

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH APRIL 2024

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

drkaren@bookofhope.us

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

### SUPPORT GROUPS

Join us to find solutions & comfort in **knowing you are not alone** on this journey.



#### OAKS of Clearwater

→ Monday April 8<sup>th</sup> 3:30-4:30PM

420 Bay Ave. (727) 445-4788

Anita M. [actdir@clearwateroaks.org](mailto:actdir@clearwateroaks.org)



#### PACIFICA Belleair

→ Tuesday April 9<sup>th</sup> 2:00PM-3:30PM

620 Belleair Road - Clearwater, FL 33756

(727) 467-9464 [ad.belleair@pacificaseniorliving.com](mailto:ad.belleair@pacificaseniorliving.com)



#### ARAVILLA Clearwater

→ Tuesday April 9<sup>th</sup> 4:30- 5:30PM

3055 Union St. (727) 260-2826

[A.murphy@aravillaclearwater.com](mailto:A.murphy@aravillaclearwater.com)



#### The INN at FREEDOM SQUARE

→ Wednesday April 10<sup>th</sup> 1:30PM-3PM

10801 Johnson Blvd. - Seminole 33772

Eric Kane (727) 398-0363

[kaneeric@freedomsquarefl.com](mailto:kaneeric@freedomsquarefl.com)



→ Wednesday April 10<sup>th</sup> 4:15-5:30PM

901 Seminole Blvd. Largo 33770

Ali (727) 585-5900

[marketingcounselor3@barringtonsl.com](mailto:marketingcounselor3@barringtonsl.com)



→ Thursday April 11<sup>th</sup> 10:30AM - Noon

8980 - 49th Street N. Pinellas Park 33782

(727) 546-4053 or [sales@baywoodsl.com](mailto:sales@baywoodsl.com)



→ Thursday April 11<sup>th</sup> 2:00-3:30PM

6280 Central Ave. St. Petersburg (727) 513-6922

[Rebecca.Weitzel@wentworthcentralavenue.com](mailto:Rebecca.Weitzel@wentworthcentralavenue.com)



#### The Law Office of Sean W. Scott

Assists families across the state of Florida with estate and incapacity planning, long-term care, probate, trusts, Medicaid benefits, veterans' benefits, and other legal issues related to the aging process.

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

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

**We have several NEW and Ongoing Support Groups.** The need is increasing constantly, and when you find the right group, and make new friends with people who truly understand what you are going through, it is not so lonely anymore. You have been validated in your anger at the disease, and often find solutions to deal with unwanted behaviors and personal care needs. Join us! We would love to meet you! There are seven groups in April!



In the last 30+ years, **VITAMIN D DEFICIENCY** has seen an explosion of an epidemic that parallels skin cancer awareness and the emphasis on wearing sunblock. Vitamin D receptors are in the bones (which is why it's almost always paired with calcium), and in the muscles and brain. Vitamin D deficiency is associated with a risk of fractures (bone health) and with an *incidence of falling*. The vitamin D deficiency is especially prevalent in the geriatric population (who probably didn't wear sunblock in their younger years). Combine that with the skin thinning as we age (which is where vitamin D precursors are stored waiting to be activated by UV light, so now there is less storage capacity), and it's a double whammy for our seniors.

*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.dcrinc.org/). Registration does not imply endorsement, approval, or recommendation by the state.

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### Parkinson's Disease Can Now Be Detected Through the Skin

A new skin biopsy test has been shown to detect an abnormal protein people with Parkinson's have inside their nerves.

Samples of skin near the ankle, knee and shoulder are taken and sent to a lab. The skin test is an important part of progress researchers are making against Parkinson's, the second-most common age-related neurodegenerative condition, which is on the rise, and a major driver of disability, dementia, and death. The test accurately detected the abnormal alpha-synuclein protein in 93% of people who had already been diagnosed by their symptoms with Parkinson's, according to a study published in the JAMA. It detected the protein at high rates in participants with similar disorders, including dementia with Lewy bodies.

Patients with symptoms of Parkinson's are often misdiagnosed. More than 20% of participants in this study had received a wrong diagnosis. The skin test costs just under \$1,500 but is usually covered mostly or all by insurance. Parkinson's occurs when cells deep in the brain that produce dopamine, (which coordinates movement), become impaired or die. Symptoms include tremors, stiffness, slow movements, and problems with balance. Patients also have non-motor complications such as depression, sleep disorders and pain.

Read the full story at:

<https://www.msn.com/en-us/health/other/parkinson-s-disease-can-now-be-detected-through-the-skin/ar-BB1keclH?ocid=hpsmn&cvid=56acd464f907448bb8e943836a89573c&ei=102>



**BE DECISIVE.** Right or wrong, make a decision! The roads are paved with flat squirrels who couldn't make a decision.

Moving our Loved One into an Assisted Living Community takes a leap of faith and trust. We are so unsure of our decisions. It is the hardest thing we have ever had to do; and we are riddled with guilt and angst. We have the moments of **YES**, we need to do this, and **OMG** what am I doing? I made him/her **THE PROMISE** to **NEVER** do this. It makes us question every fiber of our soul. We **KNOW** we cannot keep our Loved One at home any longer. We **KNOW** the doctor has filled out the paperwork, yet we hesitate to admit this is the way of the future. We have to do this. We have to make changes. We have to let go. We need to understand it is a decision that has to be addressed **NOW** and made with love, seriousness, and real facts.

**AARP and the National Alliance for Caregiving STATISTICS:** According to the report "Caregiving in the U.S. 2020" by AARP and the National Alliance for Caregiving, over 21% of all Americans are caregivers, totaling nearly 53 million adults. Of these, **nearly 26% are caring for someone with dementia.** Family caregiving spans across all generations, and many caregivers are balancing their own employment, other roles, and additional responsibilities.

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



♥ 27+ years of assisting caregivers ♥  
**DEMENTIA CAREGIVER RESOURCES, INC.**  
**P.O. Box 7677 - Seminole, Florida 33775**

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