

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MARCH 2024

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

drkaren@bookofhope.us

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

SUPPORT GROUPS

How do I start to take care of myself again? Join us to find solutions & comfort in knowing you are not alone on this journey.



OAKS of Clearwater

→ **Monday March 11th 3:30-4:30PM**

420 Bay Ave. (727) 445-4788

Anita M. actdir@clearwateroaks.org



PACIFICA Belleair

→ **Tuesday March 12th 2:00PM-3:30PM**

620 Belleair Road - Clearwater, FL 33756

(727) 467-9464 ad.belleair@pacificaseniorliving.com



ARAVILLA Clearwater

→ **Tuesday March 12th 4:30- 5:30PM**

3055 Union St. (727) 260-2826

A.murphy@aravillaclearwater.com



The INN at FREEDOM SQUARE

→ **Wednesday March 13th 1:30PM-3PM**

10801 Johnson Blvd. - Seminole 33772

RSVP: Eric Kane (727) 398-0363

kaneeric@freedomsquarefl.com



Senior Living **BAY WOOD SENIOR LIVING**

→ **Thursday March 14th 10:30AM - Noon**

8980 - 49th Street N. Pinellas Park 33782

(727) 546-4053 or sales@baywoodsl.com



Wentworth Central Ave.

→ **Thursday March 14th 2:00-3:30PM**

6280 Central Ave. St. Petersburg (727)513-6922

Rebecca.Weitzel@wentworthcentralavenue.com



The Law Office of Sean W. Scott

Assists families across the state of Florida with estate and incapacity planning, long-term care, probate, trusts, Medicaid benefits, veterans' benefits, and other legal issues related to the aging process.

Attend a FREE Seminar in February:

TUESDAY **March 5th** – 2PM **Palm Harbor Library**

FRIDAY **March 8th** – 2:30PM **Largo Library**

MONDAY **March 11th** – 2PM **Seminole Library**

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

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

ALZHEIMER DRUG DROPPED

ADUCANUMAB will be discontinued, and further development halted. The drug was inappropriately fast-tracked by the FDA despite outside experts who urged the FDA to reject it. A congressional probe ultimately saw three federal officials resign as a result of this process.

Congratulations to the AFA Scholarship

Winners - The Alzheimer's Foundation of America (AFA) has awarded over \$430,000 in their yearly Scholarship Contests for High School Seniors. They are asked to describe how Alzheimer's has impacted their lives, what they have learned about themselves, their families, and their community in the face of this disease. And what their plans are for bringing awareness to Alzheimer's disease in the future. For more information, contact:

<https://alzfdn.org/young-leaders-of-afa/alzheimers-awareness-scholarship/>



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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We are often reminded of this truth:

There are only four kinds of people in the world: --- Rosalynn Carter

1. Those who have been caregivers.
2. Those who are currently caregivers.
3. Those who will be caregivers.
4. Those who will need caregivers.

ALZHEIMER's and Clinical Studies

Black Americans develop the disease and related dementias at twice the rate of their White counterparts but are less likely to receive specialized care and are diagnosed at later stages, studies show. A perplexing new issue appears to be contributing to low Black enrollment in trials and is fueling a debate among experts about the role of race, genetics, and other factors. To qualify for the main trial for Leqembi — developed by the Japanese pharmaceutical giant Eisai and the biotechnology company Biogen of Cambridge, Mass. — participants were required to have elevated levels of brain amyloid, a defining characteristic of Alzheimer's, and symptoms such as memory loss.

But brain scans showed that the African American volunteers were less likely to have excess amyloid than White patients and thus were excluded from the trial at higher rates. Some older Black patients diagnosed with Alzheimer's, they say, might actually have **vascular dementia** stemming from heart disease, hypertension and diabetes — all conditions more prevalent among African American patients. See entire article:

<https://www.washingtonpost.com/health/2024/01/29/alzheimers-new-drugs-black-patients-leqembi/>

Get your ZZZ's

Poor sleep quality in adults is a risk factor for Alzheimer's disease. Our brains need the down time to naturally cleanse themselves of amyloid beta proteins that are thought to form the harmful tangles in Alzheimer's. Just like shutting off our cars or computers to re-boot them, our brains need that down time to be quiet, restful, and dark. This is the only chance the brain has to take out the 'trash' that accumulates.

We often use the **SEARS** Acronym:

SLEEPING

EATING

ACTIVITY (Physical & Mental)

RELAXATION

SOCIALIZING

We have several NEW and Ongoing Support

Groups. The need is increasing constantly, and when you find the right group, and make new friends with people who truly understand what you are going through, it is not so lonely anymore. You have been validated in your anger at the disease, and often find solutions to deal with unwanted behaviors and personal care needs. Join us! We would love to meet you! See first page for Dates, Places & Times.



Your donations make all the difference!
WE ALWAYS NEED USED INK CARTRIDGES



♥ 27+ years of assisting caregivers ♥
DEMENTIA CAREGIVER RESOURCES, INC.
P.O. Box 7677 - Seminole, Florida 33775



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