

# DEMENTIA CAREGIVER RESOURCES, INC.

## THE DEMENTIA DETAILS DISPATCH MAY 2026

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

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

### MAY SUPPORT GROUP'S



**ARAVILLA Clearwater**

→ **Tuesday May 12<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 May 13<sup>th</sup> - 1:30 PM**

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

[damigodeana@freedomsquarefl.com](mailto:damigodeana@freedomsquarefl.com)



→ **Tuesday May 19<sup>th</sup> - 1:30PM**

2010 Greenbriar Blvd. Clearwater 33763

(727)735-6200

[jsahhar@preserveatdunedin.com](mailto:jsahhar@preserveatdunedin.com)

**Medical EPONYMS** are diseases, procedures, or conditions named after the people who first described or discovered them, often used to honor their contributions to medicine.

**Amyotrophic Lateral Sclerosis (ALS)**, often called **Lou Gehrig's disease**, is a progressive neuro-degenerative disease that destroys motor neurons in the brain and spinal cord, causing muscle weakness, paralysis, and respiratory failure. It usually strikes between ages 40-70, with most patients surviving 2-5 years after diagnosis. ALS was identified in 1869 by French neurologist Jean-Martin Charcot and became more widely known internationally on June 2, 1941, when it ended the career of one of baseball's most beloved players. He noticed several of the disease's symptoms while playing on the field, including a loss of strength, slipping, falling, and loss of coordination.



**SCOTT**

Legal Advocates  
for Aging Americans.

We are dedicated to helping Florida seniors and their families understand the legal tools available for Medicaid planning, nursing home care, and asset protection. Whether you're trying to qualify for long-term care Medicaid, preserve a family home, or avoid costly mistakes, find information here on navigating the complex world of Medicaid eligibility and long-term care.

Visit this website for more information:

<https://www.youtube.com/@SeanScottElderLaw>

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

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



Have you paused to think about what will happen after you or a Loved One passes away? What challenges will your family face? A lot of people fail to plan-ahead or refuse to discuss 'those things' until it's too late. They often leave unanswered questions, burdens, and stresses because they haven't discussed or locked-in important pre-need arrangements for their passing. This may sound like a difficult conversation. But, just like buying insurance, putting a plan in place is a smart and caring thing to do for your family. It spares them the emotional responsibility of guessing what kind of arrangements that you envisioned and frees them from the often-huge financial burdens during a time of grief. They will not have to presume what you would have wanted, or search for hints among personal effects during this extremely emotional time.

*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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## DEMENTIA DIAGNOSIS –

### EARLY DETECTION and CLEAR GUIDELINES

There are hundreds of Memory Disorder Clinics (MDC's) across the globe. Has your doctor sent your family to one of these? *Probably not* --- Sometimes **we** have to take responsibility for getting our family member to the right diagnostic center to find out what is really going on. Patients and families need understandable information and strong support, especially when faced with a disease that affects the brain. I found out about the MDC's in the early 1990's by attending support groups, talking with professionals who were in the medical and social worker field, and through the Area Agency on Aging. To do a quick search to see what might be available in your area, type in your "zip code and Memory Disorder Clinic" – see what pops up!



### HAPPY MOTHER'S DAY

How to make Mother's Day special for a loved one with dementia or Alzheimer's?

- Give the gift of time spent together.
- Create a photo album of special times in her life.
- Bring- in a favorite meal to share.



**Your donations make all the difference!**

DEMENTIA CAREGIVER RESOURCES, INC.

P.O. Box 7677 - Seminole, Florida 33775

**WE ALWAYS NEED USED INK CARTRIDGES!**

With another Hurricane season starting next month, Pinellas has a program called: **"The People First Hurricane Recovery Programs"** to support Homeowners, tenants, and local landlords impacted by **Hurricanes Idalia, Helene, or Milton**. These programs provide funding and assistance to repair damage, prevent long-term displacement, and make housing safer and more affordable. Call: (727) 606-3307 <https://recover.pinellas.gov/people-first-hurricane-recovery-programs/>



When your body lacks sufficient B12—a vitamin crucial for energy production and nervous system health—it may prompt you to consume the foods it knows are rich in it. However, experts advise that while these cravings are a strong indicator, a blood test is necessary to confirm a true deficiency. **Red Meat:** A primary craving for many, often driven by the body needing iron, zinc, or B12.

**Fish and Shellfish:** Particularly clams and tuna, which are extremely high in B12.

**Eggs and Dairy:** Cravings for milk, yogurt, or cheese often occur as these are rich sources

**Savory Foods:** Due to deficiencies causing fatigue and iron-related needs, some may crave savory (pizza/pasta/roast meats) or high-protein, energy-dense foods. These intense cravings are the body's way of seeking out needed nutrients. The deficiency can also manifest as general, persistent hunger or unusual cravings for foods that provide energy and repair deficiencies.

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