

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH DECEMBER 2025

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

drkaren@bookofhope.us

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

DECEMBER SUPPORT GROUP



The INN at FREEDOM SQUARE (3rd Floor)

→ Wednesday December 10th · 1:30-3:15 PM

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damiodeana@freedomsquarefl.com

HOW VAPING MAY HARM BRAIN HEALTH

Nicotine's effect on the brain:

Nicotine can disrupt brain chemistry, potentially accelerating cognitive decline. It also affects neurotransmitters like acetylcholine, which is crucial for memory and cognitive function.

Neurotoxic substances:

VAPING AEROSOLS contain toxins, such as lead, and other substances that can cause neuro-inflammation and damage brain cells.

Oxidative stress:

Vaping can increase oxidative stress, a type of *cellular damage* that is linked to neurodegenerative diseases like Alzheimer's.

Vascular damage:

Nicotine can *damage blood vessels*, and increased blood pressure and heart rate from nicotine use *can lead to small strokes*, which can cause cognitive decline.

Long-term effects:

E-cigarettes are relatively new, so the long-term effects of vaping on brain health and dementia risk are not yet fully known. While vaping is likely less damaging than traditional cigarette smoking, *it is not harmless*, and the potential risks are still being investigated.



SCOTT

Legal Advocates
for Aging Americans.

Tragedy, illness, or accidents can strike at any age. **Estate planning** isn't just about preparing for death; it's also about preparing for the unexpected. If you're incapacitated because of illness or injury, who will make medical or financial decisions on your behalf? Documents like a Durable Power of Attorney and Health Care Surrogate allow you to choose trusted individuals to act for you.

Free Medicaid Seminar Friday

→ December 5th - 2:30PM at Largo Library

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

or visit: <https://virtuallawoffice.com/>



To prepare for the holidays with a loved one with dementia, simplify traditions by keeping gatherings small, short, and focused on familiarity. Involve your Loved One in simple and manageable activities. Plan special meals during their "best time of day" to avoid confusion and agitation. Control the environment by limiting overwhelming decorations and loud music. Unfamiliar settings and too many people can be a recipe for stress and anxiety. Always keep your eye on them so they do not start to wander or get into 'trouble'. If you are taking them out of a facility for the day, make sure you have a supply of their medications, change of clothes, medical information and current insurance and ID cards in case of an emergency.

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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Long-term exposure to cigarette smoke has negative effects throughout the body, but the brain and cerebrovascular system are particularly at risk. There are more than 7,000 chemicals in cigarette smoke. Many of these chemicals are toxic and/or carcinogenic.

<https://www.alz.org/getmedia/abf0ab08-585d-4014-a453-89554e9f8306/ph-bold-center-science-summary-smoking.pdf>

New Study:

ALZHEIMER'S: HOW INHALED CBD REDUCES NEURO-INFLAMMATION

"We are now preparing for translational studies to evaluate the effects of inhaled CBD in human subjects with Alzheimer's disease," said the study author. "Our group currently holds an active IND

(Investigational New Drug) application with the Food and Drug Administration (FDA) for CBD inhalation therapy in neuro-inflammatory conditions, and Alzheimer's disease is a natural next target. These studies will allow us to confirm safety, dosing, and immune pathway modulation in clinical settings."

<https://www.medicalnewstoday.com/articles/cbd-help-treat-reduce-inflammation-alzheimers-disease>



Family Meeting

Have THE Conversation with your parent(s) – the Holidays are a perfect time to have that family meeting – even if it is via Zoom

Most people say that they do NOT want to be a burden to their children, yet they don't talk to their children about their wishes and aren't realistic about the future. As a parent, *give your children the gift of being proactive and talking to them about your preferences.* Whether your loved one is laying on the guilt or the blame is largely self-imposed, there's no point in letting it get to you.

You can't change the level of care they require, and you can't singlehandedly meet these needs.

Thank you for another amazing year!

We conducted a large number of staff mandatory Alzheimer's trainings in person and on Zoom; held classes for ALF administrators, created new curriculums to reflect current laws and rule changes, facilitated ongoing monthly support groups, and we spoke for several community groups. The need continues and we look forward to starting our 29th year as a 501c3 non-profit organization!



Your donations make all the difference!
DEMENTIA CAREGIVER RESOURCES, INC.
P.O. Box 7677 - Seminole, Florida 33775
WE ALWAYS NEED USED INK CARTRIDGES!

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