

THE DEMENTIA DETAILS DISPATCH NOVEMBER 2014

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



NOVEMBER SUPPORT GROUPS

- Nov. 4 & 18 St. Mark Village** 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
- Nov. 4 & 18 Grand Villa Largo** 6:00 PM
750 Starkey Rd. Largo (727)586-0108
- Nov. 5 Bon Secours Place** 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
- Nov. 7 & 21 Grand Villa Largo** 9:30 AM

DECEMBER SUPPORT GROUPS

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

FRANKLIN'S DEMENTIA PREVENTION TIP

PARTY FOR YOUR BRAIN

The holidays are almost here. Get out and party. Social activity Helps to reduce blood pressure, alleviate stress, and contributes to general well-being. Do not pass up those wonderful invitations to share a meal or eat some cookies. Laughter is the best medicine. Read a joke a day, socialize, and share the humor. Everyone needs a smile.



Sean W. Scott
Elder Law Attorney

More and more we are seeing our potential clients coming into our office in what we typically call a "crisis situation". Mom or dad is in a rehabilitation facility and now needs long-term-care and no pre-planning has been done. We are prepared to assist our clients in dealing with this problem -BUT- if they don't have their **basic legal documents** up to date this makes our job much more difficult. PLEASE make sure the **HEALTHCARE SURROGATE, DURABLE POWER OF ATTORNEY (DPOA) and WILLS** are in order, up to date, and that the DPOA has been drafted in the state of Florida by a reputable attorney. The holiday season is a perfect time to make an appointment and get your Loved Ones legal affairs in order.

For more information, call: 727-539-0181
<http://www.virtuallawoffice.com/>

USF HEALTH BYRD INSTITUTE

In honor of Alzheimer's month (November), USF is hosting a free "**VEHICLE SAFETY CHECK FOR SENIORS**" on National Memory Screening Day - Nov. 18th from 9:00AM-1:00PM. CarFit Volunteers from **The American Occupational Therapy Association and The Florida Department of Transportation** will be checking the interior of vehicles to make sure of the following: *Clear line of sight over steering wheel; enough space between airbag & driver's breastbone; head restraints adjusted; proper positioning of foot on gas & brake pedals; proper seat belt use & fit; and safe positioning of mirrors.* This event will be at USF - 4001 E. Fletcher Ave. Tampa. You **MUST** make a reservation: (813)396-0659 or <http://alz.health.usf.edu>



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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THE FLORIDA ALLIANCE FOR ASSISTIVE SERVICES AND TECHNOLOGIES (FAAST) is a non-profit organization that provides Florida residents of any age who have a disability with access to assistive technology. This means speech communication devices, computer access tools and software, aids for daily living and mobility equipment. These are items that can increase, maintain and/or improve function. <http://www.faast.org/>

Karen was on **Alzheimer's Speaks Radio** in September. You can listen to the podcast by going to this website.

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

Two families came to groups this summer. Both of them have a Loved One with PSP which is very rare and little is known about it. Perhaps you know someone who needs more information about PSP?

PROGRESSIVE SUPRANUCLEAR PALSY (PSP)

is a rare brain disorder that causes serious and progressive problems with control of gait and balance, along with complex eye movement and thinking problems. One of the classic signs of the disease is an inability to aim the eyes properly, which occurs because of lesions in the area of the brain that coordinates eye movements. Some individuals describe this effect as a blurring. Affected individuals often show alterations of mood and behavior, including depression and apathy as well as progressive mild dementia. The disorder's long name indicates that the disease begins slowly and continues to get worse (*progressive*), and causes weakness (*palsy*) by damaging certain parts of the brain above pea-sized structures called nuclei that control eye movements. *For more information, see:* http://www.ninds.nih.gov/disorders/psp/detail_psp.htm?css=print

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“Keeping People at Home and Healthier Longer”



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WE ALWAYS NEED USED INK CARTRIDGES!



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