



MONTHLY NEWSLETTER: *July 2025*

A Note from Haven's Dementia Care Manager

We've got an exciting newsletter for you this month, folks. We're introducing a new team member, sharing how to stay safe in the summer heat, tips for the Fourth of July and how music affects the brain.

That's a lot to take in, but we didn't stop there. No, this month we have input from one of our family caregivers and community support group participants that wanted to share some of the ways she has discovered to meet the needs of her loved one. We are going to call this section, "Suggestions from a Caregiver." If any of you would like to share a tip that has worked for you and your family, please email it back to me.

Please check our website for updates to our support group and workshop schedules. We are frequently adding to the calendar. If you know of an organization that would like to host a support group or workshop, let us know. We would be happy to discuss options to provide either or both to anyone in our community.

Sincerely,

Anita Howard

Dementia Care Program Manager



Learn more at
HavenHospice.com/Dementia

Welcome, Angela Buster!

Please join me in welcoming Angela Buster, West Coast Activities Coordinator, to the Haven Dementia Care Team. Angela joined us on April 7, 2025. She is primarily seeing patients in the Gainesville and Lake City service areas. Although new to the program, Angela has both 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.



"Whenever asked, I often share that the Dementia Care Program with Haven found me unexpectedly, and I am truly grateful for the opportunity. Although my time with the program has been brief thus far, I have gained many valuable insights and skills. I am proud that I am able to make a positive difference in the lives of numerous families by providing education, activities, comfort and support. It is my sincere hope to continue making this meaningful impact for many years to come."

With many years of experience in the medical field serving the elderly community, I have always been committed to going above and beyond for those who need additional support or attention. This program enables me to do this daily, while also supporting their families. Several visits have involved moments of joy and laughter during challenging times, and I feel privileged to be part of those experiences!"

-Angela Buster

Staying Safe in Hot Weather

Dementia may cause changes to occur in the brain and body that includes sensitivity to temperatures. Those with chronic medical conditions and/or are taking prescription medications may be at increased risk for heat-related illness.

Heat Related Illnesses

- **Heat Syncope:** Sudden dizziness. Rest in a cool place, raise legs up, and drink water.
- **Cramps:** Tightening or spasms in stomach, arm, or leg muscles. Stop physical activity. Rest in a cool place. Drink lots of water or drinks with electrolytes.
- **Edema:** Swelling in ankles and feet. Raise legs to reduce swelling. Contact your doctor if this does not relieve swelling quickly.
- **Heat Exhaustion:** Symptoms may include being thirsty, dizzy, weak, having muscle cramps, or nausea. Your skin may be cold and clammy. You may sweat excessively and have a rapid pulse. Rest in a cool place, loosen clothing, and drink plenty of fluids. Seek medical attention if symptoms persist or increase.
- **Heat Stroke:** Symptoms may include fainting, confusion or strange behavior, dry skin, rapid or slow pulse. Body temperature rises above 104 degrees. Take steps to lower your body temperature such as moving to a cooler place, placing a cool damp cloth on skin, taking a cool bath or shower. Call 911 immediately if you suspect a heat stroke.
- **Dehydration:** Common signs include dry, sticky mouth, decreased or dark urine output, confusion, increased tiredness, feeling dizzy or faint.

Be Prepared for Hot Weather

- Drink lots of fluids such as water, fruit or vegetable juice, and drinks that contain electrolytes to prevent dehydration. Avoid alcohol or caffeinated drinks. Eat fruits, like watermelon, which have high water content.

If you are on a diet that limits your liquid intake, discuss what to do when it is hot outside with your physician.

- Wear clothing made of light colors and lightweight fabrics like cotton, jersey, and linen to stay cool. (Dark colors absorb more heat). Wear a hat and sunscreen for protection.
- If you live in a space without fans or air conditioning, keep the blinds or curtains closed during the day, limit use of the oven, and open windows at night, when possible.
- Spend the hottest part of the day in a public place that is air conditioned such as libraries, shopping malls, and senior centers. Stay with a family member or friend, when possible, that has air conditioning.
- Avoid outdoor physical activities such as exercising. Consider local gyms, malls, and senior centers for exercise or indoor activities such as going to museums, movies, or aquariums.
- Prepare for changes in behavior. Heat can increase agitation and confusion. Address the physical needs related to the heat and then tend to emotional needs.
- Temperatures, at night, which exceed 75 degrees (threshold may be lower or higher for everyone) and have slight change in humidity may result in difficulty sleeping or increased agitation.
- Monitor local weather forecasts. Pay attention to the heat index which considers the air temperature and humidity levels to determine what the temperature feels like.

Staying Safe in Hot Weather

NIH National Institute on Aging

Watch for these signs of hyperthermia:

- Dizziness
- Muscle cramps
- Swelling in your ankles and feet
- Nausea and weakness
- Rapid pulse

Tips to prevent hot-weather illness:

- Drink liquids
- Limit caffeine and alcohol
- Wear light-colored, loose fitting clothes
- If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



Tips to Consider When Planning Your Fourth of July Celebration with a Loved One Living with Dementia

- **Keep gatherings small:** Crowds tend to overstimulate and agitate a person with dementia. Consider a backyard barbeque earlier in the day. Wear name tags to minimize your loved one's confusion when meeting people.
- **Watch parades and fireworks on TV instead of at a live display:** People with dementia may experience sensory overload or wander away due to the flash and boom of live fireworks. Watching inside allows them to participate without being overstimulated.
- **Create a calm environment for Fourth of July festivities:** Remind your loved one often that loud noises may occur. Make sure that they have "comfort items" (blanket, stuffed animal, pillow) nearby.
- **Make the day festive and involve your loved ones:**
 - Watch a classic movie such as Yankee Doodle Dandy (1942), 1776, Apollo 13, Top Gun, Hamilton, Glory, The Sandlot, Hidden Figures, Independence Day
 - Have a patriotic sing-along! Play music from your mobile device, computer, or television – America the Beautiful, This Land is Your Land, Yankee Doodle, America (My Country, 'Tis of Thee), The Star-Spangled Banner
 - Create patriotic decorations (example on next page)

Patriotic Blooms



Supplies:

- Coffee filters
- Red, white, and blue pipe cleaners
- Red and blue watercolor paint or food coloring
- Paint brush
- Scissors
- Paper plates
- Paper towels

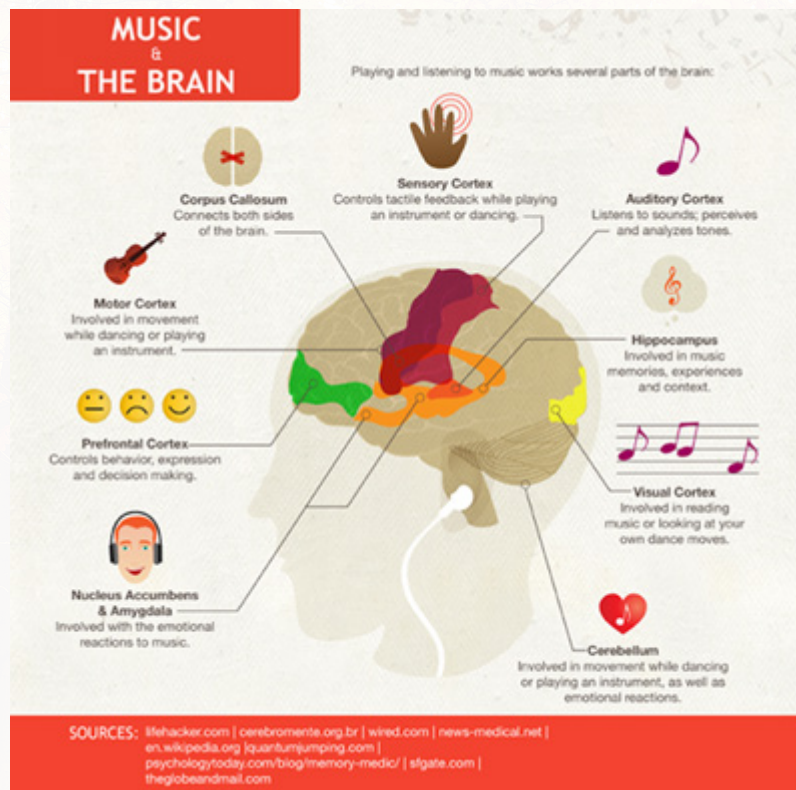
*You can also use markers and then spritz with water to get tie dye effect

Instructions:

1. Place one coffee filter onto a paper plate
2. Paint random patterns on the filter of red and blue, leave some of the area unpainted (solid, stripes, dots)
3. Lay filter flat on paper towel to dry
4. Fold filter in half and then twice more to get ice cream cone shape
5. Cut scallop shape at the top of filter
6. Open filter back up to flatten, pinch in middle of filter and twist forming the flower
7. Wrap pipe cleaner around bottom as a stem, if desired, and place in a container

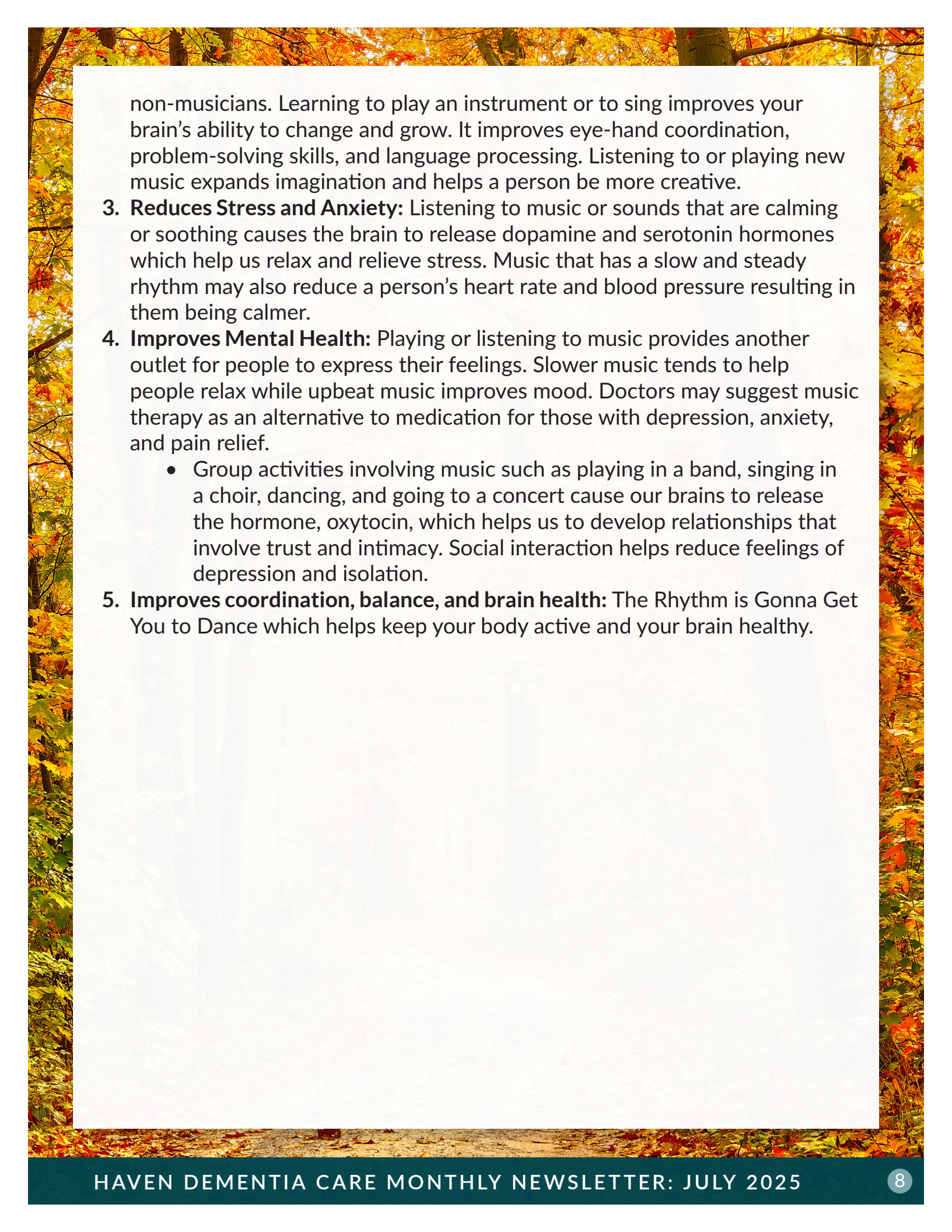
How Does Music Affect the Brain?

Music is everywhere we go. In the car, on the street, movies, restaurants, and in nature. There are many studies that show that music can have a positive impact on the brain because it stimulates the areas responsible for memories, emotion, and movement. Music has the power to improve cognitive function, mood, and overall health by activating multiple parts of our brain at the same time.



Ways that Music Benefits Your Brain

- 1. Improves Memory and Learning:** Listening to music while reading or studying has been linked to better recall of information at a later time. For those with cognitive impairment, listening to music may stimulate a lost memory or improve communication. This is because music stimulates the hippocampus where long-term memories are stored and where new ones are created.
- 2. Improves Creativity and Brain Plasticity:** Studies have shown that musicians have larger and more connected brain regions than



non-musicians. Learning to play an instrument or to sing improves your brain's ability to change and grow. It improves eye-hand coordination, problem-solving skills, and language processing. Listening to or playing new music expands imagination and helps a person be more creative.

3. **Reduces Stress and Anxiety:** Listening to music or sounds that are calming or soothing causes the brain to release dopamine and serotonin hormones which help us relax and relieve stress. Music that has a slow and steady rhythm may also reduce a person's heart rate and blood pressure resulting in them being calmer.
4. **Improves Mental Health:** Playing or listening to music provides another outlet for people to express their feelings. Slower music tends to help people relax while upbeat music improves mood. Doctors may suggest music therapy as an alternative to medication for those with depression, anxiety, and pain relief.
 - Group activities involving music such as playing in a band, singing in a choir, dancing, and going to a concert cause our brains to release the hormone, oxytocin, which helps us to develop relationships that involve trust and intimacy. Social interaction helps reduce feelings of depression and isolation.
5. **Improves coordination, balance, and brain health:** The Rhythm is Gonna Get You to Dance which helps keep your body active and your brain healthy.

Suggestions from a Caregiver

Below are three suggestions from one of our family caregivers that has been caring for her loved one with dementia at home for the last 18 months. Prior to that, her loved one was in assisted living/memory care facilities. She attends our support group meetings via Teams on her phone and would love to meet others at our next Teams meeting on July 14 at 5 p.m.

1. **Find a schedule that works for you and your loved one.** We tried the suggested 7 p.m. to bed and up at 7 a.m. It didn't work. My mom sleeps 10 – 12 hours at night. She gets to bed now by 11 p.m. and gets up at 11 a.m. This allows me time now for coffee in the mornings or to run a quick errand. It has also helped prevent the sundowner's syndrome that she experienced.
2. **Hydration is key to preventing Urinary Tract Infections (UTIs).** Someone who has Alzheimer's/dementia and develops a UTI might appear more confused, lethargic, and sometimes feisty (belligerent). My mom is on thickened beverages. Early on, I found an easier way to pre-make thickened water to have on-hand for mom. I use a 64oz container and mix the thickened water to about $\frac{3}{4}$ of the bottle. Then, I add her favorite flavor of juice. When her cup gets empty, I refill it. This saves me time and keeps her hydrated.
3. **Routine meals, keep it simple.** Paper plates or plastic plates are a good idea to prevent dishes from being tossed and broken. If they can eat independently, find foods that they like/love and can feed themselves. Finger foods. Sandwiches cut into quarters, apple sauce pouches vs cup, scrambled eggs or fried eggs (hard yolk), veggies that can be easily picked up, fresh fruits sliced or diced, steak, chicken or pork chops cut up to bite size pieces.

It is an honor to care for an elderly parent who once cared for us. Adding Alzheimer's/dementia can feel very much like caring for a toddler who is very much dependent on you for bathing, changing, and getting medication and meals.



Dementia Caregiver Support Groups: July 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: July 1

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

First Tuesday of Each Month | 7 - 8 p.m. | Next Meeting: July 1

Canterfield of Clay County (1611 Winners Circle, Theatre Room – 3rd Floor, Middleburg, FL)

Second Tuesday of Each Month | 3 - 4 p.m. | Next Meeting: July 8

The Gables of Jacksonville (3455 San Pablo Rd S, Jacksonville, FL)

Second Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: July 9

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

Second Thursday of Each Month | 4 - 5 p.m. | Next Meeting: July 10

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

Second Monday of Each Month | 5 - 6 p.m. | Next Meeting: July 14

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

Third Tuesday of Every Other Month | 5:30 - 6:30 p.m. | Next Meeting: July 15

Seagrass Village (1949 East West Parkway, Fleming Island, FL)

Third Tuesday of Every Month | 4:30 - 5:30 p.m. | Next Meeting: July 15

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



RSVP to Anita Howard at 352.215.7465

or Anita.Howard@HavenHospice.com

← *Learn more about our program at HavenHospice.com/Dementia*



Dementia Caregiver Support Groups: July 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.*

Third Wednesday of Each Month | 1 - 2 p.m. | Next Meeting: July 16

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: July 16

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: July 16

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

Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: July 17

Suwannee Valley Nursing Center (427 15th Ave NW, Jasper, FL)

Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: July 17

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

Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: July 22

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

Fourth Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: July 23

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

Fourth Thursday of Each Month | 5:30 - 6:30 p.m. | Next Meeting: July 24

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

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

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

Last Thursday of Each Month | 5 - 6 p.m. | Next Meeting: July 31

The Canopy at Duval Station (1035 Starratt Rd, Jacksonville, FL)

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

<https://alzfdn.org/four-july-4th-tips-for-families-caring-for-loved-ones-with-dementia>. Accessed June 26, 2025.

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Hot Weather Safety for Older Adults | National Institute on Aging (nih.gov). Accessed on June 9, 2025.

Infographic: Staying Safe in Hot Weather | National Institute on Aging. Accessed on June 9, 2025.

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