

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JUNE 2026

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

drkaren@bookofhope.us <http://www.dcrinc.org/>

JUNE SUPPORT GROUP'S



→ **Tuesday June 9th - 1:30PM**
3055 Union St. 33759 (727)260-2826
j.pham@aravillaclearwater.com



The INN at FREEDOM SQUARE (3rd Floor)
→ **Wednesday June 10th - 1:30 PM**
10801 Johnson Blvd. - Seminole 33772
(727)398-0363
damigodeana@freedomssquarefl.com



→ **Tuesday June 16th - 1:30PM**
2010 Greenbriar Blvd. Clearwater 33763
(727)735-6200
jsahhar@preserveatdunedin.com

Visiting for short timeframes three or four times a week is OK. Visiting for 7-8 hours every day is completely draining and unnecessary. Being there all day/every day is like telling the staff that you do not trust them. What happens when you cannot visit? Are you coming in when you are sick because you feel that you "have to"? Does the staff feel you are challenging their caregiving? Are you aware of the state and federal rules, laws, and regulations that have to be followed in a long-term care setting? What is your back-up plan if you cannot be there or need a break? Sometimes we have to trust that the facility we chose is doing their best to provide a safe environment for our Loved One.



If you're thinking about giving away money or property before applying for Florida Medicaid, you're not alone. Many families assume that transferring assets early is a smart way to qualify for nursing home coverage. Unfortunately, this well-intentioned strategy is one of the most common and costly mistakes in Medicaid planning. Florida Medicaid closely scrutinizes any gifts or asset transfers made within the five years before an application is submitted. If the state determines you gave away assets during this 60-month window, you could face a penalty period. Medicaid will then refuse to pay for long-term care, even if you have spent down nearly all your assets. The result can be devastating. It creates a coverage gap at the exact moment your loved one needs around-the-clock nursing care.

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



VETERANS:

Recording your **DD214** at the county courthouse or county clerk's office is a free, secure way to protect your discharge papers. Once recorded, it establishes a permanent, certified backup that makes it easy to quickly obtain official copies whenever you need to apply for veterans' benefits or employment.

Light for the Journey - Courage for the Soul

©2026 - A 501(c)(3) Non-Profit Organization since 1997

"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/>

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH JUNE 2026

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

drkaren@bookofhope.us

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



A 2025 study found that older adults who consumed the highest amounts of Riboflavin (Vitamin B2) from their diet had a 49% lower risk of developing disabling dementia compared to those who consumed the least. Riboflavin is a B vitamin that converts food into energy and helps regulate homocysteine, an amino acid tied to brain and vascular health. This study also noted that Vitamin B6 and folate offered cognitive protection, though riboflavin showed the strongest link. You can boost your riboflavin intake naturally through these foods:

- Milk, yogurt, and eggs
- Salmon, trout, and lean meats
- Spinach and mushrooms
- Almonds and sunflower seeds

The first symptom(s) of **VASCULAR DEMENTIA** is most likely to be a decline in **executive functions** — such as impaired planning, trouble making decisions, or slowed thinking — rather than significant memory loss. Early signs often include:

- **Slowness of thought** and difficulty concentrating.
- **Problems with organizing**, planning, and making decisions.
- **Physical indicators**, such as trouble walking, balance issues, or unsteadiness (gait changes).
- Sudden, short periods of confusion or changes in mood/apathy.

Because symptoms vary based on the affected area of the brain, sudden onset following a stroke is common.



Researchers know that decreasing ability to **smell** is linked to neurodegenerative diseases, including Parkinson's and Alzheimer's, so the person does not realize they have an odor. Bathing can become scary as people living with Alzheimer's may be uncomfortable receiving assistance with such an intimate activity especially as the dementia progresses. The recommended approach is to be sensitive, tactful, and respectful.

→ These different scents: **menthol, clove, leather, strawberry, lilac, pineapple, smoke, soap, and lemon** are the ones that a person with some form of dementia would often not be able to identify or even smell. So too, they often do not realize they have body odor and need to freshen up. They may also have **depth perception problems** that make it scary to step into water.



DEMENTIA CAREGIVER RESOURCES, INC.

P.O. Box 7677 - Seminole, Florida 33775

WE **ALWAYS** NEED USED INK CARTRIDGES!

Your donations make all the difference!

Light for the Journey - Courage for the Soul

©2026 - A 501(c)(3) Non-Profit Organization since 1997

"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/>