

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JANUARY 2026

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

drkaren@bookofhope.us

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

JANUARY SUPPORT GROUPS



ARAVILLA Clearwater

→ **Tuesday January 13th - 1:30PM**
3055 Union St. 33759 (727) **260-2826**
j.pham@aravillaclearwater.com



The INN at FREEDOM SQUARE (3rd Floor)
→ **Wednesday January 14th - 1:30-3:15 PM**
10801 Johnson Blvd. - Seminole 33772
(727) **398-0363**
damigodeana@freedomssquarefl.com

SAVVY CAREGIVER CLASSES

Savvy Caregiver is an evidence-based program designed for family and informal caregivers of individuals living with Alzheimer's disease and related dementias. The series provided practical tools, problem-solving strategies, and support to help caregivers feel more confident and prepared in their caregiving role.

For information and to register for the upcoming free online or in-person classes, please contact: Pasco - Pinellas Area Agency on Aging at (727)570-9696 Ext. 163
Or email: healthandwellness@aaapp.org

2026 Simple RESOLUTIONS

1. Guide my decisions so I do not have to keep repeating old lessons.
2. Remove what no longer serves my growth or purpose.



PROBATE PROBLEMS

Many probate problems begin with old wills or unclear instructions. A will with missing signatures, conflicting dates, or unclear wording can be confusing. If witnesses are unavailable or signatures are incomplete, the court must take extra steps to verify the document. These issues slow the process and may lead to unintended outcomes. Families sometimes discover that the will stored at home is not the final version. In other cases, a will may reference assets that no longer exist. These gaps create confusion and increase legal fees.

- **Review Annually:** Update your will after significant life events. (i.e.: marriage, divorce, death, a child's birth, or changes in assets.)
- **Verify Execution:** Sign and date the will. Have the required witnesses sign and date it in accordance with Florida Statute 732.502.
- **Secure Storage:** Keep the original will in a safe, accessible location. Make sure the personal representative (executor) knows where to find it.

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



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

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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Australian actor **Chris Hemsworth** (age 42), has a genetic predisposition to Alzheimer's disease, carrying two copies of the APOE4 gene, which significantly increases his risk, though it's not a diagnosis of the disease itself. This revelation has led him to prioritize family, focus on brain-healthy habits (like sleep, fitness, mindfulness), and take time off from acting, particularly as his grandfather had Alzheimer's and his father was diagnosed with Alzheimer's.

UPDATED MEDICAL RECORD

Make sure your Loved One has an updated medical record. There are many reasons why we may need to share information to include: Moving them to a different community; new Insurance cards, emergency hospitalization; medications that have been changed or discontinued; a new diagnosis, weight loss, recent falls, increased forgetfulness, flu shot records, test results, and much more. Having updated information makes transitions smoother and will include current and correct information.

Assisted Living Communities

ALF's offer a supportive, more independent lifestyle with help for daily tasks, while a nursing home provides 24/7 medical care, supervision, and therapy for complex, intensive health needs for those needing significant, ongoing medical oversight. Assisted living focuses on fostering independence with help for Activities of Daily Living (ADLs) to include bathing, dressing, and grooming in a more home-like, social environment. The key difference is the level of medical care needed.

NEW LAW for BACKGROUND CHECKS

There is a new Florida law (CS/SB 614) that requires the Agency for Health Care Administration (AHCA), in coordination with other specified agencies, to launch a user-friendly, public-facing webpage by January 1, 2026, that serves as a centralized hub for **background screening** education and awareness. The site must explain the Care Provider Background Screening Clearing-house process, Level 2- screening requirements, fingerprinting procedures, and include a searchable job catalog, disqualifying offenses, exemption steps, and a downloadable checklist. Criminal background screening plays a key role in protecting vulnerable populations such as children, individuals with disabilities, and the elderly. The Florida Department of Law Enforcement (FDLE) operates the Care Provider Background Screening Clearing-house, which handles fingerprint-based background checks for individuals applying to work in various care settings. These screenings include both state and federal criminal history checks. Level 2 screening includes, fingerprinting for statewide criminal history records checks through the FDLE, and national criminal history records checks through the Federal Bureau of Investigation (FBI).

→ As of 2025, an estimated 7 million Americans 65 and older live with Alzheimer's. The number of Americans projected to have the disease is predicted to grow to nearly 14 million by 2060, according to the U.S. Centers for Disease Control and Prevention. Current global statistics are over 55 million! Treatments for Alzheimer's are desperately needed, experts say.

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