

# DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



## THE DEMENTIA DETAILS DISPATCH OCTOBER 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

### OCTOBER SUPPORT GROUPS

Oct. 4 & 18 **St. Mark Village** 9:00 AM  
2655 Nebraska Ave. Palm Harbor (727)785-2580  
Oct. 4 & 18 **Grand Villa Largo** 6:00 PM  
Oct. 7 & 21 **Grand Villa Largo** 9:30 AM  
750 Starkey Rd. Largo 33771 (727)586-0108  
Oct. 19 **Palms of Largo – REGAL** 2:30 PM  
300 Lake Ave NE -Largo, FL 33771 (727)437-1350

### NOVEMBER SUPPORT GROUPS

Nov. 1 & 15 St. Mark Village 9:00 AM  
Nov. 1 & 15 Grand Villa Largo 6:00 PM  
Nov. 4 & 17 Grand Villa Largo 9:30 AM  
Nov. 15 Palms of Largo – REGAL 2:30 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP:

#### THE NOSE KNOWS

One of the early predictors of Alzheimer's is a reduction in the ability to detect odors and smells.

A recent study revealed that Professional wine tasters have a much Stronger sense of smell than most of us, and as a result have reduced their risk for dementia. Even as we exercise our bodies, let's exercise our nose. Use strawberries, lemons, leather, gasoline, pineapple, roses, smoke and other compounds to conduct a blindfolded smell test to help improve your sense of smell and exercise your brain at the same time. After all, the nose knows.



FYI → Did you know you may personally contact Hospice – You do not have to wait for a referral from your Loved Ones medical team.

### FRAGRANCES DO NOT SMELL GOOD TO

**EVERYONE** Please remember that a lot of people have a “**Hidden Disability**” and are allergic to strong scents and perfumes. This can start a harsh reaction like sneezing, coughing, nausea and headaches. Most medical settings have signs posted to not wear any scents into their buildings. This should extend to any kind of community events, work zones, theatres, restaurants, places of worship, sports venues, and anywhere else that two or more people gather. This is an excellent practice for those of us who suffer from asthma, allergies and scent intolerance issues. It is a big issue that most people are not fully aware of.

Sean W. Scott  
Elder Law Attorney

**A REVOCABLE LIVING TRUST** is an agreement that determines how a person's property is to be managed and distributed during his or her lifetime and also upon death. The Grantor is the person who creates the trust. The Trustee is the person who manages the trust. The Beneficiary is the person or an entity that will receive the income or principal from the trust. Please note that during the Medicaid planning process the **homestead** is usually held outside the trust. This is done so the home can go through the probate process unequivocally determining it belongs to the deceased person and can therefore transfer to the blood heirs with no claims attached other than those of the mortgage holders Please call us for a free consult: (727)539-0181 or visit: <http://www.virtuallawoffice.com/>



Light for the Journey - Courage for the Soul

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

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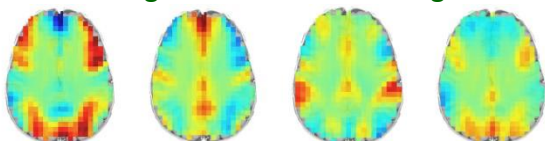
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### DOING THE MATH

The Tampa Bay Times reprinted an article published in the New York Times which showed these images of what your brain looks like when it solves a math problem.

The four stages of creative thinking are:



1. Encoding (Downloading)
2. Planning (Strategizing)
3. Solving (Performing)
4. Responding (Typing out the answer)

### LONG-TERM CARE INSURANCE

In the news is the fact that a lot of long-term care insurers underestimated the rising costs of this kind of benefit. Some insurance companies are raising their rates over 125%. This is unaffordable for many on fixed incomes. Genworth has a cost of care chart for current assisted living costs, adding about \$1500 per month for a deluxe community and allowing for inflation and more rising costs of care for the next 20-30 years depending on your current age and medical history.

<https://www.genworth.com/about-us/industry-expertise/cost-of-care.html>



### CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

*We would so appreciate your support!*

**DEMENTIA CAREGIVER RESOURCES, INC.**

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

**WE ALWAYS NEED USED INK CARTRIDGES**

### Are you a "Married" Widow/Widower?

So many of our caregivers are in limbo – their spouse may be in long-term care or even still at home but the conversations are just not there any longer. The shared memories, the lifetime experiences and the companionship they once shared is lost in this disease process. It hurts and is depressing. Often some of the caregivers join together and meet for coffee or lunch. They share bits and pieces of the journey with another person and are feeling all sorts of guilt. We lose our souls to this disease. We have to get back to a sense of normal by talking about it, and by understanding that we are not alone. Sometimes, we just have to get past all of the noises that neighbors, family and friends may make and move forward in our lives so we can start living again!

### THANK YOU to our OCTOBER SPONSOR



**Tina M. Costa, RN - ACCOUNT EXECUTIVE**

**Cell (813)334-3472**

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**ResCare Home Care (727)734-7400**

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