

# DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MARCH 2025

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

drkaren@bookofhope.us

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

## SUPPORT GROUPS

JUST KNOW you are **not** alone.



Room #607

→ **Monday March 10<sup>th</sup> - 2:30 - 3:45PM**  
420 Bay Ave. Clearwater (727)445-4788  
Anita M. [actdir@clearwateroaks.org](mailto:actdir@clearwateroaks.org)



ARAVILLA Clearwater

→ **Tuesday March 11<sup>th</sup> - 1:30 - 2:45PM**  
3055 Union St. 33759 (727)260-2826  
[A.murphy@aravillaclearwater.com](mailto:A.murphy@aravillaclearwater.com)



The INN at FREEDOM SQUARE (3<sup>rd</sup> Floor)

→ **Wednesday March 12<sup>th</sup> - 1:30PM-3PM**  
10801 Johnson Blvd. - Seminole 33772  
(727)398-0363  
Jill Keilman [keilmanjill@freedomssquarefl.com](mailto:keilmanjill@freedomssquarefl.com)

## ALZHEIMER's Behaviors and Forgetfulness

Three of the most common types of behavioral triggers in dementia patients are **confusion, pain, and an overwhelming environment**. Forgetfulness can be a normal part of aging, but Alzheimer's and related dementias are not. Unlike typical forgetfulness, serious memory problems, such as those that occur with Alzheimer's, make it hard to do everyday tasks that include driving, cooking, and shopping. A person with Alzheimer's may not remember important places, dates, events, or even their own family as the disease gets worse. If you are worried about your forgetfulness, please talk with your health care provider.



## HEALTH CARE SURROGATE

Under Florida law, you can designate another individual to make healthcare decisions for you in the event of incapacity. This person steps in when doctors determine incapacitation due to injury or illness. Through healthcare surrogacy, you authorize the individual to access relevant medical records and make healthcare decisions. By appointing a trusted individual, you ensure that your wishes will be understood and honored. However, it is important to communicate your healthcare preferences to this chosen individual *before* you are in a health care crisis situation.

**FREE Medicaid SEMINARS** at these Libraries

**Monday March 10<sup>th</sup> Seminole 2:00PM**

**Tuesday March 11 Palm Harbor 2:00PM**

**Friday March 14<sup>th</sup> Largo 2:30PM**

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

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



CONNECTING YOU TO HOPE & HELP

**First Contact** (formerly 211 Tampa Bay Cares) operates several specialized hotlines that serve survivors of sexual assault, veterans, first responders, and seniors, ensuring that vulnerable populations in our community receive the care and assistance they deserve. Additionally, **First Contact** offers financial assistance for adults without minor children, addressing an often-overlooked segment of our community. We have their 2025 brand new directories and will pass them out in support groups!

<https://www.firstcontact.org/>

*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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## GRIEF AND MOURNING

We attended an amazing seminar with **Dr. Alan Wolfelt**. He has written over 100 books and speaks about grief and mourning in a way that helps you to understand losses in your life. After someone you love dies, or a relationship ends, or you have financial losses, overwhelming health concerns, or losing your home, you grieve inside. You have many different thoughts and feelings, most of them painful. We call this interior experience of loss Grief. Mourning means to express your grief outside of yourself through crying, talking to other people about the loss, sharing stories, journaling, and other actions. There is no deadline to be 'over it' and move on. Don't feel you need to apologize for taking the time you need to process your grief. A key step during this new beginning is to treat yourself with compassion, self-care, and being gentle to yourself as you start to heal and gather your emotional and physical strength back. If you can help someone with their mourning, one of his companioning tenets is "*Walking alongside; it is not about leading*".  
<https://www.centerforloss.com/grief/>

Research suggests maintaining a healthy diet, keeping the mind and body active, avoiding smoking and excess alcohol may help improve your odds of developing dementia. These are some **KNOWN RISK FACTORS** for developing Alzheimer's disease:

- Less education - Head injury
- Physical inactivity - Genetics
- Smoking
- Excessive alcohol consumption
- High blood pressure - Obesity - Diabetes
- Hearing loss - Vision loss - Depression
- Infrequent social contact - Air pollution

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It is common knowledge that persons with a form of dementia lose their short-term memories. They will often remember family members, church friends, life events, and their careers from their earlier years. But they often have difficulty remembering what they ate for breakfast or if they even had food. It is almost certain that they will forget to drink enough – and this can become a serious health issue. There is a new product called: **Jelly Drops**. These are an innovative sugar-free treat, made of 95% water with added electrolytes & vitamins, designed to increase fluid intake. <https://www.jellydrops.us/>

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



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

