

DEMENTIA CAREGIVER RESOURCES, INC.

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

THE DEMENTIA DETAILS DISPATCH OCTOBER 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 to be added to the e-newsletter distribution list.

Visit our website www.dementiacaregiverresources.org A non-profit 501(c)(3) organization since 1997

OCTOBER SUPPORT GROUPS



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Oct. 1 & 15 St. Mark Village *9:00 AM
*2655 Nebraska Ave. Palm Harbor 727-785-2580
Oct. 1 & 15 Grand Villa 6:00 PM
Oct. 2 Bon Secours PLACE 6:00 PM
10401 Roosevelt Blvd. St. Petersburg 727-563-9733
Oct. 4 & 18 Grand Villa 9:30 AM
750 Starkey Rd. Largo 727-586-0108
Oct. 21 Seasons @ CABOT COVE 9:30 AM
Cabot Cove 455 Belcher Rd. S Largo 727-282-5303

NOVEMBER Support Groups

Nov. 1 & 15 Grand Villa 9:30 AM
Nov. 5 & 19 St. Mark Village 9:00 AM
Nov. 5 & 19 Grand Villa 6:00 PM
Nov. 6 Bon Secours PL 6:00 PM
Nov. 18 Seasons @ CABOT COVE 9:30 AM

Sean W. Scott
Elder Law Attorney

STEPS FOR GETTING YOUR AFFAIRS IN ORDER

Gather all current information about your income sources. Do you own property? Are they paid off? Are they homesteaded? What kinds of investments do you own? (IRA's, stocks, mutual funds, bonds, savings, life insurance, annuities, pre-burial arrangements, etc.) These should all be copied and placed in a special binder. Make sure the person or persons named in your legal documents are notified and are aware they are named and agree to fulfill their responsibilities, and that they know where these documents are located, in case of emergency. Review your documents on an annual basis to be sure they continue to meet your needs and desires and to update them in case of births, deaths, divorce or incapacity. Call: 727.539.0181

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

FRANKLIN'S DEMENTIA PREVENTION TIP

HOW DO YOU RELAX? This is a hard question for many folks. It seems like the tasks never end and the constant juggling of taking care of it all can eventually break even the strongest caregivers. Knowing that there are respite opportunities like adult day care, dusk to dawn programs, veteran's benefits and meals on wheels can take some of the burden off of you. Find out about these programs, get on the wait lists and enjoy a few personal moments. It will help you to feel more empowered and less stressed. You may even save a life...yours!



According to "The World Alzheimer Report 2013 'Journey of Caring: An Analysis of Long-Term Care for Dementia'," the traditional system of informal care that is provided by family, friends and other informal caregivers will require much greater support as the world population ages. At this time, globally, 13 percent of people 60 and older need long-term care.

Happy Halloween Birthday to my mother Eva. She always liked to laugh and was a free spirit.

Happy Halloween

Member Organization of:



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WHAT IS POSTERIOR CORTICAL ATROPHY?

Posterior cortical atrophy (PCA) is a rare condition most often caused by Alzheimer's disease. The visual symptoms aren't caused by damage to the eyes; instead people with PCA have damage to areas at the back of the brain called the parietal and occipital lobes. This damage means the brain can't interpret visual information from the eyes properly, making complex visual tasks like driving and reading particularly difficult. Other skills that rely heavily on the back of the brain, for example spelling and calculation can also be affected early in the disease. Posterior cortical atrophy is a rare, degenerative brain and nervous system disorder (neurological condition) that causes vision to decline. Symptoms include difficulties with reading, recognizing common objects and recognizing familiar faces. It may eventually cause memory and thinking abilities to decline. Posterior cortical atrophy may be associated with Alzheimer's disease, Lewy body dementia or other neurological conditions.



The Alzheimer's Foundation of America (AFA) Quilt to Remember pays tribute to all those who have passed or are living with dementia, and their families, so that others can recognize the reality and enormity of this disease, and acknowledge that we stand united for optimal care and a cure. Visit this website for more information on how you can submit a panel or create a virtual panel. <http://www.alzquilt.org/>

SPECIAL EVENTS:

October 17th - 10am-1pm "MAKING THE RIGHT CHOICES" on Original Medicare, Advantage Plans, and Part D. symposium at Pacifica Senior Living Belleair Pre-REGISTER: (727) 467-9464



Orlando trip - November 1 & 2, 2013 Dr. Peter Rabins co-author of the "The 36 Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life." See PDF attachment for more details. (We still need corporate sponsorships)



DCR will have a significant presence in the community at Book Signings, Health Fairs, and other Events during the next few months. Please visit the website for more information: www.dementiacaregiverresources.org

THANK YOU to our OCTOBER SPONSOR

ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
727.579.9414 tcosta@arcadiahealthcare.com
"Keeping People at Home and Healthier Longer"

WE ALWAYS NEED USED INK CARTRIDGES!
Your Tax Deductible Donations can be sent to:
DCR, Inc. - PO Box 7677 - Seminole, FL 33775

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