

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH NOVEMBER 2018

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

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www.dementiacaregiverresources.org

### NOVEMBER SUPPORT GROUPS

Nov. 6 - The Preserve at Clearwater 9:30AM  
2010 Greenbriar Blvd. CLW (727)735-6200

Nov. 6 & 20 - Grand Villa - Largo 6:00 PM  
750 Starkey Rd. Largo 33771 (727)586-0108

### December SUPPORT GROUPS

December 4 - The Preserve Clearwater 9:30 AM  
December 4 & 18 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.



**D = Diabesity:** The entire spectrum of Diabesity including all of its complications -- diabetes, elevated blood sugar, blood pressure and cholesterol -- are simply downstream symptoms that result from problems with diet, lifestyle, and environmental toxins interacting with our unique genetic susceptibilities. Insulin resistance and Diabesity are a direct outcome of diet and lifestyle. The condition is **100% reversible** in the vast majority of cases. Kill the sugar before it kills you. Use food as medicine. Eliminate processed carbohydrates. Include "real" foods like lean protein (chicken or fish), veggies, nuts, seeds, beans and whole grains.

For more information, visit:  
<https://www.amenclinics.com/>

Sean W. Scott  
Elder Law Attorney

### PRE-PLANNING – Make that Appointment

If we fail to plan we can leave a mess for someone else to clean up, or worse, our lack of planning can often result in dramatically reducing the value of what we pass to our heirs through unnecessary costs including taxes and attorney fees. There may be an added problem that memories can change or more often the poor person you have left in "charge" takes the brunt of inter-family squabbling and invariably is the person blamed for a lot of the underlying tension that comes to the surface after the death of a family member. It is a sad commentary but death often brings out the worst in people.

For more information or to make an appointment for a free consult, call or visit:  
(727)539-0181 <http://www.virtuallawoffice.com/>

### Mark your Calendar

Wednesday NOVEMBER 7th -1:00 PM-3:00 PM

### CAREGIVING – LIVING BETTER SERIES

Pacifica Senior Living will be hosting a symposium facilitated by Karen Truman. There will be two presentations on how to live healthier while caregiving.

1. CR World - information about relief from pain and more mental focus.

2. Lymphatic drainage for swelling vs. support hose. (Medicare Covered)

This is an event you will not want to miss – more details! (Free)



Light for the Journey - Courage for the Soul

Member Organization of:



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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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## COMMON HERPES VIRUS COULD CAUSE 50 PERCENT of ALZHEIMER'S DISEASE CASES

The herpes virus which triggers cold sores could cause at least half of cases of Alzheimer's disease, a leading expert has concluded after reviewing existing data on the condition. As many as 3.7 billion people under the age of 50, (an estimated 67 percent of the world's population), have the herpes simplex virus type 1 (HSV-1), according to the World Health Organization. Most commonly transmitted from mouth-to-mouth contact, the infection generally does not result in any symptoms. But it can cause unpleasant blisters known as cold sores to erupt on the face. Once a person is infected, it cannot be cured and lays dormant in the body. Symptoms can re-emerge when a person is run-down. By the age of 60, most people are infected with the virus. A further 417 million people aged 15 to 49 have HSV-2, which is a sexually transmitted disease affecting the genitals. Owing to the prevalence of herpes, as well as the alarming rates at which Alzheimer's is being diagnosed (with cases expected to hit 82 million in 2030, and 152 million in 2050) the association between the two is ripe for investigation. Read the full story:

<https://www.newsweek.com/common-herpes-virus-could-cause-50-percent-alzheimers-cases-1171777>

## NEW VETERANS AFFAIRS REGULATIONS

Starting Oct. 18, the VA will review not just current assets, but records from the previous three years when deciding a veteran's asset-based eligibility for VA Pension benefits -- commonly called Aid and Attendance (A&A) benefits. However, transfers of assets completed before Oct. 18 will not be counted against veterans or their surviving spouses.



**The Health Insurance switch time of year is fast approaching -- SHINE** (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased, and confidential.

Toll Free 1-800-96-ELDER  
1-800-963-5337

Email [information@elderaffairs.org](mailto:information@elderaffairs.org)

**For all Counseling Sites in FL, visit:**

<http://floridashine.org/Counseling-Sites.aspx>

**In Pinellas, visit:**

<http://floridashine.org/Counseling-Sites/Pinellas.aspx>



 *Can You Make A Tax Deductible Donation?* 

**DCR, Inc.**

**P.O. Box 7677 - Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**



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