

DEMENTIA CAREGIVER RESOURCES, INC.

HOPE ♥ HELP ♥ HEART ♥ LIGHT ♥ GROWTH ♥ LOVE

Email: drkaren@bookofhope.us to be added to e-newsletter distribution list.

www.dementiacaregiverresources.org

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

THE DEMENTIA DETAILS DISPATCH October 2011

OCTOBER SUPPORT GROUPS

Oct. 4 & 18 St. Mark Village 9:30 AM

Oct. 4 & 18 Grand Villa 6:00 PM

Oct. 5 & 19 Bon Secours PL 6:00 PM

Oct. 7 & 21 Grand Villa 9:30 AM

November Support Groups

Nov. 1 & 15 St. Mark Village 9:30 AM

Nov. 1 & 15 Grand Villa 6:00 PM

Nov. 2 & 16 Bon Secours PL 6:00 PM

Nov. 4 & 18 Grand Villa 9:30 AM

GAIL SHEEHY & KAREN TRUMAN



At THE NEW AGE OF CAREGIVING SYMPOSIUM

on Sept. 23rd Jeff and I had the pleasure of eating lunch with **GAIL SHEEHY** (AUTHOR, JOURNALIST, LECTURER, ADVOCATE FOR CAREGIVERS) and exchanging books! What a GREAT day! As the bestselling author of 16 books, including **PASSAGES**, Gail Sheehy has rocked the culture and changed the way millions of women and men around the world look at the stages of their lives. Her latest book: **PASSAGES IN CAREGIVING: Turning Chaos Into Confidence**, tells the inspiring story of her own journey of 17 years caring for her husband. She names eight major turnings around the caregiving labyrinth, from "shock and mobilization" through to "the long goodbye".

<http://www.gailsheehy.com/caregiving.php>

Sean W. Scott
Elder Law Attorney

TAKING A CLOSER LOOK AT YOUR (DPOA)

Your **DURABLE POWER OF ATTORNEY** should specifically describe what the DPOA may or may not do. For example, the son who holds the DPOA for his incapacitated mother goes to the bank to retrieve items in the safety deposit box. The particular DPOA he is using does not say that he can open his mother's safety deposit box, and the bank will therefore refuse to allow him access to the safety deposit box. Likewise, if the DPOA document does not allow for the creation of an Income Trust, the mother may not be able to qualify for Medicaid benefits because of this omission from the document. Florida will enact broad and sweeping changes to the DPOA effective October 1, 2011. These changes do not invalidate documents drafted before Oct. 1, 2011 however it is our recommendation that you update your Power of Attorney to reflect these new changes.

For more information Call: **727.539.0181**

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

Coffee Shop

A new laboratory study from the University of South Florida suggests an unknown component of coffee interacts with caffeine to protect against Alzheimer's disease. Moderate daily consumption of caffeinated coffee is the best current option for long-term protection against Alzheimer's memory loss. Coffee is inexpensive, readily available, easily gets into the brain, appears to directly attack the disease process, and has few side effects for most of us."

Source:

<http://psychcentral.com/news/2011/06/22/mouse-study-suggests-coffee-ingredient-deters-alzheimers/27149.html>

Member Organization of:



322 Eighth Ave, 7th Floor ♥ New York, NY 10001 ♥ 1.866.AFA.8484

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SAFE DISPOSAL OF OLD MEDICATIONS

We are often asked where people can drop off old or no longer needed prescription drugs. The **Pinellas County Sheriff's Office** in Largo 582-6221 or Dunedin 582-6900 has **LOCK YOUR MEDS BOX(s)** - OPEN 7am-11pm 7days a week - *NO Information required from you.* Always secure liquid containers with tape. You can also ask your pharmacy about any local *Unused Medication Programs*. Remember most medications should not be flushed down the toilet. Take unused medications out of their original containers and throw them in regular trash to make sure people don't illegally reuse them. Mixing pills with an undesirable substance such as kitty litter or coffee grounds and placing the combination in a container or sealable bag is also a good idea to make sure these drugs cannot be harmful if they get into the wrong hands.

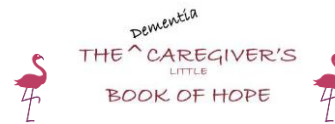
FOSAMAX, ACTONEL AND BONIVA

The F.D.A. is expected to issue a revised label in November for the drugs, known as *bisphosphonates*, including Fosamax, Actonel and Boniva. Two advisory panels met jointly to comment on the broad safety review of the drugs, prompted by concerns over a relatively small number of long-term users who had suffered unusual thigh fractures or a serious jaw disease. The benefits of the drugs have only been proven for three to five years, not longer, F.D.A. staff members said, warning about links to those rare conditions after longer use. The staff report said studies "suggest no significant advantage of continuing drug therapy beyond five years." *Source:*

<http://www.nytimes.com/2011/09/10/business/fda-panels-back-sterner-language-on-bone-drugs.html>



Enhance the Dementia Caregiving Journey!
Your tax deductible donations can now be made with a credit card on our website!
WE ALWAYS NEED INK CARTRIDGES!

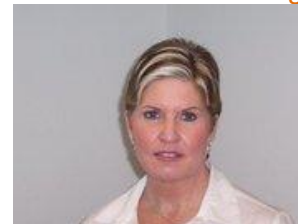


*The all new and updated version of Karen's book is now available. It has recently been added as an Alzheimer's/Dementia Resource Book with the **National Institute of Health (NIH)**. Copies can be purchased from our website, at events, and support groups. Give one to a friend who may need some help.*

THANK YOU TO OUR OCT. NEWSLETTER SPONSOR:

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Home Care & Staffing



TINA COSTA

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"Keeping People at Home and Healthier Longer"

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