

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH NOVEMBER 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### NOVEMBER SUPPORT GROUPS

Nov. 1 & 15 **St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580

Nov. 1 & 15 **Grand Villa Largo** 6:00 PM  
Nov. 4 & 18 **Grand Villa Largo** 9:30 AM  
750 Starkey Rd. Largo 33771 (727)586-0108

Nov. 16 **Palms of Largo** – REGAL 2:30 PM  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

### DECEMBER SUPPORT GROUPS

Dec. 2 & 16 Grand Villa Largo 9:30 AM  
Dec. 6 & 20 St. Mark Village 9:00 AM  
Dec. 6 & 20 Grand Villa Largo 6:00 PM  
Dec. 21 Palms of Largo – REGAL 2:30 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### HBP AIN'T FOR ME

The NIH reports that over 70 million Americans have high blood pressure. HBP can damage blood vessels that in turn often affects blood flow to the brain, which increases your risk of dementia. If you are on medication for HBP, make sure to take it every day, and check with your doctor every six months or so to see if the dosage needs to be adjusted. Lower BP can lead to improved brain health.



#### HOME IS A SENSE OF WELL-BEING & SAFETY

"I want to go home" is the single most common sentence most dementia patients say on a daily basis. It is universal. Many caregivers struggle with this lamentation and grow frustrated with the inadequacies of each answer. Perhaps there are other ways of providing a sense of belonging that will soothe and comfort a lost soul searching for "home", which is usually a **safe place and sense of well-being** – *not a physical place where they used to live.*

Sean W. Scott  
Elder Law Attorney

Did you know: Early onset Alzheimer's disease is covered by Social Security as a disability under Organic Mental Disorders, and the required level of severity is met? If you have early onset Alzheimer's you can ask for a **Compassionate Allowance** so that your benefits can come to you sooner. It gives you quicker access to both SSI for low income and SSDI for those who have paid into Social Security for 10 years and are qualified for SSDI. Please call us for a free consult: (727)539-0181 or visit:

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



#### VETERAN'S INFO

Florida has a network of six **state veterans' nursing homes** and has garnered the notable distinction of having all of its skilled nursing facilities rated at **five stars** by the Centers for Medicare and Medicaid Services. They are located in Daytona Beach, **Land 'O Lakes**, Panama City, Pembroke Pines, **Port Charlotte**, and St. Augustine, Florida.

**Resident Admission:** Basic admission requirements for all state veterans' homes include an honorable discharge, state residency prior to admission, and certification of need of assisted living or skilled nursing care as determined by a VA physician. *For more information call (727) 518-3202 Ext. 5562.*

<http://floridavets.org/locations/state-veterans-nursing-homes/>



Light for the Journey - Courage for the Soul

[www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org)      [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us)

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### \$\$\$ CAN YOU AFFORD IT?

A recent survey by [bankingrates.com](http://bankingrates.com) found that 34% of all Floridians have nothing in savings and 71% have less than \$1000 saved. Among those 55 and older, 3 in 10 have no retirement savings. If you have a Medicare "Advantage" plan and were to suddenly experience a major emergency such as a broken hip, stroke or heart attack, would you have enough saved to pay your portion of the costs? With doctor fees, hospital charges, rehab (per-day) co-pays, and extended home care/therapy, the bills can easily run into thousands and thousands of dollars. Don't let the "free gym memberships" and the "free" over the counter products sway you into selecting a plan that may not be right for your current and future needs. The other sad fact is that a lot of doctors will not accept "advantage" plans, so you may have to switch your entire established medical team to a new "in network" group. For most people, "Original Medicare" and a supplement are the best way to make sure you are controlling the costs and personal choices of your healthcare needs.

For more information, visit the **SHINE (Serving Health Insurance Needs of Elders) website**.

**SHINE** provides educational materials and free, unbiased insurance counseling to Florida elders, caregivers, and family members.

[www.FloridaSHINE.org](http://www.FloridaSHINE.org)

### F.I.N.E.

*When someone asks you how you are and you reply I am FINE – a special reverend friend says: "FINE" could stand for:*

**Fantastic**

**Illuminated**

**Nonjudgmental**

**Enlightened!**

### DO YOU KNOW WHAT YOUR BLOOD TYPE IS?

*From the Harvard School of Public Health:*

Knowing your blood type can be an important part of staying healthy and avoiding heart disease. It's good to know your blood type the same way you should know your cholesterol or blood pressure numbers. **AB blood types** have been found to have a 23% higher risk for cardiovascular disease than other types, while people with **Type O** blood are generally at less risk for heart disease and stroke than the other three blood types. So, the bottom line is that if you know you're at higher risk, you can reduce the risk by adopting a healthier lifestyle, such as eating right, exercising and not smoking.

**THANK YOU to our NOVEMBER SPONSOR**



**Tina M. Costa, RN - ACCOUNT EXECUTIVE**  
**Cell (813)334-3472**

**Tina.Costa@Rescare.com**

**ResCare Home Care (727)734-7400**

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*ResCare HomeCare helps seniors who want to age in place*

**[www.ResCareHomecare.com](http://www.ResCareHomecare.com)**



**CAN YOU MAKE A TAX DEDUCTIBLE DONATION?**

*We would so appreciate your support!*

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**PO BOX 7677 - Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**



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