

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH APRIL 2026

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

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<http://www.dcrinc.org/>

APRIL SUPPORT GROUP'S



The INN at FREEDOM SQUARE (3rd Floor)

→ Wednesday APRIL 8th - 1:30 PM

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damigodeana@freedomsquarefl.com



ARAVILLA Clearwater

→ Tuesday APRIL 14th - 1:30PM

3055 Union St. 33759 (727)260-2826

j.pham@aravillaclearwater.com



→ Tuesday APRIL 21st - 1:30PM

2010 Greenbriar Blvd. Clearwater 33763

(727)735-6200

jsahhar@preserveatdunedin.com

LEWY BODY and CAREGIVING

Where do you turn when a mysterious dementia is stealing the love of your life? The documentary film, **FACING THE WIND**-- about Lewy body dementia, caregiving, and the importance of a supportive community-- will be coming to PBS starting this June. It is touching, informative, and inspiring. This is a link to the VERY POWERFUL 3-minute trailer:

<https://lewybodyresourcecenter.org/facing-the-wind-a-film/>



SCOTT

Legal Advocates
for Aging Americans.

Early planning often results in significantly better financial outcomes for families. Supporting a loved one through a move to long-term care is easier when families stay involved. Many communities offer relocation support to help seniors adjust, while regular visits and communication with caregivers help ensure their needs are met. Open conversations among family members about expectations and care preferences can also help everyone stay aligned. For a free consultation, call: (727)539-0181 or visit: <https://virtuallawoffice.com/>

NEW LAW - CS/CS/SB 1404: Memory Care GENERAL BILL by Fiscal Policy; Health Policy. *Senator Colleen Burton (Polk County)*

Memory Care; Requiring licenses for assisted living facilities that provide memory care services; making technical changes; requiring an assisted living facility that serves memory care residents or holds itself out as providing memory care services to obtain a **Memory Care Services License**; providing an exception; requiring an assisted living facility to maintain certain licensure and meet certain requirements in order to obtain a memory care services license. The **Agency for Health Care Administration (AHCA)** is required to set rules by June 1, 2027, covering safety, staffing, and care for this specialty license.



APRIL IS
PARKINSON'S
AWARENESS MONTH

Light for the Journey - Courage for the Soul

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"A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free within the state. Registration does not imply endorsement, approval, or recommendation by the state." 1-800-435-7352 <https://www.fdacs.gov/>

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OMEGA – 3 FOODS

Fatty fish (such as salmon, sardines, and mackerel) are often cited as the top fish foods for fighting dementia, as they provide essential omega-3 fatty acids that support brain structure. Research suggests that these are the most important dietary factors in lowering cognitive decline risk. Other top contenders include leafy greens, berries, nuts, and olive oil. Blueberries and *local* honey everyday also boosts the immune system for those seasonal allergies to not be so bothersome.

The **7 A's of Alzheimer's** are an outline to better understand the brain changes.

Anosognosia (Lack of Insight): Not realizing they have a problem. This is often mistaken for denial.

Agnosia (Inability to Recognize): Cannot identify familiar objects, faces, sounds, or smells through senses.

Aphasia (Language Difficulties): Trouble finding words, understanding speech, reading, and/or writing.

Apraxia (Loss of Purposeful Movement): Forgetting how to perform familiar, practiced tasks like dressing or using a fork or toothbrush.

Altered Perception (Sensory Confusion): Difficulty judging distance, depth, or distinguishing colors.

Apathy (Loss of Interest): Lack of motivation and/or interest in participating in activities.

Amnesia (Memory Loss): Difficulty with short-term memory and then progressing to long-term memory.

→ According to the National Institute on Aging (NIH): **Age is the #1 risk factor.** The longer you live, the higher the risk of being diagnosed with Alzheimer's disease. Current approximate statistics:

65-74 years:	5%
75-84 years:	15%
85+ years:	33%

Genetics: Inheriting The APOE ε4 gene (we get one copy of the APOE gene (2, 3 or 4) from each parent) increases risk, while APOE ε2 may offer protection.

Lifestyle & Health: Staying mentally active (hobbies, learning), good sleep habits, controlling blood pressure, and staying socially connected reduces isolation, a risk factor.

Lack of Physical Activity: Regular moderate activity to help prevent obesity, heart disease, and stroke, which are linked to dementia risk.

Diet: Healthy and fresh food choices (like the Mediterranean or MIND) are important.

Sight and Hearing Loss: Make sure they can see and hear you.



Your donations make all the difference!

DEMENTIA CAREGIVER RESOURCES, INC.

P.O. Box 7677 - Seminole, Florida 33775

WE ALWAYS NEED USED INK CARTRIDGES!



Happy Easter!

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