

DEMENTIA CAREGIVER RESOURCES, INC.

Hope Help Heart ♥ Light Growth Love



This is a special 25th Anniversary Celebration of our 501(c)(3) non-profit organization.

My personal journey began in the 1950's with my maternal grandmother – these horrible dementia diseases took my mom, aunts, uncles, and mother-in-law too. My mom, Eva Karle, gave me so many life lessons to include the biggest gift of being strong enough to recognize and handle becoming her loving guide when she could no longer make good decisions for herself.

In 1997, a man named Tim Brennan had been diagnosed with early onset Alzheimer's disease. He said he could speak at my Barrington Terrace support group in Largo, FL. I spoke with the marketing person and administrator, and they agreed to host "The Tim Brennan Event". We had over 300 people attend, and we were front page news in the St. Petersburg Times. From this beginning, the committee decided we wanted to continue with this mission. We saw a huge need for more caregiver support services and education. Our first organization name was The Alzheimer's Respite Care Foundation, and soon became Dementia Caregiver Resources and became a 501(c)(3) non-profit organization.

Our book, 'The Dementia Caregiver's Little Book of Hope' has evolved from a 32-page booklet to a 137-page book now in its 5th printing. In addition to helping hundreds of caregivers in the Tampa Bay area and Florida, our book has been sent to caregivers in 38 states and four countries! It has also been listed as a resource for the National Institutes of Health. Through the years DCR has conducted hundreds of mandatory staff Alzheimer's trainings, Karen was the first Huntington's disease social worker for FL at the University of South Florida, and since 2018 she has been a CORE trainer for the state mandated training program for persons who want to become an assisted living facility administrator.

Our mission and passion is to allow caregivers to reclaim their lives. We have accomplished this in so many ways over the past 25 years. We have facilitated thousands of support groups. Our caregiver getaways have taken us to Orlando, St. Augustine, Naples, Mexico, The Bahamas, and more. We have explored the beautiful world of Tiffany-stained glass, relaxed in the shipboard atmosphere of cruising, heard Validation Expert Naomi Feil, met the author of the '36' Hour Day – and were stunned by the Brain Bank program.

Along this most interesting journey, we have met some special people that have also made an impact for caregivers and shaped the framework of how we see dementia in all its different forms.



Karen, Dr. Peter Rabins, (author *The '36' Hour Day*) and Jeff



Best Selling Author Gail Sheehy & Karen



2009 – Our biggest cruise event – Took 45 and came back with '46' – (you figure it out 😊)



Karen, Martha Lenderman (Florida's (former) Baker Act Director and Author) and Largo Senior Services Police Officer Rayshall Poinsette



Adjunct Professor at SPC



Book Signings

We are very proud of how many caregivers and professionals continue to use our book, trainings, and support services for guidance and encouragement along the “pathless path”.

Light for the Journey and Courage for the Soul ♥ Karen & Jeff Truman November 2022