

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH FEBRUARY 2026

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

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

### FEBRUARY SUPPORT GROUPS



ARAVILLA Clearwater

→ **Tuesday February 10<sup>th</sup> - 1:30PM**  
3055 Union St. 33759 (727) **260-2826**  
[j.pham@aravillaclearwater.com](mailto:j.pham@aravillaclearwater.com)



The INN at **FREEDOM SQUARE (3<sup>rd</sup> Floor)**  
→ **Wednesday February 11<sup>th</sup> - 1:30-3:15 PM**  
10801 Johnson Blvd. - Seminole 33772  
(727) **398-0363**  
[damigodeana@freedomssquarefl.com](mailto:damigodeana@freedomssquarefl.com)

### ENTRY MATS – A Safer Option



Have you seen the new **angled entry mats** or threshold ramp, with popular options like the EZ-ACCESS TRANSITIONS line made from recycled rubber, offering a smooth, slip-resistant incline for walkers, wheelchairs, and scooters, and even customizable by trimming or adding risers for higher rises. These mats replace regular mats to eliminate trip hazards at doorways, providing safe, easy transitions for mobility aids. These are available at Home Depot or Amazon



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/>



**Not all power of attorney documents are created the same.** Powers of attorney must explicitly state each and every thing the person can do. *The five most common powers we find routinely missing in power of attorney documents are:*

- The ability to create trusts, including irrevocable trusts.
- The ability to make unlimited gifts, including making gifts to the power of attorney.
- The ability to manage tax qualified plans such as IRA and 401k plans.
- The ability to convey the "homestead" including the ability to waive constitutional homestead interest.
- The provision for an alternate power of attorney.

And power of attorney documents should be newer than five years old.

For a free consultation, call: (727) **539-0181** or visit: <https://virtuallawoffice.com/>

### HOPE FLORIDA for VETERANS

This is a new special program that serves Florida Veterans to access programs that include: housing, medical, education, legal, employment, transportation, VA benefits and more – Call: (833) GET-HOPE  
Email: [Hopenavigators@fdva.fl.gov](mailto:Hopenavigators@fdva.fl.gov)

The **2026 Florida Veteran's Benefits Guide** is available by calling (727)319-7440  
Or visit: <https://floridavets.org/wp-content/uploads/2012/08/FDVA-Benefits-Guide.pdf>

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**The National Institutes of Health** has this information about people who have brain changes, but still have normal function.

**"Non-demented with Alzheimer's neuropathology"** (NDAN) describes people who have the characteristic brain changes of Alzheimer's (like amyloid plaques and tau tangles) but remain cognitively normal, suggesting they possess powerful cognitive resilience through mechanisms like synaptic remodeling, increased neurogenesis, and unique protein profiles that protect neurons from damage.

**Presence of AD Pathology:** They exhibit significant plaques and tangles (NFTs) in their brains, similar to those with symptomatic Alzheimer's disease (AD). But, despite the pathology, they maintain normal cognitive function, passing standard tests for memory and thinking. This hypothesis leads to two predictions:

1. Aged individuals with more education are expected to demonstrate less cognitive impairment when compared to people with less education
2. Individuals with higher socioeconomic status are able to withstand the typical AD pathology for extended time due to unknown mechanisms.

Another possibility is that more years of education allow people to make better choices regarding their lifestyle, thus leading to better overall health and decreased risks for dementia.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6007878/>

### IMPORTANT:

Please have your veteran **register** his or her **DD-214** at their COUNTY courthouse. This will save a lot of time when you may have to find and access this document for many reasons to include eligibility for: widow benefits, burial benefits, property tax exemptions, medical coverage, PACT Act, dental insurance programs, and nursing home care.

→ The new Florida Law for all medical settings to identify common risk factors for **Venous Thrombosis (Blood Clots)** is so important. There are many risk factors to include: recent surgery, trauma from an accident, cancer treatments, injury to a vein, family history, confinement to bed or wheelchair, smoking, diabetes, heart or lung conditions and COVID-19.

There is a **BRAIN DONATION** program at the University of Florida. They are seeking persons who have been diagnosed with a neurodegenerative disease or memory disorder. They are also seeking healthy individuals with normal memory. You must be 18 or older to participate and make a decision in advance. Call: (352)294-8378 Visit: <https://ctrnd.med.ufl.edu/>



**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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