DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH NOVEMBER 2026

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

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

NOVEMBER SUPPORT GROUP's

Aravilla Clearwater Memory Care **Clearwater**

→ **Tuesday November 10th - 1:30PM**

3055 Union St. 33759 (727)260-2826

j.pham@aravillaclearwater.com

The INN at FREEDOM SQUARE (3rd Floor)

→ **Wednesday November 11th - 1:30 PM**

10801 Johnson Blvd. - Seminole 33772

(727)398-0363

damigodeana@freedomsquarefl.com

THE PRESERVE AT DUNEDIN

→ **Tuesday November 17th – 1:30PM**

2010 Greenbriar Blvd. Clearwater 33763

(727)735-6200

jsahhar@preserveatdunedin.com

The **SHINE** (**S**erving **H**ealth **I**nsurance **N**eeds of **E**lders) program is a free, unbiased, and confidential state counseling program that provides expert guidance on Medicare, Medicaid, and health insurance choices.

The Elder Helpline is **1-800-963-5337**

Visit this site for more information: https://www.floridashine.org/Counseling-Sites/Pinellas.aspx

- Largo Public Library
- Seminole Community Library
- Clearwater Countryside Library
- North Greenwood Library (Clearwater)
- Aging Well-Long Center (Clearwater)
- Dunedin Main Library
- Hale Senior Center (Dunedin)
- East Lake Library (Palm Harbor)
- Gulfport Public Library

SCOTT | Legal Advocates for Aging Americans.

COMPLEX and LONG-DISTANCE FAMILY SITUATIONS

You or a Loved One might have a complex family situation that makes it difficult to engage in estate planning or long-term care planning. An elder law attorney can assist a family who is encountering complicated family dynamics. The attorney can start by facilitating open communication, discussing legal options and solutions, and mediating those conflicted family members to arrive at a common solution that is mutually agreed upon. The long-term care options are explained, put into legal documents, and reviewed in a way that everyone understands.

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

Do you have an updated Medical Document?

A medical information sheet is a quick-reference document that lists a person's vital health details, current medications, allergies, insurance, and medical power of attorney (Health Care Surrogate) contacts for use during doctor visits or medical emergencies. It is so hard to remember all of the doses and strengths of a Loved Ones medications, their past surgeries, and other vital info when faced with an unplanned trip to the ER or new specialist doctor visit. Making sure you have all data current and refreshed is critical for our Loved Ones, and ourselves, especially when they have a memory problem and we are their best advocate and voice.

©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 NOVEMBER 2026

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

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

CHANGE the DYNAMIC BETWEEN YOU and the PERSON YOU are CARING FOR

Ask them what they want ♥ Not what you think they want. Not what the doctor recommended. What do **they** want? About their care, their daily routine, their wishes for what comes next. These conversations may be hard. That is OK -- Have them anyway. There will be adjustments and schedule things to manage, but allow some time each day for fun, rest, chores, social, and mindful eating.

Tell them the truth ♥ Our Loved Ones are often protected from the reality of their own situation — and they know it. They can feel the conversations happening around them rather than with them. Treat your loved one as an equal member of their own care team. This is one of the most dignified things you can do.

Let them help you ♥ The person being cared for often desperately wants to contribute — to feel useful, connected, and present. Let them. Even in small ways. It matters more than you know.

Life is changing us ♥ **Accept the NEW Reality.** The changes necessary for you and for your new life role/reality to become a better caregiver will require both courage and leadership. No more playing it small or looking around for the person next to you to take charge and fix things. No more pity parties: Get up and fix your own mess. Make those appointments, build a binder and get those papers organized, and create a do-able schedule with pockets of rest times built in.



DEMENTIA CAREGIVER RESOURCES, INC.

P.O. Box 7677 - Seminole, Florida 33775

WE ALWAYS NEED USED INK CARTRIDGES!

Your donations make all the difference!

GENETICS and AGING

Research suggests our genes probably account for only about 20–30% of how we age, with the rest influenced by lifestyle and environment. That means that your daily habits, including your diet, activity level, sleep, stress management, and whether you smoke and drink, have a powerful impact on your aging trajectory.

Aging trajectories refer to the path or pattern of how an individual's physical, mental, or functional health changes over time as they grow older. Rather than viewing aging as a single, uniform decline, research shows that people age at different speeds and follow distinct pathways.

Key Types of Aging Trajectories

Stable/Healthy Aging: A trajectory where an individual maintains steady physical and cognitive functioning with little to no major disability.

Progressive Decline/Deterioration: A path marked by a steady or accelerated loss of physical strength, increasing frailty, or the onset of multiple chronic illnesses, (multi-morbidity).

Improvement or Recovery: A dynamic state where some older adults actually transition from a less favorable or pre-frail health status to a more resilient or healthier state through interventions, lifestyle changes, and/or better management of conditions.



Happy Thanksgiving

©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/