

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH NOVEMBER 2025

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

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

NOVEMBER SUPPORT GROUPS

NOTE: *Date change due to Veteran's day.



ARAVILLA Clearwater

→ **Monday *November 10th - 1:30PM**

3055 Union St. 33759 (727)260-2826

j.pham@aravillaclearwater.com



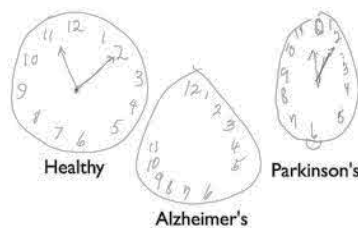
The INN at FREEDOM SQUARE (3rd Floor)

→ **Wednesday November 12th - 1:30-3:15 PM**

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damigodeana@freedomssquarefl.com



The **Mini-Cog test** involves a three-word recall task and a clock-drawing task. The test assesses memory by having the person repeat the words immediately and then recall them after a 3- to 5-minute delay. A common set of words that are used are "apple," "penny," and "table".

Significance: Difficulty recalling the words, especially when combined with a poorly drawn clock face, can be an early sign of cognitive issues including forms of dementia and often prompts further medical evaluations.



SCOTT

Legal Advocates
for Aging Americans.

Transferring assets in Medicaid planning is often done with the intention of meeting Medicaid's financial eligibility requirements and can have significant drawbacks.

Transfers should generally be approached with caution. Consulting with an experienced elder law attorney or financial advisor is essential to navigate Medicaid planning effectively and in accordance with the law. **For a free consultation, please call (727)539-0181 or visit:**

<https://virtuallawoffice.com/>



Medicare Advantage:

Tonight, with John Oliver (HBO)

If you want to know more about Medicare 'advantage' plans, take 30 minutes to watch this – it is rather “cheeky”, with some strong language, but it makes some very right on statements, and uses perfect comparisons to get the point(s) across. You will see the dis-advantages and hopefully get a much better understanding of what is happening to our healthcare system.

<https://www.youtube.com/watch?v=Ejoi9yfLVCc>

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 **National Council on Aging** (NCOA), is encouraging all individuals who have Medicare to evaluate their plans during this year's Open Enrollment period which runs until December 7, 2025, for coverage that will be effective in 2026. The Annual Enrollment Period is often a lost opportunity for people with Medicare to do some critical reviews. Research shows that only about 10% of individuals use this chance to switch plans. The result is they can end up not getting the treatment and specialists for their health care. It is critical to use this time to make sure the plan you choose has the right doctors, hospitals, rehab centers, and more to meet your health care needs." When assessing options, individuals should look at cost, coverage, personal health, and convenience. Every year, Medicare plans change, and so do personal health situations. Visit these sites for more information: <https://www.ncoa.org/> <https://benefitscheckup.org/> <https://www.floridashine.org/>

State Health Insurance Assistance Programs (SHIPs) provide free, local, and unbiased counseling to people with Medicare and their families. There are **SHIPs** in every state, and they provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. <https://www.shiphelp.org/> **Explore** your options and find Medicare health & drug plans. Get a summary of your current coverage and see your saved drugs & pharmacies to compare plan costs. <https://www.medicare.gov/>



Dementia risk is tied to common things like diabetes, high blood pressure, and physical inactivity. Certain medications are linked to an increased risk of dementia. Medications that have been associated with increased risk of dementia include overactive bladder medications, pain medications, heartburn medications, and certain anxiety medications. Medications to avoid in Lewy body dementia (LBD) include: Antipsychotics: Olanzapine (Zyprexa), Risperidone (Risperdal), and Haloperidol (Haldol). These medications can worsen motor symptoms and increase the risk of neuroleptic malignant syndrome.



According to Dr. Christina Chen, a geriatrician and internist at the Mayo Clinic, in the new issue of *Alzheimer's TODAY*. "Loneliness doesn't have to be a permanent state. It's like a signal (such as hunger or thirst) telling us to seek connection. Use this signal as a prompt to make some changes in your life that can help you thrive".



Your donations make all the difference!
DEMENTIA CAREGIVER RESOURCES, INC.
P.O. Box 7677 - Seminole, Florida 33775
WE ALWAYS NEED USED INK CARTRIDGES!

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