

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH **DECEMBER 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. Support groups will resume in January.



ARAVILLA Clearwater

→ **Tuesday January 14th - 1:30- 2:45PM**

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

A.murphy@aravillaclearwater.com



The INN at FREEDOM SQUARE (3rd Floor)

→ **Wednesday January 8th - 1:30PM-3PM**

10801 Johnson Blvd. - Seminole 33772

(727) **398-0363**

breedingkyle@freedomsquarefl.com



It's a stance flamingos and other feathered species usually take, but seeing how long you can balance on one leg can be a good test of your health, according to a new study. By testing how long people aged 50 and older could hold a one-legged stance, researchers found that the amount of time in which a person can stand on a dominant and non-dominant leg significantly decreased with age and had a larger decline than gait and muscle strength. A good rule of thumb is to be able to hold the stance for about 30 seconds or longer for those 69 and younger, about 20 seconds for those 70 to 79 and 10 seconds for those older than 80.

<https://www.cnn.com/2024/10/23/health/balance-one-leg-old-age-wellness/index.html>



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.

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

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

LOWER YOUR EXPECTATIONS for the HOLIDAYS

Expectations are often the main culprit in caregiver holiday stress. Sometimes it's our own expectations that are tripping us up, as we are trying to reach targets that were never realistic. Many of us want to create the perfect day or days, giving our family members a holiday that they'll love—especially if they're not going to be around for much longer. Yet, doing so can be incredibly difficult.

Don't be afraid to say no. Seriously. Rather than agreeing to every event or request, choose the ones that are most important to you.

While older adults often love large family events, many find them incredibly difficult instead. There's just so much input from every direction, which can get exhausting fast. People with cognitive difficulties often face additional challenges. Some may not be able to fully understand what's happening, especially when there are many small children, and strangers or unfamiliar (to them) people involved.

Keep things simple and be mindful of your possibly unrealistic expectations.

Light for the Journey - Courage for the Soul

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HOSPITAL ANTIBIOTICS:

An unexpected brain health risk
Your gut houses billions of bacteria, and most stay precisely where they should. Until they don't. New research reveals a concerning chain of events in mice. Common antibiotics can disrupt the careful balance of gut bacteria. When this happens, a typically harmless bacterium called *Klebsiella pneumoniae* might escape into the bloodstream and penetrate the brain, potentially triggering inflammation and cognitive changes similar to those seen in Alzheimer's disease.

This discovery challenges two long-held assumptions: That the gut barrier keeps bacteria contained and the blood-brain barrier provides reliable protection against them should they leak. The research suggests both these barriers might be more vulnerable than we thought, particularly when antibiotics alter our internal ecosystem. This finding raises questions about hospital care, especially for older adults whose microbiome diversity may already be compromised. Medical News Today previously reported on research into novel antibiotics that support the diversity of gut bacteria and probiotics that can help protect the gut barrier during treatment. Both approaches may be necessary to shield the aging brain from harm. To understand why neurologists are both intrigued and cautious about these findings and what they might mean for the future of hospital care, jump to "[Alzheimer's: Gut bacteria may travel to the brain, worsening disease.](#)"



Caregiving is a constant learning experience.

Thank you for another amazing year! We conducted a large number of staff mandatory Alzheimer's trainings on Zoom, held in-person classes for ALF administrators, created new curriculums to reflect current laws and rule changes, facilitated ongoing monthly support groups, did several national and international podcast events, and was a guest speaker for local philanthropic groups. The need continues and we look forward to starting our 28th year as a 501C3 non-profit organization!

THANKFUL FOR SO MUCH

We are thankful for food and remember the hungry.

We are grateful for health and remember the sick.

We embrace many friends and remember the friendless.

We cherish our freedoms and remember the enslaved.

May these remembrances allow us to always be kind and willing to be of service to others.

Your donations make all the difference!

WE ALWAYS NEED USED INK CARTRIDGES



♥ 28+ years of assisting caregivers ♥

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