

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JULY 2026

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

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

JULY SUPPORT GROUP'S



The INN at FREEDOM SQUARE (3rd Floor)

→ Wednesday July 8th - 1:30 PM

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damigodeana@freedomssquarefl.com



Clearwater

→ Tuesday July 14th - 1:30PM

3055 Union St. 33759 (727)260-2826

j.pham@aravillaclearwater.com



→ Tuesday July 21st - 1:30PM

2010 Greenbriar Blvd. Clearwater 33763

(727)735-6200

isahhar@preserveatdunedin.com

Daytime Light Exposure

A massive study of over 87,000 adults shows that increased, real-world daytime bright light exposure is linked to a significantly lower risk of developing dementia, acting as a direct stimulant to the circadian (24-hour internal clock) system.

"90-second rule"

This is a communication strategy in dementia care. It dictates that after asking a question or giving a direction, you should wait a full 90-seconds before speaking again. This gives the persons' brain the extra time needed to process your words and formulate a response.



SCOTT

Legal Advocates
for Aging Americans.

There are so many reasons to see an elder law attorney. Ideally when you are approaching retirement, moving to a new location, or whenever major life transitions occur. Immediate action is required if an aging loved one receives a progressive cognitive diagnosis (i.e.: Alzheimer's, or another form of dementia), requires long-term care, or if there are warning signs of financial exploitation, abuse, or neglect.

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

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



Happy 4th of July!

New Jersey U.S. Senator Andy Kim is actively caring for his father, who was diagnosed with Alzheimer's disease. Kim is a former medical researcher who dedicated his career to curing Alzheimer's. Now his father is grappling with the condition himself. Senator Kim has transitioned into the role of caregiver, frequently sharing his emotional journey to raise awareness of the broader caregiving crisis. A member of the sandwich generation, Senator Kim (43) is the primary caregiver for his father, while simultaneously raising his two young sons.

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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The Differences between

Assisted Living and Skilled Nursing

Often in our caregiver groups the topic of assisted living vs. skilled nursing comes up. Families struggle to figure out what is the right setting for their loved one. Where to look, how much is this going to cost, and how far away is it. Here is a short breakdown of the differences:

Assisted Living (ALF's): Designed for seniors who need help with basic routines, like bathing, dressing, and medication management, but are generally active and mobile. **ALF's** offer a more residential feel with private or semi-private apartments, often featuring kitchenettes and other amenities (pool, physical therapy, beauty salon, bus trips, etc.). The focus is on quality of life and social engagement.

Skilled Nursing Homes (SNF's): Also known as skilled nursing facilities, care for bedridden patients, persons with severe memory impairments, and/or individuals requiring continuous medical monitoring and therapies. SNF's typically feature a more clinical, hospital-like setting with shared rooms and a centralized nurses' station for constant oversight.

Rehab Centers /Hospitals provide intensive therapy (3+ hours daily) and daily physician oversight, making them best for patients needing rigorous recovery to return home. physical therapy, speech therapy and occupational therapy experts; rehabilitation physicians and nurses; case managers; dietitians; and 24/7 nursing care.

Early pre-planning and research often results in significantly better financial outcomes for families. Supporting a loved one through a move to long-term care is easier when families stay involved. Many communities offer relocation support to help seniors adjust. Communities that have an open communication with the family and the person moving in can help ensure that their current/long-term needs and goals can be met. Family members also need to be realistic about expectations and care preferences and maybe get a group chat set up to help everyone stay aligned during this transitional timeframe.

There are many local agencies that offer free assistance in finding the right Assisted Living, Memory Care, Independent Living senior community, and in-home care services. One of the great local resources is The Senior Living Guide:

<https://seniorlivingonline.com/>



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P.O. Box 7677 - Seminole, Florida 33775

WE ALWAYS NEED USED INK CARTRIDGES!

Your donations make all the difference!



Trivia America 250 Question:

Who signed the Declaration of Independence with the largest and smallest signatures?

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