

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2014

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

Leading caregivers into: HOPE HELP HEART ♥♥ LIGHT GROWTH LOVE

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

Email: [drkaren@bookofhope.us](mailto:drkaren@bookofhope.us) to be added to the e-newsletter distribution list.

Visit website [www.dementiacaregiverresources.org](http://www.dementiacaregiverresources.org) A non-profit 501(c)(3) organization since 1997

### SEPTEMBER SUPPORT GROUPS

**Sept 2 & 16 St. Mark Village** 9:00 AM

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

**Sept 2 & 16 Grand Villa Largo** 6:00 PM

750 Starkey Rd. Largo (727)586-0108

**Sept 3 Bon Secours Place** 6:00 PM

10401 Roosevelt Blvd. St. Pete (727)563-9733

**Sept 5 & 19 Grand Villa Largo** 9:30 AM

### October Support Groups

Oct. 1 Bon Secours Place 6:00 PM

Oct. 3 & 17 Grand Villa Largo 9:30 AM

Oct. 7 & 21 St. Mark Village 9:00 AM

Oct. 7 & 21 Grand Villa Largo 6:00 PM

### FRANKLIN'S DEMENTIA PREVENTION TIP

Are you still smoking? Why? We all know how smoking affects our hearts and lungs, but it also affects our brains. Smoking reduces oxygen levels and constricts blood vessels which could lead to strokes, which then could lead to vascular dementia. Give it up! Your body will start to repair itself quickly and think of all the \$\$ you will save!



**Sean W. Scott**  
Elder Law Attorney

If you need advice and information on getting your wills, durable powers of attorney; health care surrogates; trusts and information on how to qualify for services or programs please contact the law offices of Sean W. Scott, Esq. for your free consultation. We are here to help.

**For more information, call: 727-539-0181**

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



### QUALITY OF LIFE

One of the greatest impacts on quality of life for families and their loved ones with Alzheimer's Disease is the presence of agitation behavior in the middle stages of the disease process. More than half of patients with Alzheimer's Disease exhibit some type of "agitation" behavior over the course of a year, in addition to depression or psychosis. Experts suggest that the best way to manage agitation is through environmental and atmosphere changes rather than medications. Medications are a last resort. Source: [HealingWell.Com](http://HealingWell.Com)



### EAT YOUR YOGURT!

Did you know that up to 100 million North Americans suffer from intermittent forms of digestive diseases, and the estimated lost work, lost wages, and medical costs comes to over 50 billion dollars per year. It is also estimated that some 200,000 workers miss work every day due to digestive problems. According to the British Medical Association, "**Death begins in the colon.**" If we don't get enough exercise or drink enough pure water, constipation can result. It has taken a long time for Americans to understand that yogurt and other sources of *good bacteria* are beneficial to our digestive health.

Member Organization of:



Alzheimer's Foundation of America  
Together for Care...in addition to Care

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### THE DIFFERENCE in PUNCTUATION -- MEN'S BRAINS VS WOMENS BRAINS

An English professor wrote these words on the chalkboard:

"A woman without her man is nothing" and asked his students to punctuate it correctly.

All of the males in the class wrote:

"A woman, without her man, is nothing."

All the females in the class wrote:

A woman: without her, man is nothing."



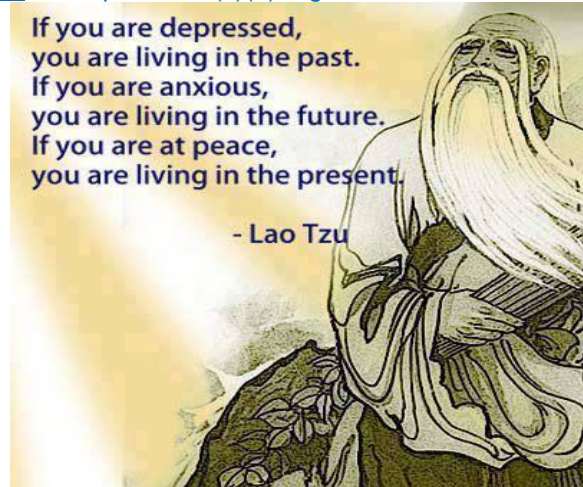
### FLORIDA LIGHTNING

Does your Loved One wander in the yard or go outside a lot? As soon as you hear thunder or if the weather changes suddenly, make sure they stay inside until the storm passes. Florida is known as the lightning capital of the United States, with storms occurring approximately 100 days out of the year. Although our entire state rates as a high risk area, the most dangerous area runs from St. Augustine (north) to Lake Okeechobee (south) and from the east to west coasts. That puts the Tampa Bay area right in the middle of the danger zone. Daily summertime showers are a fact of life in Florida but should never be taken for granted. Play it safe...if you can hear thunder, generally, you are within striking range.

**Florida ranks number one in the number of deaths due to lightning, 94% of which occur between late May and the end of September.**

If you are depressed,  
you are living in the past.  
If you are anxious,  
you are living in the future.  
If you are at peace,  
you are living in the present.

- Lao Tzu



THANK YOU to our **SEPTEMBER SPONSOR**

**ARCADIA** Home Care & Staffing



**TINA COSTA – Operations Director**

**727.579.9414**

[tcosta@arcadiahealthcare.com](mailto:tcosta@arcadiahealthcare.com)

"Keeping People at Home and Healthier Longer"



Tax Deductible Donations can be sent to:

**DCR, Inc.**

**PO Box 7677**

**Seminole, Florida 33775**



**WE ALWAYS NEED USED INK CARTRIDGES!**

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