

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2022

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

drkaren@bookofhope.us www.dementiacaregiverresources.org



SUPPORT GROUPS

If you would like to attend support groups, (for current caregivers) please make sure to RSVP to the community the day before to let them know you are attending.

→ **ARAVILLA Clearwater Memory Care**

Thursday September 8th 10:15AM

3055 Union St. Clearwater (727) 260-2826

RSVP: Traci: t.dacey@aravillaclearwater.com

→ **Grand Villa Largo**

Tuesday September 13th – 1:30PM

750 Starkey Rd. - Largo, FL 33771

RSVP: (727) 586-0108

→ **The INN at FREEDOM SQUARE**

Wednesday September 14th 1:30PM

10801 Johnson Blvd. Seminole 33772

RSVP: Marsha Thompson (727)398-0324

thompsonmarsha@freedomsquarefl.com

→ **Grand Villa of Clearwater**

Tuesday September 20th 5:30PM

2750 Drew St. Clearwater, FL 33759

(727) 799-2177 ed.cle@grandvillasenior.net



MCI and ALZHEIMER'S

Mild Cognitive Impairment (MCI) is a diagnosis that a lot of people receive. MCI may be an early sign of Alzheimer's disease, but not everyone with MCI will develop Alzheimer's. *Signs of MCI can include:* 1. Losing things often. 2. Forgetting to go to important events or appointments. 3. Having more trouble coming up with desired words than other people of the same age.

Sean W. Scott
Elder Law Attorney

Sean is offering **Free Medicaid Seminars** in September at the **Largo, Palm Harbor, and Seminole Libraries**. (Call the office for dates and times). His office frequently uses Zoom to conduct family meetings when doing estate plans or planning for Medicaid eligibility. The law office specializes in Crisis and Advanced Medicaid Planning. Virtual law office everywhere!

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

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



GUM DISEASE, ALZHEIMER'S & VASCULAR

A recent analysis led by NIA scientists suggests that bacteria that cause gum disease are also associated with the development of Alzheimer's disease and related dementias, especially vascular dementia. The results were reported in the *Journal of Alzheimer's Disease*.

Gum disease results from infection of the oral tissues holding teeth in place. Bleeding gums, loose teeth, and even tooth loss are the main effects of this disease. Bacteria and the inflammatory molecules they make can travel from infections in the mouth through the bloodstream to the brain.

Please set up your twice-yearly exam appointments for you and your Loved One.

<https://www.nia.nih.gov/news/large-study-links-gum-disease-dementia>



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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BLOOD TESTING for APOE

A blood test can identify which APOE alleles (inherited genes) a person has, but results cannot predict who will or will not develop Alzheimer's disease. Currently, APOE testing is used primarily in research settings to identify study participants who may have an increased risk of developing Alzheimer's.

There is no proven way to prevent Alzheimer's.

However, there are steps you can take to help reduce your risk for this disease. A risk factor is something that may increase a person's chance of developing a disease. Some risk factors can be controlled, while others, such as the genes you inherit, cannot. In general, leading a healthy lifestyle may help reduce risk factors that have been associated with Alzheimer's and other age-related health problems.

These include:

- ✓ Controlling high blood pressure
- ✓ Maintaining a healthy weight
- ✓ Staying mentally & physically active
- ✓ Preventing head injury
- ✓ Sleeping 7-9 hours each night

You may have heard about at-home genetic tests. These tests extract DNA from a person's saliva. It's important to note that no genetic test can diagnose Alzheimer's disease.

Genetic tests can:

1. identify certain rare mutations that cause early-onset Alzheimer's.
2. Identify genetic variations that increase a person's risk for the disease.

Treatable Conditions That Often Mimic Alzheimer's Disease

- ✓ Vitamin B12 Deficiency
- ✓ Other Vitamin Deficiencies
- ✓ Depression
- ✓ Thyroid Problems
- ✓ Diabetes
- ✓ Medication Side Effects
- ✓ Withdrawal from Drugs.
- ✓ Normal Pressure Hydrocephalus
- ✓ Brain Tumor
- ✓ Urinary Tract Infections (UTI)
- ✓ Respiratory Infections and COVID 19
- ✓ Dehydration
- ✓ Delirium

If a health issue seems to come on suddenly or overnight – it may be something treatable – always best to see your health care provider to get tested and checked out.



♥ 25 years of assisting caregivers ♥

DEMENTIA CAREGIVER RESOURCES, INC.

P.O. Box 7677 - Seminole, Florida 33775

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



<https://www.morethanmemoryloss.com>



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