

DEMENTIA CAREGIVER RESOURCES, INC.

Member Organization of:



THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2017

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

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

SEPTEMBER SUPPORT GROUPS

September 5 & 19 St. Mark Village 9:30 AM

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

September 5 & 19 Grand Villa- Largo 6:00 PM

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

September 20 Palms of Largo – REGAL 5:30 PM

300 Lake Ave NE -Largo, FL 33771 (727)437-1350

OCTOBER SUPPORT GROUPS

October 3 & 17 St. Mark Village 9:30 AM

October 3 & 17 Grand Villa- Largo 6:00 PM

October 18 **REGAL - PALMS of LARGO 5:30 PM**

FRANKLIN'S DEMENTIA

PREVENTION TIP:

THE NAME OF THE GAME

We all love playing games, whether it's board games, athletic games, or internet games. Playing games keeps our bodies healthy, but playing brain games can also keep our brains healthy. Websites such as **Lumosity**, **Fit Brains** and many others help up maintain logic, reasoning, and deductive skills. Find time every day to play games – for body and brain health.



Ellen is getting her life back after her husband died. When we asked her how she was doing, she said *"I am not afraid any longer"*. This could have several meanings, but we KNOW she is getting her life back in balance and order. Dementia causes a lot of confusion, untidiness, and angst for the primary caregiver. Feelings of hopelessness can cause a lot of emotional pain and unwanted feelings of anger.

Sean W. Scott
Elder Law Attorney

THE PATIENT'S RIGHT TO DECIDE

Every competent adult has the right to make decisions concerning his or her own health, including the right to choose or refuse medical treatment. Hospitals, nursing homes, home health agencies, hospice, and HMO's are required by law to provide their patients with written information concerning health care advance directives. These include: Living Wills, Health Care Surrogate and anatomical donations. For more information, *please call our office for a free consult: (727)539-0181* <http://www.virtuallawoffice.com/>

BITTER – SALTY – SOUR - SWEET

Older people complain about how food tastes. Do you know why? It's in the buds - your taste buds. They change over time and affect the flavor of foods. As the body ages, so do the taste buds. Adults have over 6,000 taste buds; elderly people have only 2,000 to 3,000. Many of the herbs and spices used to create savory dishes are beneficial to the body. Garlic offers anti-viral, anti-bacterial, and anti-microbial functions in the body. Rosemary is also great for treating and preventing influenza. Cinnamon and cayenne pepper have properties that help both glucose levels and arthritis symptoms. Stay away from the salt shaker and add those herbs and spices!

→ WE ALWAYS NEED USED INK CARTRIDGES ←



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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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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VA BENEFITS MYTHS – Part 2

Only about 10% of all veterans and widows who are eligible actually apply for VA benefits. This is part two of some common misconceptions about VA benefits.

5. A veteran must always have 90 days of active duty for pension eligibility. *A veteran must have other than a dishonorable discharge, generally served for 90 days of which one day must be during wartime. The local VA can provide the time periods of wartime eligibility.*

6. A claimant cannot receive benefits if care is provided by the family. *A non-dependent may care for a claimant, provided that the caregiver is paid on a regular and formal basis, nursing type care is given, and the care is provided under appropriate medical supervision.*

7. A military retiree cannot get VA and retirement simultaneously. *A retiree receiving a monthly VA pension as a result of retirement can also receive a monthly VA pension, which may include housebound benefits or aid and attendance.*

8. Only the veteran's health is a determining factor for benefit eligibility. *The veteran may receive a non-service pension based on his or her spouse's reoccurring un-reimbursed medical expenses. This is typically a reduced amount.*

NOTE: *To avoid financial mistakes which may affect future Medicaid long-term care eligibility, it is always best to consult with an Elder Law attorney.*

Source: McClosky and Assoc., Melbourne, FL

HOME CARE or PRIVATE DUTY SERVICES are often CONFUSED with HOME HEALTH SERVICES

→ **HOME HEALTH** is skilled (nursing or therapist), intermittent care that is usually covered by Medicare, Skilled Medicaid, or a type of commercial insurance. These services are more often than not short bursts of services that focus on recovery or improvement from a hospital, rehab stay, or medical set back. **Home Health** services also require a physician's order.

→ **HOME CARE** services are considered long term care services which involves help with personal care & everyday tasks.....assistance with basic activities of daily living. It is often paid for privately, or through long term care insurance, VA programs, grants, and other local programs. A good **Home Care** agency will help the client and their families maneuver through this process. Initiation of these services only requires a phone call to the **Home Care** company of your choice.

THANK YOU to our September Sponsor

ResCare



Tina M. Costa, RN - AREA SALES MANAGER

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ResCare Home Care Office: (727)734-7400

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