

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH DECEMBER 2020

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

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www.dementiacaregiverresources.org



We hope to resume our regular support groups at some time next year – we miss all of you and hope you are doing OK. The future in long-term care communities and what it will look like is still hard to grasp. We have heard from some of you and just want you to know that we are still here to listen or to offer guidance. Please reach out to the Area Agency on Aging and other state and federal program providers for assistance in finding some great resources that may be paid for by insurance, or private pay, or VA.



Common Word Finding Problems as We Age – FACTS:

- It is normal for word-finding problems to increase as we age.
- It is normal for us to be slower in processing information as we age.
- An increase in (the word) is on the...“tip of my tongue” is evident as early as the mid-thirties!
- Difficulty in retrieving words does not mean that words or vocabulary are lost

We are aging, and some word loss is normal. Our message to you is to not worry too much about this. The difference between normal aging and Alzheimer’s, is that you may have said a wrong word or thought when you meant something else, but now you actually remember what you should have said – a person who has a dementia will not even remember the thought or what the word means.

Sean W. Scott
Elder Law Attorney

With the holidays and family gatherings and even Zoom get togethers we have the ideal time to think about our personal financial and health care future. It should be the goal of every person planning his or her estate to accomplish the following:

- Assure continuity of control over your assets.
- Maximize access to the assets.
- Increase the preservation of your capital.
- Maximize family privacy.
- Assure adequate management of your assets.
- Minimize time to settle the estate.
- Minimize cost of estate settlement.
- Reduce or eliminate estate taxes.
- Efficiently transfer estate to desired beneficiaries.
- Clearly indicate your health care desires.

To make an appointment for a free consult, call: (727)539-0181

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

On November 21, Karen was on the Connecting Caregiver’s Radio program – Visit this link to get more information:

<https://youtu.be/zRTMrpHDXBQ>



Karen Truman & Linda Burhans



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FOOTBAR®Walker

Individuals suffering from limited mobility due to a variety of medical issues often have trouble and need help standing from a seated position or lowering into a seated position from standing. Being lifted under the arms can cause pain to both the patient and the caregiver. The FOOTBAR®Walker changes this by allowing the caregiver to use a single foot to anchor the walker to the floor, using their body weight and features a sturdy bar across the top which the patient (up to 350#) can grip while standing or sitting and the caregiver counter pulls with little effort or stress to their shoulders, back or health. Visit: www.thefootbarwalker.com

If you can't smell these 2 things, there's a strong chance you may have COVID-19

In a [recent analysis by The New York Times](#), nearly 90% of patients reported a loss of taste or smell, according to a study. While symptoms of the coronavirus often resemble those of the common flu, losing your ability to smell or taste is what separates the two viruses. Thirty-seven percent of COVID-19 positive participants reported having trouble in smelling peppermint, while nearly a quarter — 22% — said they could not smell coconut. It is interesting because these two scents are pretty distinct in their own right, with each having its own unique scent.



We start by listening to your unique needs. Then we'll customize a plan of care with our trained caregivers who understand your personal needs and lifestyle.

- Companionship
- Light Housekeeping
- Memory Care
- Laundry & Linens
- Medication Reminders
- Transportation
- Shopping & Errands
- Meal Preparation

Call us: (727) 262-1212
www.touchinghearts.com/swpinellas

As this very strange year comes to an end, we wish you good health, peace, and light for the journey ahead. We have no clue what 2021 will look like or what new global and weather issues will change. We can offer to donate to the food banks, pet shelters and other places where we see a need in our communities. This is something we can do and it will make us feel a little more empowered that we are helping and lending a hand to make a difference. Christmas and the holidays are forever changed this year — we are not happy, but we have gone into the Serenity Prayer over and over this year to sort out our thoughts:



Merry Christmas to all our Caregivers and Friends — we are so grateful for your wisdom, grace, and continued friendship along this journey on the pathless path.

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Seminole, Florida 33775

WE are a 501(c)(3) Non-profit organization since 1997

♥ Your donations make all the difference ♥

WE ALWAYS NEED USED INK CARTRIDGES



Light for the Journey ♥ Courage for the Soul

