

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2021

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

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www.dementiacaregiverresources.org



SUPPORT GROUP

If you would like to attend this group, please make sure to call the community the day before to let them know you are attending --- and to make sure there are no new COVID outbreaks.

OCTOBER 14th 10:15AM - 11:30AM

ARAVILLA Clearwater Memory Care

3055 Union St. Clearwater (727) 260-2826

About ARAVILLA

This is a brand-new resort-like community. It follows recommendations from the USF Byrd Institute for Alzheimer's Research to include two-toned pathways, and calm paint colors for the walls and décor. Every new resident also receives a personal "Welcome Concierge" as a constant companion for transitioning into Aravilla and to get a deeper understanding of this new residents' needs, customized plan of care, and their unique personality.

To make an appointment to take a tour:

Contact Traci Dacey:

t.dacey@aravillaclearwater.com



STUDYING THE HEART-HEAD CONNECTION

Growing evidence suggests that brain health is closely linked to heart and blood vessel health. The risk of developing dementia appears to increase as a result of many conditions that damage the heart or arteries. These include high blood pressure, heart disease, stroke, diabetes, and high cholesterol.

Sean W. Scott
Elder Law Attorney

NOW or LATER?

The idea of planning for something that you don't even want to think about is sometimes almost incomprehensible. No one lists nursing-home planning as a priority. Unfortunately, this is where life can take a decided turn toward reality.

Sometimes we have advanced warning of the pending need, and other times it just surprises us. There are typically three different types of clients that we see in our office: the planner client, the uh-oh client, and then the one that we call the writing on the wall client.

For a free consult, call: (727)539-0181

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



EATING CERTAIN FRUITS MAY LOWER YOUR RISK of GETTING DIABETES TYPE 2

Eating two servings of fruit a day lowers the risk of developing Type 2 diabetes by 36% in five years compared to eating less than ½ of a serving suggests new research data. Higher total fruit intake of certain fruits was linked to better measures of glucose intolerance and insulin sensitivity. *This same pattern did not hold for fruit juices.* So, previous studies found that eating these fruits lowers the risk of Type 2 diabetes by the following percentages: blueberries (26%); grapes and raisins (12%); apples and pears (7%); bananas and grapefruit (5%) and three servings of cantaloupe *raises the risk* by 10%. (*Natural Awakenings Sept. 2021*)



Light for the Journey - Courage for the Soul



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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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Conference

2021 | November 2, 3 & 4

Where You Can Find Help and Hope

Enjoy this Virtual Conference

from the comfort of your own home

Linda Burhans will be hosting this virtual conference November 2, 3 & 4, 2021. It is free to attend. Visit this website to register and to get more information. There is truly something for everyone to hear or find out more about: <https://connectingcaregiversconference.com/register/>

AILMENTS CAN MIMIC DEMENTIA

Any number of treatable conditions can cause dementia-like symptoms. Some of the most common:

- Alcohol abuse
- Anxiety, depression, or stress
- Blood clots, brain infections or tumors
- Delirium
- Head injuries
- Kidney, liver, or thyroid problems
- Side effects of medication
- Vitamin deficiencies

Source: National Institute on Aging



For more information and resources, visit:

<https://www.morethanmemoryloss.com/>



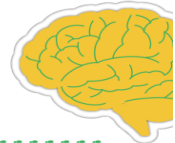
PROBLEM: YOU TEND TO FORGET NAMES, APPOINTMENTS, PINS, AND PASSWORDS

Take heart—the brain wasn't designed to store such data, called *declarative memories* for a long time unless you make a concerted effort to do so. **Declarative Memories** have a short shelf life. Other declarative memories include historical dates, addresses, and birthdays.

WATCH for WANDERING BEHAVIORS

What is it?

Changes in the brain causing a person with dementia to become confused and disoriented, unable to find their way



Although wandering is more common in the middle or later stages of dementia, it can occur at any point during the disease.



In fact...

60%

of people with Alzheimer's practice wandering behavior

That's 3 million per year!

Dementia Caregiver Resources, Inc.

P.O. Box 7677

Seminole, Florida 33775



Your donations make all the difference
WE ALWAYS NEED USED INK CARTRIDGES



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