

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH JANUARY 2025

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

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

### SUPPORT GROUPS

JUST KNOW **you are not alone** on this dementia journey.



**The INN at FREEDOM SQUARE (3<sup>rd</sup> Floor)**

→ **Wednesday January 8<sup>th</sup> - 1:30PM-3PM**

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

Jill Keilman [keilmanjill@freedomsquarefl.com](mailto:keilmanjill@freedomsquarefl.com)



Room # 607

→ **Monday January 13<sup>th</sup> - 2:30 - 3:45PM**

420 Bay Ave. Clearwater (727)445-4788

Anita M. [actdir@clearwateroaks.org](mailto:actdir@clearwateroaks.org)



**ARAVILLA Clearwater**

→ **Tuesday January 14<sup>th</sup> - 1:30 - 2:45PM**

3055 Union St. 33759 (727)260-2826

[A.murphy@aravillaclearwater.com](mailto:A.murphy@aravillaclearwater.com)

### Facing the Wind

Executive Producers:

**Renee Fleming, Yo-Yo Ma, and David Hyde Pierce**

**FACING THE WIND.** Where do you turn when a mysterious dementia is stealing the love of your life? Facing the Wind is a love story about people with Lewy body dementia, the spouses who care for them, and the remarkable community where they find sustenance and support.

Watch the trailer:

<https://facingthewindfilm.com/>



**Compassionate Advocacy:** We're committed to fully learning the challenges faced by you and your loved one.

**Comprehensive Services:** From Medicaid eligibility to estate planning & long-term care, we offer a wide range of services.

**Client-Centered Approach**

**FREE Medicaid SEMINARS:**

**Largo Library** Friday January 3<sup>rd</sup> – 2:30PM

**Seminole Library** Monday January 6<sup>th</sup> 2PM

**Palm Harbor** Tuesday – January 7<sup>th</sup> 2PM

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

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



The key differences between memory care and home care for persons with a form of dementia are the levels of care that the person needs, a safe environment, and expenses. Many options include adult day care, assistance with activities of daily living, meals, and help with daily chores. However, memory care communities offer a secure, monitored environment, with highly trained staff, and reminiscence enhancing programming. Dementia care services enable seniors to age in place and receive care in their homes, but it becomes more expensive and exhausting as the care needs increase. It is critical to plan ahead to get on wait lists. Finding those important legal, medical, veterans, and financial documents to qualify for benefits and hidden resources can be a life saver.

*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.dcrinc.org/). Registration does not imply endorsement, approval, or recommendation by the state.

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## CAREGIVER TIPS

♥ Did you know that it is very important to involve the person who has a form of dementia in conversations, even if they can't respond.

♥ Walk through your home to look for hidden dangers to include: knives, electrical items, throw rugs, mirrors, shadows from lights, alarms, tools, glue, over the counter medications (i.e.: aspirin, laxatives, acid reducers, eye drops, cold remedies, etc.)

♥ Understanding what triggers agitation in people with dementia is key to managing it effectively. Agitation can be caused by changes in routine, unfamiliar settings, or unmet physical or emotional needs. Issues like pain, hunger, disease process, medications, and environmental changes—such as loud noises, or crowded spaces, can also increase anxiety. Even seemingly small issues can lead to increased confusion, acting out, and stress.

♥ Caregivers may want to consider joining a support group or seeking professional advice. Being part of a network offers valuable strategies and encouragement from others who really understand what you are going through. We get it!



*Caregiving is a constant learning experience.*

## THE REAL LUXURIES in LIFE:

Time

Health

A Quiet Mind

S L O W Mornings

Ability to Travel

To REST without Guilt

A Good Night's Sleep zzz

Calm and 'Boring' Days

Meaningful Conversations

Home-Cooked Meals

People you Love

People who Love you Back!



We tailor our 3-step process to match your loved ones with the ideal Senior Living setting.

1. SORTING. 2. MATCHING. 3. BIG PICTURE.

COST FREE – STRESS FREE

**TRACI GEROLSTEIN** - Family Support Advocate

(404) 519-1325 [traci@serving-seniors.com](mailto:traci@serving-seniors.com)

**Your donations make all the difference!**

**WE ALWAYS NEED USED INK CARTRIDGES**



♥ 28+ years of assisting caregivers ♥

**DEMENTIA CAREGIVER RESOURCES, INC.**

**P.O. Box 7677 - Seminole, Florida 33775**

Happy New Year!



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