

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH NOVEMBER 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

NOVEMBER SUPPORT GROUPS

November 7 & 21 St. Mark Village 9:30 AM

2655 Nebraska Ave. Palm Harbor (727)785-2580

November 7 & 21 Grand Villa- Largo 6:00 PM

750 Starkey Rd. Largo 33771 (727)586-0108

November 15 Palms of Largo – REGAL 2:30 PM

300 Lake Ave NE -Largo, FL 33771 (727)437-1350

DECEMBER SUPPORT GROUPS

December 5 & 19 St. Mark Village 9:30 AM

December 5 & 19 Grand Villa- Largo 6:00 PM

December 20 REGAL - PALMS of LARGO 2:30 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

The Best & the Brightest

Pigments in fruits and veggies that are brighter in color are powerful sources of antioxidants. Higher veggie eating has also been shown to slow the rate of cognitive decline. A recent study showed people who ate four or more servings a day had a 40% slower decline! Making healthy choices now can have a positive impact on your overall quality-of-life down the road.



New Book: "**The Human Super-Organism: How the Microbiome is Revolutionizing the Pursuit of a Healthy Life**" by *Rodney Dietert, PhD* - Changing the balance of short-chain fatty acids (SCFAs), which are a fermentation product of *specific gut bacteria*, can have profound effects on both the immune system and the brain. Dr. D says that there are about 1000 different microbes on and in our bodies and that when some are missing or out of balance, we get Non-Communicable Diseases, including the ones affecting our brain.

Sean W. Scott
Elder Law Attorney

Special Needs Trust: A Special Needs Trust is a special kind of trust which holds title to property for the benefit of a child or adult who has a disability. The funds in the Trust can be used to supplement benefits received from various governmental assistance programs including SSI and Medicaid. A special needs trust will manage a variety of resources for the benefit of the injured or disabled person while maintaining the person's eligibility for public assistance benefits.

For more information, *please call our office for a free consult:* (727)539-0181

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

IMPAIRED
HEARING
LOOKS
LIKE THIS!

From a support group member:

"I took mom to get her hearing tested. We wound up both getting 'matching' hearing aids. This is just not the same as going shopping for matching shoes."



For seniors who haven't had an eye exam in three or more years, the **American Academy of Ophthalmology's EyeCare America** program may be able to help. Since 1985, EyeCare America has helped almost 2 million people. More than 90 percent of the eye care provided by nearly 6,000 volunteer ophthalmologists is at no out-of-pocket cost to the patient. This service is offered year-round. To find out if you or your loved ones qualify for this program, visit:

<https://www.aao.org/eyecare-america>



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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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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HEALTH ALERT!

Patient suffers from SEVERE ALLERGIC ASTHMA! The allergens are solvents used to hold FRAGRANCE in solution in many common products



DO NOT ENTER WITH ANY FRAGRANCED PRODUCTS ON! Patient is NOT a Fragrance Crash Test Dummy Do not just 'come & see' if it affects the patient!

FRAGRANCED & ALLERGEN PRODUCTS INCLUDE

Purell Lotion Soap Hand Sanitizer Deodorant Shampoo/cream rinse Shower Gel Hair products	Perfume / Cologne Laundry Soap Dry Cleaning Shaving/after shave products Cleaning/sanitizing products (home & industrial) Fresh (voc) paint & carpet And many many more
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GOOD NEWS! THERE ARE NON-FRAGRANCED VERSIONS OF ALL OF THESE PRODUCTS!

We all want to smell good and be clean. But using and being around fragrances is a no-no for many people. Our long-term care communities have staff members, visitors and patients who are allergic to fragrances of any kind. Your "wonderful and expensive" perfume can trigger an asthma attack, headaches and other health issues. Many of us embrace "Scent Free Zones" when we visit medical settings, public buildings, shopping centers, theatres, restaurants, when traveling, and other locations. Thank you for your consideration of this major health concern.



The **stigma** associated with **Alzheimer's** disease has a significant negative impact on the lives of people with **Alzheimer's** and their caregivers. ... It is widely believed that **Alzheimer's** and dementia are a normal part of aging. This is not true. It is a disease that develops from a wide variety of risk factors.

"Those who say it cannot be done – should not interrupt the people doing it!"

GEORGE BERNARD SHAW



Home Care services are considered long term care services which involves help with personal care & everyday tasks.....assistance with basic activities of daily living. It is often paid for privately – but can also be paid for through Long-Term Care insurance, Veterans benefits, special program grants, The Area Agency on Aging (Senior Helpline) and other special programs. A good **Home Care** agency will help the client and their families maneuver through this process. **Initiation** of these services often only requires a phone call to the **Home Care** Company of your choice.

THANK YOU to our November Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

Cell (813)334-3472 Tina.Costa@Rescare.com

ResCare Home Care Office: (727)734-7400

ResCare HomeCare helps seniors who want to age in place
www.ResCareHomecare.com



Can you make a tax deductible donation?

DCR, Inc. - PO Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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