



MONTHLY NEWSLETTER: *June 2025*

A Note from Haven's Dementia Care Manager

June is Alzheimer's and Brain Awareness Month. Alzheimer's Disease is named after the German physician, Alois Alzheimer, who is known for identifying and recording the first case of severe memory loss in 1906. In his talk to the 37th Congress of Psychiatrists of Southern Germany, he stated that an 'unusual disease of the cerebral cortex' had affected Auguste Deter, until her death at 55 years old. He reported that she had the following symptoms: memory loss, disorientation, and hallucinations. During the autopsy of her brain, he discovered that her cerebral cortex was thinner than normal and senile plaque as well as nerve tangles were found in her brain.

The word "dementia" was first introduced by Saint Isidore, archbishop of Seville, in his book "Etymologies" around 600 A.D.

Latin origin: 'de' means loss or deprivation, 'ment' means mind, and 'ia' means state. 'Dementia' means 'loss of the state of mind'

1980 The Alzheimer's Association was established with Jerome Stone as the founding president. Each year in June, the Alzheimer's Association sponsors Alzheimer's & Brain Awareness Month. Much of the information in this edition of the newsletter comes from this wonderful organization.

Sincerely,
Anita Howard
Dementia Care Program Manager



Learn more at
HavenHospice.com/Dementia

*"Dementia is a loss of what was, not what is."
- Geri Taylor*

Welcome, Crystal Minshew!

Please join me in welcoming Crystal Minshew, West Coast Activities Coordinator, to the Haven Dementia Care Team. Crystal joined us on January 6, 2025. She is primarily seeing patients in the Gainesville and Chiefland service areas, but you may have met her in Lake City. Although new to the program, Crystal has been with Haven since October of 2023 working in the Access department. She has personal and professional experience working with those living with dementia. Take a moment to read her story below. We are so happy that she joined our Haven family.



"When I first heard about the Dementia Care Program, I knew I wanted to be a part of it. It was personal for me because both of my grandmothers had/have a dementia diagnosis. After experiencing challenges ourselves, I was excited to be part of a program that supports both the family/caregivers and the patient, as well as provides education and tools to engage with their loved ones. Since becoming part of the Dementia Care Program in January, I have had the privilege of helping many families and patients who were in that same situation as mine. I have learned so much and feel honored to get to pass that knowledge onto others to be better prepared to provide the best care for their loved ones." - Crystal



Alzheimer's and Brain Awareness Month is Important Because...

1. It promotes education and awareness about Alzheimer's and other dementia related diseases.
2. It brings attention to the social isolation that those living with dementia may have and encourages social interaction and engagement.
3. The more informed people are about Alzheimer's and other dementia related diseases, the more prepared we can be to care for those living with the disease and to find a cure.

Five Facts About Alzheimer's

1. Over 55 million people around the world are living with Alzheimer's and other dementias. This number is expected to increase to 78 million by the year 2030.
2. More than 11 million people take care of family or friends with some type of dementia, without pay, in America.
3. Alzheimer's is the sixth leading cause of death in the U.S.
4. More than 6.2 million people living with Alzheimer's are over the age of 65.
5. Dementia-related disease kills one in three seniors. The number of deaths due to this disease is greater than prostate and breast cancer combined.



Healthy Habits for Your Brain That May Also Reduce the Risk of Dementia

Many factors that influence health and increase our risk of developing dementia such as genetics, age, and environment are beyond our control. However, making the changes listed below can lead to a healthier lifestyle and may reduce the risk of developing dementia.

- Eat a healthy diet balanced in fresh fruits and vegetables, lean meats, and whole grains.
- Engage in at least 30 minutes of physical activity (walking, dancing, swimming, gardening, etc.) each day and two days of muscle-strengthening exercise each week.
- Keep learning by taking a class at a church, college, local library, or online. Reading, playing games, crafting, learning a new skill, and volunteering also help keep the mind active.
- Sleep seven to nine hours each night. Talk to your doctor if you are not able to sleep.
- Get annual exams for physical and mental health. Hearing loss, diabetes, depression, and high blood pressure increase the risk for dementia.
- Stay connected with family and friends. Interaction helps support your mental health by preventing isolation and loneliness.
- Take steps to prevent falls and protect your head. Tips include wearing your seatbelt in the car, a helmet when biking, and removing trip hazards (throw rugs/unnecessary furniture) in the home.
- Limit alcohol consumption. Drinking alcohol may exacerbate symptoms related to diabetes, high blood pressure, stroke, memory loss, and mood disorders.

Ten Early Signs and Symptoms of Alzheimer's and Dementia

1. Memory loss that disrupts daily life – forgetting recently learned information, important dates, or events, asking the same questions over and over, and relying on memory aids or other people for things they used to handle on their own.
2. Challenges in planning or solving problems – difficulties following a familiar recipe, paying monthly bills, or concentrating.
3. Difficulty completing familiar tasks – difficulty driving to a familiar location, completing a grocery list, or following the rules of a favorite game.
4. Confusion with time or place – may lose track of dates, seasons, or passage of time. May forget where they are or how they got there.
5. Trouble understanding visual images and spatial relationships – vision changes may cause problems with reading, balance, judging distance, and determining color or contrast.
6. Difficulty finding words when speaking or writing – may have trouble following or joining a conversation, may stop in the middle of a sentence and not know how to continue or may repeat themselves.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality – may become confused, suspicious, depressed, fearful, or anxious when out of their comfort zone.

Contact your Physician if you or a loved one has any of the symptoms listed above for Alzheimer's or Dementia. Finding the cause of those symptoms is important in determining the best course of action which may include:

- Ruling out any underlying, treatable cause of memory loss
- Reviewing medication
- Running blood and urine test
- Running tests that check your memory, problem solving, and language skills.
- Ordering brain scans such as a Magnetic Resonance Imaging (MRI) or Computed Tomography (CT) to check for abnormalities.
- Referring you to a neurologist, a doctor that specializes in treating diseases of the brain and nervous system.

Five Steps to Approach Memory Concerns: When You Notice Changes in Loved Ones

1. Take note of what changes are occurring? What is your loved one doing or not doing that is not normal? Write down changes in memory, thinking, and behavior that you observe? Has anyone else observed these changes?
2. Note what circumstances occurred just before the change and what happened after? Has there been a recent change in health, environment, or family? Factors that may result in symptoms related to dementia include stress, recent move, loss of family/friend/pet, urinary tract infections, depression, and diabetes.
3. Seek out education about brain changes including dementia, how dementia progresses, resources in the community such as support groups, and the benefits of early an early diagnosis.
4. Start a conversation with your loved one in a place that he or she would be most comfortable. Note: Many things cause cognitive impairment and may be treatable.
5. Offer to go to the doctor with your loved one.

The link below will take you to the Alzheimer's Association to access a form with ten steps to approach memory concerns.

[Ten Steps to Approach Memory Concerns in Others](#)



Dementia Caregiver Support Groups: June 2025

If you are caring for a loved one with a dementia-related diagnosis and need some additional education and support, please join us. *Refreshments will be provided.*

First Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: June 3

Haven Hospice Tri-Counties Care Center, Admin. Building (311 N.E. 9th St., Chiefland, FL)

Second Monday of Each Month | 5 - 6 p.m. | Next Meeting: June 9

Online Meeting (Email Anita Howard at Anita.Howard@HavenHospice.com for link to meeting)

Second Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: June 11

Senior Recreation Center, Eldercare of Alachua County (5701 NW 34th Blvd, Gainesville, FL)

Second Thursday of Each Month | 4 - 5 p.m. | Next Meeting: June 12

Starling at Nocatee Assisted Living and Memory Care (999 Crosswater Pkwy, Ponte Vedra Beach, FL)

Third Tuesday of Every Other Month | 4:30 - 5:30 p.m. | Next Meeting: June 17

The Windsor at Ortega (5939 Roosevelt Blvd., Jacksonville, FL)

Third Wednesday of Each Month | 1 - 2 p.m. | Next Meeting: June 18

Starling at San Jose Assisted Living and Memory Care (9075 San Jose Blvd., Jacksonville, FL)

Third Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: June 18

The Blake at St. Johns - "Activity Room" on the 1st Floor (2430 County Rd 210, St. Johns, FL)

Third Wednesday of Each Month | 5 - 6 p.m. | Next Meeting: June 18

The Addison of St. Johns (115 Benton Lane, St. Augustine, FL 32092)

Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: June 19

Vintage Care of Palatka (203 S Moody Rd, Palatka, FL)

Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: June 24

Tri-County Nursing Home (7280 SW State Rd 26, Trenton, FL)

Fourth Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: June 25

Beach House Assisted Living and Memory Care (1315 2nd Ave N., Jacksonville Beach, FL)

Last Wednesday of Each Month | 5:30 - 6:30 p.m. | Next Meeting: June 25

Grand Living at Tamaya - "Studio Room" on the 4th floor (3270 Tamaya Blvd., Jacksonville, FL)

Fourth Thursday of Each Month | 5:30 - 6:30 p.m. | Next Meeting: June 26

Allegro Senior Living - Fleming Island (3651 US Hwy 17, Fleming Island, FL)

RSVP to Anita Howard at 352.215.7465 or Anita.Howard@HavenHospice.com

Learn more about our program at HavenHospice.com/Dementia

800.HOSPICE | HavenHospice.com



STEP INTO THEIR WORLD

**JOIN US FOR A DEMENTIA
SIMULATION EXPERIENCE.**

Caring for a loved one with dementia? We invite you to see the world through their eyes.

Join us for a powerful immersive simulation designed to help caregivers better understand what it's like to live with dementia.

Through sensory tools, you'll experience the confusion, frustration, and emotions your loved one may feel—fostering deeper empathy, reducing caregiver stress, and opening the door to stronger connections.

You're welcome to bring your loved one with you! While you participate in the simulation, your loved one will enjoy personalized attention and enriching activities with our memory support team.

8000 NW 27th Boulevard
Gainesville, FL 32606
TheVillageOnline.com



      Assisted Living Facility License #4855

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY SUPPORT

STEP INTO THEIR WORLD

**A Dementia Simulation
Experience for Caregivers**

Presented by Anita Howard,
Dementia Program Manager at Haven

Tuesday, June 3 | 2:00 p.m.

Tower Club

The Village at Gainesville
8000 NW 27th Boulevard | Gainesville

**LIMITED
AVAILABILITY!**

RSVP BY MAY 27.

Call 352-645-2431 or visit
TheVillageOnline.com/Calendar.



Positive Approach to Care Workshops

Typical and Atypical Aging

Wednesday, June 4, 2025 | 11 a.m. - 1 p.m.

Shepherd of the Woods Lutheran Church and School
7860 Southside Blvd, Jacksonville, FL

If you are caring for a loved one with a dementia-related diagnosis or would just like more information on how to care for those living with dementia, please join us!

- Helps learners understand and recognize the differences in “normal” and “not normal” aging of the brain
- Develop better observational skills to recognize and intervene effectively when behavioral challenges occur
- Develop new skills related to approach, cueing, and ability to connect with people affected by dementia
- Emphasizes the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction
- Address typical issues that occur from early stages of the condition, through mid-disease, and into the final care concerns that are part of the progression

A light lunch will be provided. Please RSVP to 904.641.8385.

800.HOSPICE | HavenHospice.com

Serving advanced illness needs in North Florida since 1979. Licensed as a hospice since 1980. Haven does not discriminate on the basis of race, color, national origin, age, disability, or sex. Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800.727.1889. Si w pale Kreyòl Ayisyen, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 800.727.1889.

Resources for Support

Alzheimer's and Related Dementia Education and Referral Center

Email: adear@nia.nih.gov

Phone: 1-800-438-4380

www.alzheimers.gov

The ADEAR Center can provide information on diagnosis, treatment, patient care, caregiver needs, long-term care, research and clinical trials. Staff can refer you to local and national resources.

Alzheimer's Association

Phone: 1-800-272-3900

www.alz.org

Offers information, a help line and support services for those living with dementia and their caregivers.

Eldercare Locator

Phone: 1-800-677-1116

<https://eldercare.acl.gov>

Provides information about local resources such as home care, Meals on Wheels, adult day care and nursing facilities.

National Adult Day Services Association

www.nadsa.org/consumers/choosing-a-center

Phone: 1-877-745-1440

Provides a safe environment, activities and staff that pay attention to the needs of the person while under their supervision. Adult Day Care Services typically charge an hourly rate.

National Institute on Aging

Email: niaic@nia.nih.gov

Phone: 1-800-222-2225

Offers free publications about aging that can be viewed, printed or ordered online.

References

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