

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH SEPTEMBER 2024

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

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

SUPPORT GROUPS

JUST KNOW you are **not** alone on this dementia journey.



ARAVILLA Clearwater

→ **Tuesday September 10th - 1:30- 2:45PM**

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

A.murphy@aravillaclearwater.com



The INN at FREEDOM SQUARE

→ **Wednesday September 11th - 1:30PM-3PM**

10801 Johnson Blvd. - Seminole 33772

(727) **398-0363**

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

CURRENT NEED FOR BLOOD-BASED Alzheimer's BIOMARKERS

Statistics suggest that 50%-70% of symptomatic patients with Alzheimer's are not recognized or correctly diagnosed in **primary care** settings.

The accuracy of clinical diagnosis is similar or even lower for other dementias, including frontotemporal dementia (FTD), dementia with Lewy bodies (DLB), and vascular dementias.

Routine cognitive screening is often not performed and there may be a lack of easily accessible, and accurate diagnostic tools. The problem is even worse in the early stages of the disease, that is, in patients without dementia who show mild cognitive impairment (MCI).

Further, clinic-pathological studies are necessary, and these studies always need participants. Visit the National Institutes of Health:

<https://www.nih.gov/health-information/nih-clinical-research-trials-you/finding-clinical-trial>



A **DURABLE POWER OF ATTORNEY** is the single most important legal document that anybody will sign in their lifetime. When speaking with clients regarding powers of attorney, we use the analogy of a copilot. The idea is that you are the pilot of your life. You are in control of things. You make the decisions whether you go up, whether you go down, where you land. You are the person in charge. However, there is a reason why there are two seats in the front of every airplane. One seat is for the pilot, the person in charge. The other seat is for the copilot, the backup plan just in case something happens to the pilot. The copilot is the person who, if something happens to the pilot and he cannot fly the plane, can continue to fly, and makes sure that there's a safe landing and that we don't have any dramatic, fatal endings. **The power of attorney is the document that appoints the copilot.**

Attend a FREE Medicaid Seminar:

→ Tuesday September 3rd **Palm Harbor** Lib. 2PM

→ Friday September 6th **Largo** Library 2:30PM

→ Monday September 9th **Seminole** Lib. 2PM

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

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



Smithsonian

See Me at the Smithsonian (See Me) is a **free, virtual interactive program for adults with dementia and their care partners.**

During each event, pre-registered participants (12-15 people) explore some of the Smithsonian's most beloved objects through small group discussions and multi-sensory activities. Contact Access@si.edu to RSVP.

Visit this website for more information:

<https://access.si.edu/program/see-me-smithsonian>

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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The U.S. Food and Drug Administration (FDA) has approved a new, long-acting oral formulation for the treatment of Parkinson's disease. Developed by Amneal Pharmaceuticals, Crexont aims to offer patients improved symptom control through fewer doses of medication. Crexont includes both immediate- and extended-release levodopa plus carbidopa in one pill. The medication aims to alleviate symptoms for longer with fewer doses. Levodopa/carbidopa is commonly used to treat the motor symptoms (tremor, slowness, stiffness) of Parkinson's disease (PD). Parkinson's disrupts dopamine production in the brain, leading to the motor symptoms of PD. Levodopa helps temporarily replace some of the lost dopamine; carbidopa helps improve uptake of levodopa. The Michael J. Fox Foundation (MJFF) is monitoring 151 priority treatments in clinical testing for Parkinson's disease. <https://www.michaeljfox.org/medications-treatments>

→ "Off" time is when Parkinson's symptoms return between medication doses. Not everyone experiences "off" time, but it's more common when living with Parkinson's or taking levodopa for many years.

→ Dyskinesia is uncontrolled, involuntary movement that can look like fidgeting or wriggling. In Parkinson's, dyskinesia can happen with long-term levodopa use and longer time living with the disease.

→ Dystonia is painful muscle contractions that lead to abnormal postures. A symptom of Parkinson's and a movement disorder, dystonia affects about 500,000 people in the United States and Canada.

HOW ARE YOU GETTING INVOLVED?

Caregiving can be very lonely. It may include days when you have few social interactions. We cannot stop the chronic or progressive illness that our Loved One has, but we can make new choices to take better care of our own needs. Putting yourself first is one of the most important things we can do – caregivers often tend to isolate and think that they are horrible to want to have a little laughter and social activity. Social isolation is guilt ridden...we feel so guilty for enjoying ourselves while our Loved One is at home, at Adult Day Care or in a community setting. We are guilty because we spent \$20 on lunch or had a massage. This guilt haunts us – it goes everywhere with us, and it can make us physically sick and exhausted. So, get out of that funk – volunteer to do something – get onboard with local pet shelters, take a class to find out more about your family genealogy, join a group that can use your talents. There is something for all of us to enjoy and to continue to make a difference for others – you will not be able to have those pity parties as often and the personal benefits are enormous. You will find hidden talents and gain insights – I promise!

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



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

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