

# DEMENTIA CAREGIVER RESOURCES, INC.

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

## THE DEMENTIA DETAILS DISPATCH NOVEMBER 2013

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.

Visit our website [www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) organization since 1997

### NOVEMBER SUPPORT GROUPS

Nov. 1 & 15 *Grand Villa* 9:30 AM  
750 Starkey Rd. Largo 727-586-0108  
Nov. 5 & 19 *St. Mark Village* 9:00 AM  
2655 Nebraska Ave. Palm Harbor 727-785-2580  
Nov. 5 & 19 *Grand Villa* 6:00 PM  
Nov. 6 *Bon Secours PL* 6:00 PM  
10401 Roosevelt Blvd. St. Petersburg 727-563-9733  
Nov. 18 *Seasons @ CABOT COVE* 9:30 AM  
Cabot Cove 455 Belcher Rd. S Largo 727-282-5303

### December Support Groups

Dec. 3 & 17 *St. Mark Village* 9:00 AM  
Dec. 3 & 17 *Grand Villa* 9:30 AM  
Dec. 4th *Bon Secours PL* 6:00 PM  
Dec. 6 & 20 *Grand Villa* 6:00 PM  
Dec. 9<sup>th</sup> *Seasons @ CABOT COVE* 9:30 AM

Sean W. Scott  
Elder Law Attorney

### SOME QUESTIONS TO CONSIDER WHEN LOOKING AT LONG-TERM CARE POLICIES

What is the daily benefit, and what is the maximum benefit period? Does the benefit amount increase with inflation, and will that affect your premium? How long is the elimination period before benefits are available, and what is the benefit trigger? The National Clearinghouse for Long-Term Care Information notes that "most policies pay benefits when you need help with two or more of six Activities of Daily Living or when you have a cognitive impairment." What is covered and what is excluded? What percentage is covered for services like home care, hospice, assisted living, memory care, or housekeeping assistance? Does the policy reimburse for actual expenses only, or does it provide cash for you to use at your discretion? A very important question is: How does the policy interact with Medicaid coverage? Call: 727.539.0181

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

### FRANKLIN'S DEMENTIA PREVENTION TIP

**SOCIALIZING** is extra important at this time of year. You may feel guilty about needing or wanting time out for rest, socialization and fun. However, everyone deserves regular and ongoing breaks from work, including caregivers. Taking care of your social needs will allow you to refresh and renew your spirit. It's OK to give yourself permission to have a little fun and social pleasure.



We will have a table at **Grand Villa Largo** on Tuesday **November 26** from 1:00-4:00PM and will be signing copies of "**The Dementia Caregiver's Little Book of Hope**". Please join us at this great **Health & Wellness Fair** and bring a friend.



### PEANUT BUTTER & COGNITIVE DECLINE

Researchers at the University of Florida found that patients with early stage Alzheimer's disease had a more difficult time detecting peanut butter held under their nose with their left nostril than their right. Patients weren't having their sense of smell tested; and the cranial nerve associated with smell is often one of the first areas impacted by cognitive decline. Peanut butter in particular is a "pure odorant," which means its scent is only detected by the cranial nerve. *Read more at:*

<http://www.nydailynews.com/life-style/health/peanut-butter-detect-alzheimer-disease-article-1.1481823#ixzz2hPu4h9kQ>

Member Organization of:



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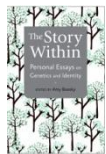
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### DOCTOR'S OFFICES AND DEBT "TRAPS"

**Consumer Reports** has written an important article regarding the recent financing options to "help" patients pay medical bills. Consumers are really signing up with national finance companies for a costly loan that can come with interest rates of 20% and penalty interest rates of more than 30%. Some lenders do no credit checks and loans are often given to people who have no proven ability to re-pay the loan. This would be considered a form of financial exploitation. Florida Attorney General Pam Bondi is reviewing numerous complaints and lawsuits. The AMA & ADA may want to make sure the patient can afford this kind of loan, and protect them. Putting trust in our doctors is a big deal.

<http://www.consumerreports.org/cro/2012/04/overdose-of-debt/index.htm>



In **THE STORY WITHIN**, authors share powerful experiences of living with genetic disorders. Their stories illustrate the complexities involved in making decisions about genetic diseases: whether to be tested, who to tell, whether to have children, and whether and how to treat children medically, if treatment is available. More broadly, they consider how genetic information shapes the ways we see ourselves, the world, and our actions within it. People affected by genetic disease respond to such choices in varied and personal ways.  
ISBN # 9781421410968

**\*WE ALWAYS NEED USED INK CARTRIDGES\***



### THANK YOU **BON SECOURS PLACE**

Karen & Susan Spotz, MARKETING COORDINATOR  
At the October Book Signing Event

A **BIG THANK YOU** to our Orlando Sponsors for the Dr. Peter Rabins Educational Event:

Sean W. Scott  
Elder Law Attorney



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**TINA COSTA – Operations Director**

727.579.9414 [tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

"Keeping People at Home and Healthier Longer"

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