>



Light for the Journey - Courage for the Soul

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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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They hoped this drug would tame hallucinations. Then people died.

A new drug, **Nuplazid**, aimed at treating Parkinson's disease patients with hallucinations was approved too quickly. Now hundreds of reports of deaths are raising more red flags. *Read the Full Story:* <https://www.cnn.com/2018/04/09/health/parkinsons-drug-nuplazid-invs/index.html>

According to statistics, between 50% and 80% of Parkinson's patients experience dementia as the disease worsens.

Symptoms that differentiate Lewy Body Dementia (LBD) from Alzheimer's may include:

- Unpredictable levels of cognitive ability, attention, and/ or alertness
- Changes in walking or movements
- Visual hallucinations
- A sleep behavior disorder called REM (Rapid Eye Movement). Affected persons physically act out their dreams. The sleep disorder can precede the dementia and other symptoms of LBD *by decades*.
- Difficulty with complex mental activities
- Severe sensitivity to medications for hallucinations.
- Others will start out with a movement disorder leading to the diagnosis of Parkinson's disease and later develop dementia and other symptoms common in LBD.



We have a new brochure called: **"Things to do When a Loved One Dies"** – There are many layers of a person's life and making sure these items are addressed and finalized properly will be a daunting task for the family and executor of the estate (no matter how big or small). What about a person's e-mail or Facebook account? How does that get closed down? Did you know that there are over 2 million people still on voting registration lists because no one reported this person is deceased? There are many details in our new hand-out, and if you would like to request a copy, please e-mail me: drkaren@bookofhope.us

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