

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH FEBRUARY 2023

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

drkaren@bookofhope.us

www.dementiacaregiverresources.org



### SUPPORT GROUPS



(New Name-Same place)

Tuesday February 7<sup>th</sup> at 1:30PM

750 Starkey Rd. - Largo, FL 33771

RSVP: (727) 586-0108

[lifeengagement@baybrooklargo.com](mailto:lifeengagement@baybrooklargo.com)



The INN at FREEDOM SQUARE

Wednesday February 8<sup>th</sup> at 1:30PM

10801 Johnson Blvd. Seminole 33772

RSVP: Eric Kane (727)398-0363

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

### FEELING GREAT

According to the latest research, these healthy habits can make you feel better:

- Go to bed and wake up at the same time every day even on weekends,
- FLOSS!
- Do not have caffeine after 2pm, avoid alcohol for three hours before bedtime, and
- Get 15 minutes of sunlight every morning to keep your circadian rhythms functioning well.

**HealthDay News** — Posttraumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) interact with apolipoprotein E (APOE) ε4 to confer increased prevalence of Alzheimer disease and related dementias in veterans, according to a study published online in *Alzheimer's & Dementia*.



### The Law Office of Sean W. Scott

Qualifies clients for Medicaid and veterans benefits to make the cost of nursing home and assisted living care affordable for every family while preserving their life savings.

We also help our clients plan for incapacity and mortality by drafting a power of attorney, wills, and trusts. Lastly, we guide families through trust administration and probate after the death of a family member. *For a free consult, call:*

(727)539-0181

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

### REAPPLY TO VOTE BY MAIL AGAIN?

You may need to request a new mail-in ballot for the next election. There are many new rules and changes, and it may be important for you to check and see what you need to do in order to continue to vote with a mail-in ballot. **In Pinellas County:**

**Visit:** [www.voteinellas.gov](http://www.voteinellas.gov) (727)464-8683  
(Click on "Request a Mail Ballot")

Visit this website to find all of the 'Florida Supervisors of Elections':

<https://www.myfloridaelections.com/Voting-Elections/Ways-to-Vote/Vote-by-Mail-Absentee-Ballots>



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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### Did you know?

Diet sodas have been linked to an increased risk of heart disease, dementia, kidney disease and stroke. They can also interact with some medications, may create teeth erosion and yellowing issues, and may contribute to weaker bones. The message is to choose your beverages in moderation, wisely, and mindfully.

### REJUVENAGING



The Art and Science of Growing Older with Enthusiasm

Dr. Ron Kaiser

Karen recently had the pleasure of doing a podcast with the 'Media Giant' Neil Haley and Dr. Ron Kaiser. This was a great experience and Dr. Ron sent me his book on 'Rejuvenaging'. It is full of stories and tidbits for experiencing the joy of feeling our age - as we age.



♥ 25 years of assisting caregivers ♥

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P.O. Box 7677 - Seminole, Florida 33775

Your donations make all the difference!

**WE ALWAYS NEED USED INK CARTRIDGES**

### COMMUNICATION TIPS

When a person with dementia is verbally or non-verbally communicating that they don't want to do something, we need to discover why. It might be that:

- The person does not understand what they are being asked to do.
- The request we are making does not fit with the person's standards and preferences – for example, we are asking them to eat something they don't like or to go to bed when they want to stay up.
- The person feels they are being talked down to and is refusing in order to keep a sense of control.
- The person is misinterpreting the situation or environment, for example, the person may perceive a shiny floor as being wet and refuse to walk on it.
- The person doesn't trust us.

**HELP!** If Alzheimer's is in your life, help is within your reach. The **Alzheimer's Foundation of America** has a National Toll-Free Helpline that is open seven days a week and staffed entirely by licensed social workers specifically trained in dementia care. Visit: <https://alzfdn.org/afahelpline/>  
**Call:** 1(866)232-8484 **Text:** 1(646)586-5283

"Release in your mind who your loved one used to be and accept who they are today." --- J. Rusnak, PhD



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