

THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2015

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

Member Organization of:



SEPTEMBER SUPPORT GROUPS

Sept 1 & 15 St. Mark Village 9:00 AM

2655 Nebraska Ave. Palm Harbor (727)785-2580

Sept 1 & 15 Grand Villa Largo 6:00 PM

750 Starkey Rd. Largo (727)586-0108

Sept 2 & 16 IVY RIDGE (727)490-3233 6:00 PM

7179 40th Ave. North -St. Petersburg, FL 33709

Sept 4 & 18 Grand Villa Largo 9:30 AM

OCTOBER SUPPORT GROUPS

Oct. 2 & 16 Grand Villa Largo 9:30 AM

Oct. 6 & 20 St. Mark Village 9:00 AM

Oct. 6 & 20 Grand Villa Largo 6:00 PM

Oct. 7 & 21 Ivy Ridge 6:00 PM

FRANKLIN'S DEMENTIA

PREVENTION TIP: TURN IT OFF

Your brain requires times of silence
In order to repair and restore from
the day's activities. Your brain
cannot rest when you worship at the
computer, have the TV blaring or you
are "plugged-in" to any number of electronic
devices, Allow your brain the joy of quiet.
Schedule time everyday preferably 30 minutes
before going to bed, in which you: "Turn it Off".



Sean W. Scott
Elder Law Attorney

DURABLE POWER OF ATTORNEY

What is the difference between a Power of Attorney (POA) and a Durable POA? A Durable POA is a document that grants authority to a designated person to act on behalf of another. Without a durable POA, no one is available to act on behalf of the *incapacitated person* and a court appointed guardian would have to be put in place which can be an expensive and time-consuming process.

For more information, call: (727)539-0181

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



Early and accurate diagnosis of Lewy Body Dementia (LBD), while not always easy to do, is of critical importance for two reasons.

- First, people with LBD may respond more favorably to certain dementia medications than people with Alzheimer's, allowing for early treatment that may improve or extend the quality of life for both the person with LBD and their caregiver.
- Secondly, many people with LBD respond more poorly to certain medications for behavior and movement than people with Alzheimer's or Parkinson's, sometimes with dangerous or permanent side effects.

See more at: <http://www.lbda.org/>



Thank you to Fusion HealthCare! They are now sponsoring our **two** new groups at Ivy Ridge in St. Petersburg. They are a home health company that provides: *skilled nursing, physical therapy, occupational therapy, home health aides, & social worker services.* <http://www.fusioncare.net/>

*"If you can't change your fate,
change your attitude."---AMY TAN*



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

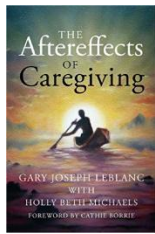
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Our friend **Gary Joseph Leblanc** has authored a new book titled: **“THE AFTEREFFECTS OF CAREGIVING”**. This one will touch so many of you. *“Throughout the many years that you, as a caregiver attend to the countless needs of your loved one, or ones, you will lose fragments of your life that may take years to recover. You may come crawling out of your caregiving campaign wondering if there’s any of the original “You” left.”* It is available on Kindle and Amazon.



WHAT ARE YOUR OPTIONS?

Keep an open mind and keep searching if you are not happy in a situation. If you explore all of your options, it may help you to see how good things really are or that the current circumstance is really your best option -- **It’s your road and yours alone, others may walk it WITH you, but no one can walk it FOR you.**

LOWERING YOUR EXPECTATIONS

Once we **let go** of the idea that we have to do everything perfectly and on schedule for our Loved One all the time, and understand that the disease is going to take away even their basic skills, then we can start looking after our needs and give ourselves permission to relax and enjoy what joys still remain.

Aricept
donepezil HCl tablet

NOVARTIS
EXELON



Razadyne^{ER}
galantamine HBr EXTENDED-RELEASE CAPSULES

Cholinesterase inhibitors, (Aricept (donepezil HCl, Exelon and Razadyne) used to treat dementia may produce significant and potentially dangerous weight loss in patients, according to data published in the **Journal of the American Geriatrics Society**. Unintentional weight loss in older adults is associated with many adverse outcomes, including increased rates of long-term care placement, mortality, a decline in functional status, and poorer quality of life.

<http://www.neurologyadvisor.com/neurodegenerative-disorders/dementia-cholinesterase-inhibitors-weight-loss/article/433510/>

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



TINA COSTA – Operations Director
727.579.9414

tcosta@arcadiahealthcare.com

“Keeping People at Home and Healthier Longer”



WE ALWAYS NEED USED INK CARTRIDGES!

CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

Have you attended support groups, received some valuable information, know that you are not alone on the journey?

Making a donation “In Honor of” or “In Memory of” your loved one will make a huge difference.

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775



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