

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH OCTOBER 2024

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** on this dementia journey.



ARAVILLA Clearwater

→ **Tuesday October 8th - 1:30- 2:45PM**

3055 Union St. (727) **260-2826**

A.murphy@aravillaclearwater.com



The INN at FREEDOM SQUARE (3rd Floor)

→ **Wednesday October 9th - 1:30PM-3PM**

10801 Johnson Blvd. - Seminole 33772

(727) **398-0363**

breedingkyle@freedomsquarefl.com

→ *Due to major construction at The Oaks, we will resume that group in January 2025.*

PART D DRUG CHANGES

One of the biggest changes takes effect in 2025, when Part D plans must cap out-of-pocket spending on covered drugs at \$2,000 a year. That change will have a ripple effect on Part D and Medicare Advantage plans' other costs and coverage, making it especially important to review your options during open enrollment this year. The Part D rules overshadow other Medicare changes that can make a difference in 2025, including Medicare Advantage midyear coverage notices and stricter marketing rules, expanded benefits for family caregivers and access to more mental health providers.

Starting October 1, you can compare coverage and costs for all the plans in your area using the [Medicare Plan Finder](#) and choose a 2025 plan during **open enrollment from Oct. 15 to Dec. 7**. You can get help for free from your [State Health Insurance Assistance Program](#) (SHIP).



Compassionate Advocacy: We're committed to fully learning the challenges faced by you and your loved one.

Comprehensive Services: From Medicaid eligibility to estate planning & long-term care, we offer a wide range of services.

Client-Centered Approach: We prioritize open and honest communication, actively listening to your concerns and goals.

Attend a FREE Medicaid Seminar:

→ Tuesday October 1st **Palm Harbor** Lib. 2PM

→ Friday October 4th **Largo** Library 2:30PM

→ Monday October 7th **Seminole** Library 2PM

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

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



A history of playing football was associated with a higher risk of a self-reported diagnosis of Parkinson's or parkinsonism, [according to a study published last year in the journal JAMA Network Open](#). The study, based on surveys of people who'd played a range of organized sports, found that former football players who had longer playing history and higher level of competition were more likely to have a form of the condition. Retired NFL player Brett Favre (age 54) once said he might have suffered over 1,000 concussions in his career. He did appear optimistic about his prognosis. Favre explained he first had suspicions something was up when his dominant arm -- would get "stuck." Favre says after he was formally diagnosed with the degenerative nervous system disorder -- five specialists told him they believed it was all likely due to the hits he suffered while calling signals in the NFL.

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](#). Registration does not imply endorsement, approval, or recommendation by the state.

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November 5, 2024 - General Election

EARLY VOTING DATES / TIMES:

October 21 - November 3, -- 7 A.M. - 7 P.M.

EARLY VOTING LOCATIONS:

- > **Countryside Recreation Center** –
2640 Sabal Springs Dr. Clearwater, FL 33761
- > **Gulfport Neighborhood Center** –
1617 49th St. S., Gulfport, FL 33707
- > **J.W. Cate Recreation Center**
5801 22nd Ave. N., St. Petersburg, FL 33710
- > **Supervisor of Elections Office - Election Service Center** - 13001 Starkey Rd., Starkey Lakes Corporate Center, Largo, FL 33773
- > **Supervisor of Elections Office – County Building** - 501 First Ave. N. St. Petersburg, FL 33701
- > **Supervisor of Elections Office – Pinellas County Courthouse** - 315 Court St. Room 117, Clearwater, FL 33756
- > **The Centre of Palm Harbor** –
1500 16th St., Palm Harbor, FL 34683

PHONE: (727) 464-VOTE (8683)

Mail Ballots: MailBallot@VotePinellas.gov

This link will take you to the **2024 Florida State Statutes** for voting laws for Assisted Living Communities and Nursing Home Residents:

http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&URL=0100-0199/0101/Sections/0101.655.html

Here are some Do's and Don'ts:

- Don't try to reason.
- Never argue. (You will lose)
- Don't confront.
- Don't remind them that they forgot.
- Do not question recent memories.
- **Don't take it personally.**

You do a few things you know you shouldn't -- we all do. But some of those bad habits can take a toll on your brain. For example, lack of sleep may be a cause of dementia, including Alzheimer's disease. It's best to have regular sleeping hours. If you have trouble with sleep, avoid alcohol, caffeine, and electronics in the evening, and start a soothing bedtime ritual. Humans are wired for social contact. It's not about how many Facebook friends you have -- what matters is a real sense of connection. People who have that with even just a few close friends are happier and more productive. They're also less likely to suffer from brain decline and Alzheimer's. If you feel alone, call some friends or start something new.

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



**In ♥ Memory of my mom *Eva Helene*
who was born on *Halloween*.**

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