

THE DEMENTIA DETAILS DISPATCH NOVEMBER 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



NOVEMBER SUPPORT GROUPS

- Nov. 3 & 17 **St. Mark Village** **9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580
- Nov. 3 & 17 **Grand Villa Largo** **6:00 PM**
750 Starkey Rd. Largo 33771 (727)586-0108
- Nov. 4 & 18 **Ivy Ridge** (727)490-3233 **4:00 PM**
7179 40th Ave. North -St. Petersburg, FL 33709
- Nov. 6 & 20 **Grand Villa Largo** **9:30 AM**

DECEMBER SUPPORT GROUPS

- Dec. 1 & 15 **St. Mark Village** **9:00 AM**
- Dec. 1 & 15 **Grand Villa Largo** **6:00 PM**
- Dec. 2 & 16 **Ivy Ridge** **4:00 PM**
- Dec. 4 & 18 **Grand Villa Largo** **9:30 AM**

FRANKLIN'S DEMENTIA

**PREVENTION TIP:
STUFF YOURSELF**

The holidays are the perfect excuse to overstuff yourself with all the wrong things -- too much butter, too much sugar, too much of anything. The average holiday weight gain can be up to 5-7 pounds--this makes your brain & body work harder. A little discipline & self-control will help you from being overstuffed.



EMERGENCY INFO

Have you made an emergency information sheet for your family and/or your Durable Power of Attorney that includes the names of your bank(s), other financial account(s) information, military papers, death, divorce, and marriage certificates, house deed, auto, insurance (life, house and auto), wills, and other legal or financial paperwork which may be critical to have when applying for Medicaid, Veteran's or other public benefits. If these items are in a safe deposit box -- who has access to the box and key?

For more information, call: (727)539-0181

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

TED

Ideas worth spreading

JANE MCGONIGAL has a wonderful **TED Talks** video. (*TED Talks are videos that present a great idea in 18 minutes or less.*) She has designed a video game to assist with mental health called: **SuperBetter** (originally called: "Jane the Concussion Slayer"), it brings out a willingness to learn rather than feeling threatened. The NIH has funded studies using this game to treat patients who have suffered brain injuries.

https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life/transcript?language=en

\$\$ MONEY & MEMORY \$\$

According to the October AARP magazine, there is a crisis in our seniors with regard to diminished memory skills and poor money management. This includes: memory lapses about money; failure to pay bills or paying them more than once; bouncing checks; spending \$\$ they do not have; depleting their savings; giving away money to family members, charities, and phone scammers. It is a BIG crisis and often the bank or financial advisors are the first to recognize the problem -- even before the family or a doctor's diagnosis.

THINK

...BEFORE YOU SPEAK

T...IS IT TRUE

H...IS IT HELPFUL

L...IS IT INSPIRING

N...IS IT NECESSARY

K...IS IT KIND



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org

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Did you know that **SEMINOLE, Florida in Pinellas County** was designated the very first “**DEMENTIA FRIENDLY**” town in Florida! The Purple Cities Alliances is a global network dedicated to creating dementia-friendly communities. The key to this is educating first responders, businesses, city governments and faith-based communities about the needs of individuals struggling with dementia and their caregivers. Florida currently has the second-largest number of Alzheimer’s cases in the country, coming behind only California. “It’s been called a silver tsunami,” --- **MARIA WINER** owner of **Maria’s Adult Day Care** and President of **Florida Caregiver’s Network**. <http://floridacaregiversnetwork.org/>

COSTS FOR DEMENTIA CARE

A recent study looked at patients on Medicare. The average total cost of care for a person with dementia over five years was \$287,038. For a patient who died of heart disease it was \$175,136. For a cancer patient it was \$173,383. Medicare paid almost the same amount for patients with each of those diseases — close to \$100,000 — *but dementia patients had many more expenses that were not covered.* “**It’s stunning that people who start out with the least end up with even less,**” “What patients and their families don’t realize is that they are on their own”. See full article: http://www.nytimes.com/2015/10/27/health/costs-for-dementia-care-far-exceeding-other-diseases-study-finds.html?_r=0

GUILT and CAREGIVING

Over and over our caregivers share the fact that they are so guilty of _____. It is an epidemic. We struggle to figure out what they are so guilty about since they are doing the lion’s share of work in order to keep their Loved Ones safe and at home. We really like Dr. Phil’s advice: “**If you want to forgive yourself, understand that guilt is all about intention. Is there a bone in your body that wished or intended for something bad to happen to your loved one? If not, why are you feeling guilty?**” ---DR. PHIL

THANK YOU to our **NOVEMBER SPONSOR**
ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
727.579.9414

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“Keeping People at Home and Healthier Longer”



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

*We would so appreciate your support!
Have you attended support groups, received some valuable information, know that you are not alone on the journey?
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

WE ALWAYS NEED USED INK CARTRIDGES!



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