

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2018

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

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www.dementiacaregiverresources.org

OCTOBER SUPPORT GROUPS

Oct. 2 - The Preserve at Clearwater 9:30AM
2010 Greenbriar Blvd. CLW (727)735-6200

Oct. 2 & 16 - Grand Villa - Largo 6:00 PM
750 Starkey Rd. Largo 33771 (727)586-0108

November SUPPORT GROUPS

November 6 - The Preserve Clearwater 9:30 AM

November 6 & 20 Grand Villa Largo 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

For 2018, our prevention segment will feature Dr. Daniel Amen's series on "BRIGHT MINDS". Each month, we'll highlight each letter with Dementia prevention info, along with foods that will help keep your brain sharp.



N = NEURO-HORMONE DEFICIENCIES

Hormones are like Miracle-Gro for your brain and essential for a strong memory. Without healthy hormone levels, you feel tired and foggy, and your hippocampus will become smaller and weaker. There are literally hundreds of hormones in the body that affect the brain. Seven of the most important are thyroid, cortisol, DHEA, estrogen, progesterone, testosterone and insulin. Six key foods proactively balance your hormones: Quinoa, dark green Leafy Veggies, Salmon, Almonds, eggs, and avocados. For more information, visit:

Visit: <https://www.amenclinics.com/>

☺ **Your brain's history is not your destiny when you practice some prevention.**

Sean W. Scott
Elder Law Attorney

The most significant service we provide is to protect our client's life savings from nursing home costs by helping qualify for Medicaid benefits. With the average cost of nursing home care in Florida above \$10,000 per month we take action to keep you from being wiped out financially. Medicaid is the primary government program covering **long-term** care for Americans. Without it, many of us, our parents, grandparents and friends would be without care at end of life.

For more information or to make an appointment for a free consult, call or visit:
(727)539-0181

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

Parade Magazine - A Plan for Caring

In the September 23, 2018 issue there is a wonderful article for the THREE steps that can help you prepare for when your Loved Ones need a caregiver. Visit:
<https://parade.com/700401/melaniehaiken/caringcomsenioreditor/caregiving-101-prepare-now-to-care-for-aging-parents/>

Mark your Calendar

Wed - NOVEMBER 7th – 1PM-3:30PM

CAREGIVING – LIVING BETTER SERIES

Pacifica Senior Living will be hosting a symposium facilitated by Karen Truman. There will be three presentations on how to live healthier while caregiving. This is an event you will not want to miss – more details will be available soon! (Free)



Light for the Journey - Courage for the Soul

Member Organization of:



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A copy of the official registration and financial information for Dementia Caregiver Resources, Inc., a Florida-based nonprofit corporation (registration no. CH8538), may be obtained from the division of consumer services by calling toll-free 1-800-help-fla (435-7352) within the state or visiting their website [here](http://www.dementiacaregiverresources.org). Registration does not imply endorsement, approval, or recommendation by the state.

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FLORIDA Scores a "C" on Caregiving

The National Partnership for Women and Families gave Florida a "C" for the states policies around family caregiving. Florida is one of 19 states in the "C" range and (sadly) received only 20 points out of a possible 190 points. Florida does not provide additional protections for private sector workers beyond the minimum federal requirements. *(We really need to do better.)*



The Health Insurance switch time of year is fast approaching -- SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased, and confidential.

Toll Free 1-800-96-ELDER

1-800-963-5337

Email information@elderaffairs.org

For all Counseling Sites in FL, visit:

<http://floridashine.org/Counseling-Sites.aspx>

In Pinellas, visit:

<http://floridashine.org/Counseling-Sites/Pinellas.aspx>

Home Alone?

Lots of possible danger zones here for a person with a dementia – including:

- Can they call 911?
- Are they frightened when left alone?
- Will they wander away and get lost?
- Will they give away financial and personal information to telemarketer callers?
- Will they let in strangers?
- Will they be destructive with animals, furniture, or themselves?
- Can they prepare a meal without assistance?
- Can they smell smoke or remember they turned on stove?
- Will they take their medications on time or even remember to take them?

Make sure your Loved Ones are safe and have a plan B in place in case something happens to you. It is amazing to us when we speak with caregivers that there is no back-up plan in place. This is something that needs to be addressed – not an item for the back-burner or at the time of need – we need to at least check out what the options are if we have an accident, illness or have to have surgery or ...

 *Can You Make A Tax Deductible Donation?* 

DCR, Inc.

P.O. Box 7677

Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES



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