

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH OCTOBER 2019

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

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www.dementiacaregiverresources.org



### OCTOBER SUPPORT GROUPS

**Oct. 1 - The Preserve** at Clearwater **9:30 AM**

2010 Greenbriar Blvd. CLW (727)735-6200

**Oct. 1 & 15 - Grand Villa - Largo 6:00 PM**

750 Starkey Rd. Largo 33771 (727)586-0108

### November Support Groups

Nov.5 - The Preserve - Clearwater **9:30 AM**

Nov. 5 & 19 Grand Villa Largo **6:00 PM**



**AMYOTROPHIC LATERAL SCLEROSIS (ALS)** is a motor neuron disease, first described in 1869 by French neurologist Jean-Martin Charcot. Most commonly, the disease strikes people between the ages of 40 and 70. It's a neuro-degenerative disease that usually attacks both upper and lower motor neurons and causes degeneration throughout the brain and spinal cord. A common first symptom is a painless weakness in a hand, foot, arm or leg, which occurs in more than half of all cases. As the disease progresses, it robs patients of the use of their hands, arms and legs, as well as their ability to speak, swallow and, ultimately, breathe on their own. Familial ALS (genetically handed down between generations) represents between 5-10% of all cases. The rest happen spontaneously and mysteriously, making seemingly random attacks on previously healthy adults. ALS can strike anyone, anytime. **Lou Gehrig** brought worldwide attention to the disease in 1939, when he abruptly retired from baseball after his ALS diagnosis.

<http://www.alsa.org/>

Sean W. Scott  
Elder Law Attorney

### LONG-TERM CARE COSTS \$\$

You have just gotten the news that a nursing home is the only answer to take care of you, or your Loved One. For the first time in your life you have come up against the actual cost of providing that long-term care, and it is *staggering* —up to \$12,000 a month! A little quick math and you realize that within a year everything will be gone. Are you stuck? Are you out of options? Thankfully no, but action must be taken to implement a solution to avoid a financial Armageddon. The unfortunate reality is that the cost of this kind of care is not covered by Medicare. *For more information or to make an appointment for a free consult,* (727)539-0181 <http://www.virtuallawoffice.com/>

### Dr. OZ - ALZHEIMER'S WARNING SIGNS

"Hearing the official diagnosis was devastating. But just as painful for me was the realization that the signs were there all along — I had just been overlooking them." Challenges in planning, difficulty completing tasks, confusing time and place, problems with words, trouble understanding visuals, misplacing things and losing the ability to retrace steps. The biggest lies are the ones we tell ourselves. It was painful to admit that my mother's health was declining, but doing so allowed us to get her help as soon as possible. You have the power to speak up and say something if you suspect any of the above symptoms in a loved one.

<https://www.doctoroz.com>



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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### GoodRx

*Prescription drug prices are not regulated.*

The cost of a prescription may differ by more than \$100 between pharmacies across the street from each other! In the past 10 years, insurance companies have passed 25-80% more of the cost of drugs onto patients. GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. The average GoodRx customer saves \$276 a year on their prescriptions. GoodRx is 100% free. No personal information is required.

[www.goodrx.com](http://www.goodrx.com)

### DEPRESSION and DEMENTIA

The relationship between dementia and depression is another two-way street. While depression may be caused by memory loss, on its own it raises the risk of Alzheimer's and other dementias. Inflammation of the brain tissue that occurs when a person is depressed might impact the risk of dementia, according to recent research. Certain proteins found in the brain that increase with depression may also increase the risk. Several lifestyle factors related to long-term depression, such as diet and the amount of exercise and social time a person engages in, could also affect whether they develop dementia. Depression also raises the risk of diabetes, stroke, hypertension, sleep disorders and infection — and, in turn, this makes it harder to manage those conditions. Depression also is linked with substance abuse and suicide risk. [www.mayoclinic.org](http://www.mayoclinic.org)



**LABELED DENTURES** can be important in identifying the owners in case of an accident, loss of memory, states of unconsciousness, being inadvertently misplaced in a napkin at a dining table, on admission to a hospital, and other possible issues. Please make sure your Loved One has his or her own teeth with identification on them, especially when they are living in a memory care unit. Personal items can make their way to other resident's rooms and cause a lot of anguish, costs and grief for the family and the resident. As part of the obligation of the profession, a dental practitioner needs to maintain meticulous dental records of his patients. This would include documenting the identity of dentures.

**“Dementia is 1/3 genetic and 2/3 prevention” ... DR. OZ**

### Can you make a difference?

*Donations are always appreciated!*  
**Dementia Caregiver Resources, Inc.**  
**P.O. Box 7677**  
**Seminole, FL 33775**

**WE ALWAYS NEED USED INK CARTRIDGES**



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