

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH **DECEMBER 2023**

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

drkaren@bookofhope.us www.dementiacaregiverresources.org



SUPPORT GROUPS

Support groups offer the chance to connect with other people, often leading to friendships that grow into a new supportive family. We are not alone on this journey!



Tuesday JANUARY 9th 2:00PM-3:30PM
620 Belleair Road - Clearwater, FL 33756
For more info, Call: (727) 467-9464
ad.belleair@pacificaseniorliving.com



The INN at FREEDOM SQUARE
Wednesday JANUARY 10th 1:30PM-3PM
10801 Johnson Blvd. - Seminole 33772
RSVP: Eric Kane (727) **398-0363**
kaneeric@freedomsquarefl.com



Francis Collins, former director of the National Institutes of Health (NIH), said that **“Genetics loads the gun, and environment pulls the trigger.”** So, this means that genetic factors and environmental factors may not work on their own, but through an interactive way. These may include *lifestyle choices, i.e.: (smoking, drinking, relationships, chemical dependency), cardiovascular disease, diabetes, nutritional deficiencies, risk exposures i.e.: noise and air pollution, industrial and chemical toxins, climate, water quality, radon, and City vs. Rural living settings.*



The Law Office of Sean W. Scott

A knowledgeable elder law attorney that is sensitive to your needs can be your most valuable asset. Now is the time to look over your documents and make sure they are up to date, have the right people in charge, and reflect exactly what you want should the need arise. It is so very important to make our wishes known, witnessed, notarized, and recorded. That way there are no mistakes and no regrets.

Attend a **FREE Seminar** at the **Palm Harbor Library; Largo Library; or Seminole Library.**

For a free consult, call: (727)539-0181
<http://www.virtuallawoffice.com/>

→ Help a veteran to register his or her DD214 at their local County Clerk’s Office. This can help to qualify for VA benefits when needed.

https://www.dd214.com/dd214_county_filing

This is worth another viewing:

From: **American Public Television**
TOO SOON TO FORGET – THE JOURNEY OF YOUNGER ONSET ALZHEIMER’S DISEASE

The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation to the adjustments, and finally, to the healing power of community.

<https://aptonline.org/catalog/TOO-SOON-TO-FORGET-THE-JOURNEY-OF-YOUNGER-ONSET-ALZHEIMER-S-DISEASE>



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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Inspired Caregiving

One of our caregivers shared this story: *I took the car key to the dealer; they can make a duplicate key which will turn when placed in the ignition but will not engage the motor.* She switched keys on his key ring. Her husband will go out to the garage for an extended period of time and try to get the car started with this dummy key and finally come back inside to ask her to drive him. He would not (could not?) tell her that he was unable to start the car. He does not have a license any longer – so this is a good solution to a potentially dangerous situation.



"Birth and death are the sacred bookends to our lives. We prepare so thoughtfully for one, and not at all for the other."

From the LBD Resource Center
lewybodyresourcecenter.org



Happy Holidays to YOU

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



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SPECIAL ENROLLMENT PERIODS

You can make changes to your Medicare Advantage and Medicare drug coverage when certain events happen in your life, like if you move, or you lose other coverage. These chances to make changes are called **Special Enrollment Periods**. Starting January 1, 2024, if you sign up for Part A and/or Part B because of an exceptional situation, you'll have 2 months to join a Medicare Advantage Plan (with or without drug coverage) or a Medicare drug plan (Part D). Your coverage will start the first day of the month after the plan gets your request to join. The types of changes you can make, and the timing depend on your life event. If you have questions or need help making enrollment changes, call 1-800-MEDICARE (1-800-633-4227).

<https://www.medicare.gov/basics/get-started-with-medicare/get-more-coverage/joining-a-plan/special-enrollment-periods>

SHINE (Serving Health Insurance Needs of Elders) offers free counseling and can assist you with making decisions about what is the best program for your needs. 1(800)963- 5337
<https://www.floridashine.org/Counseling-Sites.aspx>

Thank you for another amazing year! We conducted a large number of staff mandatory Alzheimer's trainings on Zoom, held classes for ALF administrators, created new curriculums to reflect current laws and rule changes, facilitated monthly support groups, did several national and international podcast events, and was a guest speaker for local philanthropic groups. The need continues and we look forward to starting our 27th year as a 501C3 non-profit organization!



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