

## THE DEMENTIA DETAILS DISPATCH OCTOBER 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



### OCTOBER SUPPORT GROUPS

**Oct. 2 & 16 Grand Villa Largo 9:30 AM**

750 Starkey Rd. Largo (727)586-0108

**Oct. 6 & 20 St. Mark Village 9:00 AM**

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

**Oct. 6 & 20 Grand Villa Largo 6:00 PM**

**Oct. 7 & 21 Ivy Ridge (727)490-3233 6:00 PM**

7179 40<sup>th</sup> Ave. North -St. Petersburg, FL 33709

### NOVEMBER SUPPORT GROUPS

Nov. 3 & 17 St. Mark Village 9:00 AM

Nov. 3 & 17 Grand Villa Largo 6:00 PM

Nov. 4 & 18 Ivy Ridge 6:00 PM

Nov. 6 & 20 Grand Villa Largo 9:30 AM

### FRANKLIN'S DEMENTIA

#### PREVENTION TIP:

#### PAMPER YOURSELF

Is your brain on overload? Too many things need to be done too quickly? Take time-out to pamper yourself. By allowing yourself a little special "me" time, you reduce the chance of stress negatively affecting your brain. If you are a caregiver, it is essential that you take time for you. Enjoy a mani-pedi, massage, walk on the beach or whatever you enjoy to help take away some stress and allow your brain to heal.



**Sean W. Scott**  
Elder Law Attorney

#### ADVANCE DIRECTIVES

Every competent adult has the right to make decisions concerning his or her own health, including the right to choose or refuse medical treatment. When a person becomes unable to make decisions due to a physical or mental change (i.e.: Alzheimer's), they are considered incapacitated. Is your Living Will and Health Care Surrogate in place and updated?

**For more information, call: (727)539-0181**

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



*Dr. Phil has some great advice on how to forgive yourself so that you can move on.*

*"If you won't move on past the grieving process because the grief is your current connection to the deceased, ask yourself how terrible it is that your precious loved one is being remembered as a legacy of pain that you choose to carry around.*

*You're focusing on the moment he/she died instead of on the moments he/she lived and the joy that he/she brought to your life.*

*Isn't that a terrible burden to place on your loved one?" --- PHIL MCGRAW*



According to a recent survey, most Americans do not know, *or refuse to accept*, the facts surrounding their potential need for long-term care and the costs associated with it. This survey highlighted many of the misconceptions Americans have about long-term care, including: the potential that a loved one may need some sort of long-term care within the next five (5) years; lack of knowledge of the positive impact of "person-centered care" practices; lack of understanding of coverage of long-term care services by Medicare, Medicaid and private insurance; and an increase in the lack of concern over failure to plan for the costs associated with long-term care. The message is to *start planning today* -- it can make a HUGE difference for you and your family in the future.



*Light for the Journey - Courage for the Soul*

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

©2015 A 501(c)(3) Non-Profit Organization since 1997

**THE DEMENTIA DETAILS DISPATCH OCTOBER 2015**

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



**COMMUNICATION TIPS**

**Don't Be Argumentative!** You have entered the world of Alzheimer's, and the first rule of that world is that you will lose all arguments. Arguments are based on the ability to reason. Reason, along with memory and judgement, is in the cognitive domain, and is affected fairly early in the progression of many dementias including Alzheimer's. A situation that we commonly see when visiting in memory communities is the well-meaning family member who comes to visit and tries to get a conversation going with a question like, "So what did you have for lunch, dad?" Very often, dad doesn't remember what he had for lunch, or even that he had lunch. Avoid non-productive conversations that require a person with Alzheimer's disease to project into the future: "Are you going to watch the movie tonight?", or, "Are you looking forward to the picnic this weekend?" The inability to plan and to think about future events is a symptom that is common in the mid-stages of progressive cognitive disorders.



Older people often go into another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem -- it is nature's way of making older people do more exercise. SO THERE!!

**"take my hand"**

Inspired Living at Ivy Ridge in St. Petersburg is proud to introduce their new initiative - a compassionate approach to ease the emotional adjustment to a new environment for a new resident and the family.... They stay by your loved one's side for the first 72 hours -- helping with their adjustment to new surroundings, assisting with the daily routine, answering any questions they may have, or offering comfort by simply being there to hold their hand.

THANK YOU to our **OCTOBER SPONSOR**

**ARCADIA** Home Care & Staffing



**TINA COSTA – Operations Director**

**727.579.9414**

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

*"Keeping People at Home and Healthier Longer"*



**WE ALWAYS NEED USED INK CARTRIDGES!**

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

*We would so appreciate your support!  
Have you attended support groups, received some valuable information, know that you are not alone on the journey?  
Making a donation "In Honor of" or "In Memory of" your loved one will make a huge difference.*

**DEMENTIA CAREGIVER RESOURCES, INC.**

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



*Light for the Journey - Courage for the Soul*

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

©2015 A 501(c)(3) Non-Profit Organization since 1997