

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2014

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

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

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

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

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

OCTOBER SUPPORT GROUPS

Oct. 1 Bon Secours Place 6:00 PM
10401 Roosevelt Blvd. St. Pete (727)563-9733
Oct. 3 & 17 Grand Villa Largo 9:30 AM
750 Starkey Rd. Largo (727)586-0108
Oct. 7 & 21 St. Mark Village 9:00 AM
2655 Nebraska Ave. Palm Harbor (727)785-2580
Oct. 7 & 21 Grand Villa Largo 6:00 PM

November Support Groups

Nov. 4 & 18 St. Mark Village 9:00 AM
Nov. 4 & 18 Grand Villa Largo 6:00 PM
Nov. 5 Bon Secours Place 6:00 PM
Nov. 7 & 21 Grand Villa Largo 9:30 AM

FRANKLIN'S DEMENTIA PREVENTION TIP

WHITE AIN'T RIGHT

Many of our common everyday food products contain elements that are not healthy. Recent studies have shown that white sugar can be as addictive as a narcotic. Bleached white flour contains practically no nutrients. White rice has had all of the healthy parts removed. These staples of the American diet deliver very little in the way of vitamins, minerals, and nutrients essential in protecting your brain. In addition, there are other white items, specifically white cigarettes and white cocaine which increase the damage caused by eating a poor diet. Better alternatives are stevia, whole grain products, and brown rice. Making small, slow changes now will pay big dividends in your future health.



Sean W. Scott
Elder Law Attorney

GIFTING & MEDICAID --- Changing title to the home and transferring cash or assets of any type without knowing or understanding the consequences of such transfers may result in ineligibility. A lot of people confuse **Tax Laws** and Medicaid rules and may make uninformed financial decisions that can result in extended periods of ineligibility. We are here to help.
For more information- Call: 727-539-0181
<http://www.virtuallawoffice.com/>



BLOOD TYPE AFFECTS MEMORY IN LATER YEARS

People with **blood type AB** may be more likely to develop memory loss in later years than people with other blood types, according to a study published in the September 10, 2014, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology. AB is the least common blood type, found in about 4 percent of the U.S. population. The study found that people with AB blood were 82 percent more likely to develop the thinking and memory problems that can lead to dementia than people with other blood types. Previous studies have shown that people with type O blood have a lower risk of heart disease and stroke, factors that can increase the risk of memory loss and dementia.



Member Organization of:



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CAPGRAS SYNDROME

People with Capgras Syndrome act as if they are in a parallel universe in which the people they know are "doubles" or "impostors." The delusion most commonly occurs in patients diagnosed with paranoid schizophrenia, but has also been seen in patients suffering from brain injury and dementia. It presents often in individuals with a neurodegenerative disease, particularly at an older age. It has also been reported as occurring in association with diabetes, hypothyroidism and migraine attacks. When people with Capgras Syndrome see a friend, spouse, or themselves in a mirror, they believe they are seeing an exact double or an impostor. The patient will accept living with these impostors but will secretly "know" that they are not the people they claim to be. Sometimes, they even believe that inanimate objects -- like a chair, watch, book, or lamp -- have been replaced by exact replicas. If people own a pet, the pet may be seen as an impostor, a strange animal roaming through their lives and homes. Capgras patients are often so disturbed when they see a doppelgänger (i.e.: "he has a doppelgänger named Gerhard, his invented twin brother") in the mirror that they remove all mirrors from the home. The syndrome, named for French psychiatrist Jean Marie Joseph Capgras, afflicts thousands of people in the United States. Some people with Capgras Syndrome have epilepsy or abnormal-looking temporal lobes in the brain.



Recent news articles have stated that the manufacturer of Namenda (Forest Pharmaceutical) plans to discontinue the sale of NAMENDA 5 mg and 10 mg tablets in the fall of 2014. Namenda XR (Extended Release) will still be the same daily strength but is designed to be a once a day dose as opposed to twice a day. Physicians can switch patients from NAMENDA to NAMENDA XR the very next day.

THANK YOU to our **OCTOBER SPONSOR**
ARCADIA Home Care & Staffing



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“Keeping People at Home and Healthier Longer”



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