

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH DECEMBER 2019

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

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www.dementiacaregiverresources.org



### DECEMBER SUPPORT GROUPS

**Dec. 3 - The Preserve** at Clearwater **9:30 AM**  
2010 Greenbriar Blvd. CLW (727)735-6200

**Dec. 3 & 17 - Grand Villa - Largo** **6:00 PM**  
750 Starkey Rd. Largo 33771 (727)586-0108

### January Support Groups

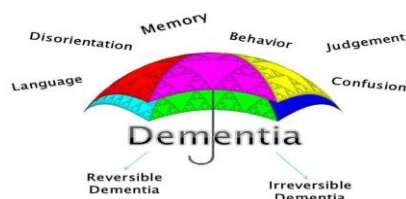
Jan. 7 & 21 Grand Villa - Largo **6:00 PM**

Jan. 8th Grand Villa - Clearwater **6:00 PM**

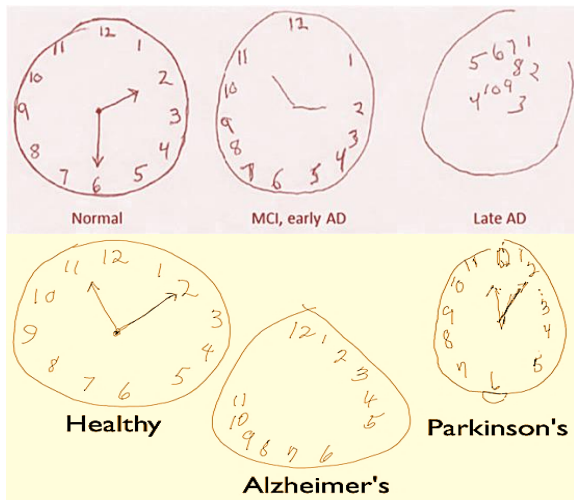


**Starting January 8th – Dementia Caregiver Resources will be facilitating a brand new support group at GRAND VILLA in Clearwater.**

**GRAND VILLA of CLEARWATER**  
2750 Drew St. (727)799-2177



### The CLOCK TESTS



Having practiced Elder Law in Florida for over 26 years, we are well aware of the crisis in which people often find themselves when facing long-term care. It seems to come out of nowhere, this freight train of trauma that can blind-side the unprepared. After 50 years of marriage, a wife watches as her husband deteriorates into near-total dependence. Her goal is to keep him at home as long as possible but, she has her own physical limitations whether admitted to or not. An adult child attempts to be a loving caregiver for his/her parents while juggling their own family and work commitments. They know that they must deal with the core human issue of the parents' needs in their final years. *For more information or to make an appointment for a free consult,* (727)539-0181 <http://www.virtuallawoffice.com/>



### MEMORY DISORDER CLINICS and the FLORIDA BRAIN BANK

The FL legislature has authorized 17 **Memory Disorder Clinics (MDCs)** that provide comprehensive diagnostic and referral services for persons with Alzheimer's disease and related dementia. The clinics also conduct service-related research and develop caregiver training materials and educational opportunities.

**For more information, visit these websites:**  
<http://elderaffairs.state.fl.us/does/alz.php>  
**#memory**  
<https://www.msmc.com/neurosciences/wien-center-florida-brain-bank/>



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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*The dementia disease process can become very frustrating – these are some of the ways that a form of dementia can affect a person's brain.*

**DEPRESSION**—A persistent feeling of sadness, worthlessness, or inability to enjoy activities, often with trouble with sleeping or eating.

**APATHY**—A lack of interest in normal daily activities or events; less social interaction.

**Anxiety**—Intense apprehension, uncertainty, or fear about a future event or situation. A person may ask the same questions over and over or be angry or fearful when a loved one is not present.

**AGITATION**—Restlessness, as seen by pacing, hand wringing, an inability to get settled, constant repeating of words or phrases, or irritability.

**DELUSIONS**—Strongly held false beliefs or opinions not based on evidence. For example, a person may think his or her spouse is having an affair or that relatives long dead are still living. *Capgras syndrome*, in which the person believes a relative or friend has been replaced by an imposter, may also appear.

**PARANOIA**—An extreme, irrational distrust of others, such as suspicion that people are taking or hiding things

→ Scientists don't completely understand why **sleep** disturbances occur with **Alzheimer's** disease and other forms of **dementia**. ... Patients may experience changes in their **sleep** schedule and restlessness during the **night**. This disruption in the body's **sleep**-wake cycle can lead to more behavioral **problems**.



### THANK YOU!

We want to thank you for all of the ink cartridges you have saved for us over the past year – these really make a big difference in our printing costs. We continue to speak at communities, facilitate support groups, train staff in long-term care settings, and conduct the mandatory classes for assisted living administrators at St. Petersburg College. We have online classes that are CE Broker approved in all 50 states for nursing, and our book: **“The Dementia Caregiver’s Little Book of Hope”** continues to educate families and professionals. Our wish for 2020 is that you will continue on this journey with new insights and share this knowledge with others who may just be starting the journey. They will thank you later for your concern and thoughtfulness. May your Christmas Holidays be bright and full of fun!

**Can you make a difference?**

*Donations are always appreciated!*

**Dementia Caregiver Resources, Inc.**

**P.O. Box 7677**

**Seminole, FL 33775**

**WE ALWAYS NEED USED**

**INK CARTRIDGES**



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