

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

SEPTEMBER SUPPORT GROUPS

- Sept. 2 & 16 Grand Villa Largo 9:30 AM**
750 Starkey Rd. Largo 33771 (727)586-0108
- Sept. 6 & 20 St. Mark Village 9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580
- Sept. 6 & 20 Grand Villa Largo 6:00 PM**
- Sept. 21 Palms of Largo – REGAL 2:30 PM**
300 Lake Ave NE -Largo, FL 33771 (727)437-1350
- Sept. 21 Princeton Village 6:00 PM**
333 16th Ave SE - Largo 33771 (727)588-0020

OCTOBER SUPPORT GROUPS

- Oct. 4 & 18 St. Mark Village 9:00 AM
- Oct. 4 & 18 Grand Villa Largo 6:00 PM
- Oct. 7 & 21 Grand Villa Largo 9:30 AM
- Oct. 19 Palms of Largo – REGAL 2:30 PM
- Oct. 19 Princeton Village 6:00 PM

FRANKLIN'S DEMENTIA

PREVENTION TIP:

MIND GAMES - Perhaps our grandchildren are on to something with their video games. A recent report in a medical journal revealed that for adults who spend 30 minutes a day playing with complex games such as those found on Lumosity.com or fitbrain.com have shown as much as a 15% improvement in memory performance. This is true even for adults over 55. So go ahead – turn on your computer, click your mouse, and start playing games to improve your brain.



REMEMBER TO ENTER THEIR REALITY

Our Loved Ones with Alzheimer's live with a different reality. Please avoid arguing or trying to convince them of something. Do not raise your voice and stay calm and offer a treat. You may avoid frustration and bad behaviors.

Sean W. Scott
Elder Law Attorney

SPECIAL NEEDS TRUST

A Special Needs Trust is a special kind of trust which holds title to property for the benefit of a child or adult who has a disability. The funds in the Trust can be used to supplement benefits received from various governmental assistance programs including SSI and Medicaid. A special needs trust will manage a variety of resources for the benefit of the injured or disabled person while maintaining the person's eligibility for public assistance benefits. Please call us for a free consult: (727)539-0181 or visit our website: <http://www.virtuallawoffice.com/>

THE MAJOR DIFFERENCE BETWEEN a DIAGNOSIS of ALZHEIMER'S DISEASE and "DEMENTIA"

When an individual is diagnosed with a form of **dementia**, they are given a *broad category diagnosis* based on their symptoms without actually knowing what's causing the symptoms. When a person is diagnosed with a specific named diagnosis i.e.: Alzheimer's disease, Parkinson's, Huntington's, etc. the **exact cause of the symptoms is known**. Most of these diseases' are not reversible; however, some causes of dementia are treatable and/or reversible, such as nutritional deficiencies, alcohol abuse, medication side-effects and interactions, a urinary tract infection, or even thyroid problems.

YES!!

One of our new support group members has been taking care of his mom at home alone for over four years. She recently ended up in a memory care community after yet another urinary tract infection. I asked the son how mom was doing there and he emphatically said: **"Mom is exactly where she needs to be, and I am getting my life back."**



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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WOMEN and DEMENTIA

Among the top ten causes of death (Based on 2013 statistics), women bear a huge brunt of the burden. For people with vascular dementia, 65% of the annual 14,000 deaths are women. Among the 93,000 Alzheimer's deaths, 70% are women. And for the 122,000 deaths from unspecified dementia, 68% of those are female. It is also reported that for the 26,000 deaths from Parkinson's, 40% are women.

Richard Powers, MD has written an article on "UNDERSTANDING MEMORY HEALTH IN VETERANS" for the AFA Care Quarterly Magazine. (*Dr. Powers is a psychiatrist and neuropathologist at the University of Alabama Memory Disorders Clinic in Birmingham. He served in the US Army and was the director of a PTSD clinical team in the VA Health Care System*). To receive a free copy, call AFA at: 1-800-232-8484

Get to know a person better --- before you attend his memorial service. Last month, several members of a support group attended our longest attending group member's memorial service. Ray had been coming faithfully to groups since 1998! He had been awarded two Purple Heart Medals and the highest award from France and was one of the first veterans to go on the Honor Flight to Washington DC. We listened to the family tell things about Ray and how he even made a special connection with the ambulance driver as he was being taken to Hospice from the hospital. (He recognized the man's last name on his name badge and knew his mother!) When we met again for the next support group the common thread was that we all wished we had taken more time to know Ray better and spend a little extra time listening to his stories.

**ALZHEIMER'S FOUNDATION OF AMERICA (AFA)
CONCEPT IN CARE EDUCATIONAL CONFERENCE
West Palm Beach Hilton - West Palm Beach, FL
November 11, 2016, 10am-3pm**

An interactive, educational conference for family and professional caregivers, individuals with dementia and the community.

For More Details contact:

Josie Di Chiara – AFA's Senior Vice President
jdichiar@alzfdn.org 1-866-232-8484, ext. 112

THANK YOU to our SEPTEMBER SPONSOR



**Tina M. Costa, RN - ACCOUNT EXECUTIVE
Cell (813)334-3472**

Tina.Costa@Rescare.com

ResCare Home Care (727)734-7400

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*ResCare HomeCare helps seniors who want to age in place
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CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

We would so appreciate your support!

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES

*Eat your food as your medicines. Otherwise
you have to eat medicines as your food.*



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