



QUARTERLY NEWSLETTER: *November 2025*

A Note from Haven's Dementia Care Manager

November: A Time for Gratitude and Awareness

As the season of Thanksgiving approaches, November invites us to pause and reflect on the many blessings in our lives. It's a time to gather with loved ones, share meaningful moments, and express heartfelt gratitude.

November also carries another important significance—it's **National Alzheimer's Awareness Month**. This observance reminds us of the more than **6 million Americans** living with Alzheimer's disease and the countless families and caregivers who support them every day. It's a time to raise awareness, foster understanding, and show compassion for those affected.

In this edition, we're focusing on two key themes:

- **Creating Dementia-Friendly Holidays:** Tips and ideas to help make holiday gatherings more inclusive and comfortable for individuals living with dementia.
- **Increasing Alzheimer's Awareness:** Resources and insights to help you learn more, share knowledge, and support ongoing efforts in your community.

If there is a topic related to dementia that you would like more information on, please email me at anita.howard@havenhospice.com.

Sincerely,

Anita Howard

Dementia Care Program Manager

Making the Holidays Dementia-Friendly

As the holiday season approaches, it's important to take a few thoughtful steps to ensure that celebrations are inclusive and enjoyable for everyone—especially those living with dementia. With a little planning and compassion, we can help our loved ones feel connected, comfortable, and part of the festivities.

The Alzheimer's Foundation of America offers six helpful strategies to make holiday gatherings more dementia-friendly:

1. Honor Their Routine

Try to maintain your loved one's daily schedule as much as possible. For example, plan meals at their usual eating time. If they experience increased agitation or "sundowning" in the evening, consider hosting a lunch instead of dinner.

2. Prepare Your Guests

Let guests know how best to interact with your loved one. Share helpful tips such as what may trigger distress, how to respond if they become upset, and where to guide them if they need a quiet space. This helps create a supportive and understanding environment.

3. Include Them in the Planning

Invite your loved one to help with the guest list, invitations, and schedule. Share stories and photos of guests ahead of time to spark recognition and nostalgia. Reminiscing about past holidays and cherished memories can be a joyful experience.

4. Encourage Help from Others

Guests often want to contribute but may not know how. Ask them to bring a dish, help decorate or spend time with your loved one while you handle other tasks. These small acts of support can make a big difference.

5. Focus on Abilities, Not Limitations

Adapt tasks so your loved one can participate meaningfully. Whether it's washing vegetables, setting the table, playing music, or enjoying simple games like Bingo or Tic Tac Toe, involvement fosters a sense of purpose and joy. Music can boost mood and cognitive function.

6. Create a Calming Space

Designate a quiet area where your loved one can retreat if they feel overwhelmed. Familiar items like a favorite blanket, piece of clothing, or stuffed animal can provide comfort and a sense of security.

These tips aren't just for the holidays—they can be applied to any special occasion or everyday life. With a little care and creativity, we can make celebrations more inclusive and meaningful for those living with dementia.

Alzheimer's Awareness

2025 Alzheimer's Disease Facts

- Approximately 7.2 million Americans (1 out of 9) aged 65 and older live with Alzheimer's.
- 580,000 Floridians have been diagnosed with Alzheimer's.
- More prevalent among the Black and Hispanic older adult populations.
- Almost two-thirds of those with Alzheimer's in America are women.
- Among people aged 70, 61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30% of people without Alzheimer's dementia.
- 6th leading cause of death in the U.S.
- Studies indicate that people aged 65 and older survive an average of four to eight years after a diagnosis of Alzheimer's dementia, yet some live as long as 20 years with the disease.
- A person who lives from age 70 to age 80 with Alzheimer's dementia will spend an average of 40% of this time in the severe stage.
- More than 11 million Americans provide unpaid care for a family member or friend with dementia, saving the nation nearly \$413 billion in healthcare costs.
- Eighty-Three percent of care provided to older adults in America comes from family, friends, or other unpaid caregivers. Almost half of that care is provided to someone living with dementia.

Things to consider before and after an Alzheimer's Diagnosis

- Learn about Alzheimer's Disease, its symptoms, and treatment options (resources listed in the resources for support section of this newsletter)
 - Being informed will help you know what to expect and where you can find added resources and support
 - Attend support groups and educational workshops in your local community
- Make and keep appointments with your primary care doctor or specialist
 - Establish a comprehensive care plan that includes medication, support services, and long-term care options
 - Ask your doctor for a referral to a memory clinic, if desired
- Prepare or update your will, living will, health care power of attorney, and financial power of attorney to ensure that your wishes are respected
 - www.alzheimers.gov/life-with-dementia/planning-after-diagnosis

- Get help as needed with day-to-day tasks
 - o Use memory aids like notepads, sticky notes, pillboxes, and calendars
 - o Consider using door alarms, bed alarms, and fall response devices
 - o Ask family or friends or find local services to help with routine tasks such as paying bills, cooking, transportation, companionship, and shopping
 - o www.nia.nih.gov/health/alzheimers/caregiving
 - o <https://eldercare.acl.gov>
- Ask your doctor to order a home-safety evaluation from a home health agency
- Consider wearing a medical ID bracelet or necklace in case you need help or get lost
 - o MedicAlert and Alzheimer's Association's Wandering Support program.
www.medicalert.org/alz

Walk to End Alzheimer's

Alzheimer's is not waiting — and neither are we. This year, the Dementia Care Program participated in the Alzheimer's Association Walk to End Alzheimer's® in Gainesville on October 11 and will be participating in the walk on November 9 in Jacksonville to raise awareness for Alzheimer's care, support, and research. Visit the team pages listed below for more information, registering to walk, or to donate. (Donations can still be made to the Gainesville team). Our Dementia Care Program uses resources provided by the Alzheimer's Association, at no cost, to help meet the needs of our patients and their families. Every dollar you donate helps the Alzheimer's Association® provide care and support to all those facing Alzheimer's and all other dementias as well as advance critical research.



[2025 Walk to End Alzheimer's - Jacksonville, FL | Walk to End Alzheimer's](#)



[2025 Walk to End Alzheimer's - Gainesville, FL: Haven Dementia Care - GNV | Walk to End Alzheimer's](#)



Haven Team Members and volunteers participate in the 2025 Walk to End Alzheimer's in Gainesville

Signs of Alzheimer's Dementia Compared With Typical Age-Related Changes*

Signs of Alzheimer's Dementia	Typical Age-Related Changes
Memory loss that disrupts daily life: One of the most common signs of Alzheimer's dementia, especially in the early stage, is forgetting recently learned information. Others include asking the same questions over and over, and increasingly needing to rely on memory aids (for example, reminder notes or electronic devices) or family members for things that used to be handled on one's own.	Sometimes forgetting names or appointments, but remembering them later.
Challenges in planning or solving problems: Some people experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.	Making occasional errors when managing finances or household bills.
Difficulty completing familiar tasks: People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.	Occasionally needing help to use microwave settings or record a television show.
Confusion with time or place: People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they forget where they are or how they got there.	Getting confused about the day of the week but figuring it out later.
Trouble understanding visual images and spatial relationships: For some people, having vision problems is a sign of Alzheimer's. They may also have problems judging distance and determining color and contrast, causing issues with driving.	Vision changes related to cataracts.
New problems with words in speaking or writing: People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a watch a "hand clock").	Sometimes having trouble finding the right word.
Misplacing things and losing the ability to retrace steps: People living with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them. They may accuse others of stealing, especially as the disease progresses.	Misplacing things from time to time and retracing steps to find them.
Decreased or poor judgment: Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.	Making a bad decision or mistake once in a while, such as neglecting to schedule an oil change for a car.
Withdrawal from work or social activities: People living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite sports team or activity.	Sometimes feeling uninterested in family and social obligations.
Changes in mood, personality and behavior: The mood and personalities of people living with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or when out of their comfort zones.	Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

*For more information about the symptoms of Alzheimer's, visit alz.org.

Dementia Education and Simulation

Have you ever wondered what dementia feels like? If so, we invite you to step into the shoes of someone living with dementia by attending one of the dementia simulations listed below that will be facilitated by the Haven Dementia Care Program. Each experience takes approximately 10 minutes and will provide you with deeper understanding, compassion, and connection as you experience the confusion, frustration, and emotions that those living with dementia may feel. No RSVP required. Just show up any time within the hours listed for each event.

Anthem Lakes ALF

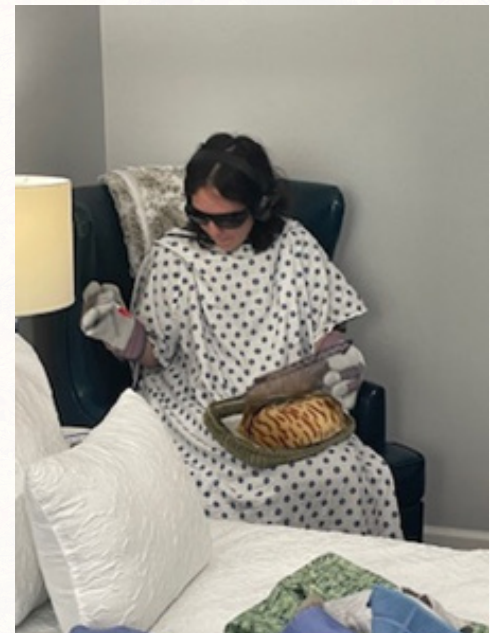
905 Assisi Ln, Jacksonville, FL 32233
November 4 | 2 – 4pm

Mayo Clinic

4500 San Pablo Rd, Jacksonville, FL
November 11 | 1 – 4pm

Regents Park of Jacksonville

8700 AC Skinner Pkwy Jacksonville, FL
November 12 | 1 – 4pm





Dementia Caregiver Support Groups: November 2025

If you are caring for a loved one with a dementia-related diagnosis and need some additional education and support, please join us. **The topic of this meeting will be “Typically and Atypical Aging of the Brain.”** *Refreshments will be provided.*

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

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

First Tuesday of Each Month | 6 - 7 p.m. | Next Meeting: Nov 4

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

First Wednesday of Each Month | 12 - 1:30 p.m. | Next Meeting: Nov 5

Starling at Ponte Vedra (405 Solano Rd., Ponte Vedra, FL)

Second Monday of Each Month | 5 - 6 p.m. | Next Meeting: Nov 10

Email Anita Howard at Anita.Howard@HavenHospice.com for a link to the meeting, or visit HavenHospice.com/Dementia and find the link under “Upcoming Online Support Group”

Second Tuesday of Each Month | 10 - 11 a.m. | Next Meeting: Nov 11

Riverside Post Acute (1750 Stockton St., Jacksonville, FL)

Second Tuesday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 11

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

Second Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 12

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

Second Thursday of Each Month | 4 - 5 p.m. | Next Meeting: Nov 13

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

Second Thursday of November (rescheduled from second Tuesday) | 4 - 5 p.m.

Next Meeting: Nov 13

Alachua County Library District, Alachua Branch (14913 NW 140 St., Alachua, FL)

Third Tuesday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 18

Camellia at Deerwood (10061 Sweetwater Parkway Jacksonville, FL)

Third Tuesday of Each Month | 4:30 - 5:30 p.m. | Next Meeting: Nov 18

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**

Third Tuesday of Every Other Month | 5:30 - 6:30 p.m. | Next Meeting: Nov 18
Seagrass Village (1949 East West Parkway, Fleming Island, FL)

Third Wednesday of Each Month | 10:30 - 11:30 a.m. | Next Meeting: Nov 19
The Blake at St. Johns - "Theatre Room" on the 2nd Floor (2430 County Rd 210, St. Johns, FL)

Third Wednesday of Each Month | 1 - 2 p.m. | Next Meeting: Nov 19
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: Nov 19
The Addison of St. Johns (115 Benton Lane, St. Augustine, FL 32092)

Fourth Tuesday of Each Month | 2 - 3 p.m. | Next Meeting: Nov 25
Senior Living at The Greens (4950 State Road 16, St. Augustine, FL)

Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 20
Suwannee Valley Nursing Center (427 15th Ave NW, Jasper, FL)

Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 20
Vintage Care of Palatka (203 S Moody Rd, Palatka, FL)

Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: Nov 25
Tri-County Nursing Home (7280 SW State Rd 26, Trenton, FL)

Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: Nov 25
Ponte Vedra Gardens Memory Care Community - TPC Room
(5125 Palm Valley Road, Ponte Vedra Beach, FL)

Fourth Tuesday of Each Month | 6 - 7 p.m. | Next Meeting: Nov 25
Bartram Lakes Assisted Living Facility - Brooks Rehabilitation
(6209 Brooks Bartram Dr., Jacksonville, FL)

Fourth Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: Nov 26
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: Nov 26
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. | No November Meeting - Thanksgiving
Allegro Senior Living - Fleming Island (3651 US Hwy 17, Fleming Island, FL)

Last Thursday of Each Month | 5 - 6 p.m. | No November Meeting - Thanksgiving
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

Six Tips to Celebrate the Holidays with Someone Living with Dementia | Alzheimer's Foundation of America. Accessed October 29, 2025

Alzheimer's Association 2025 Alzheimer's Disease Facts and Figures. Accessed October 28, 2025

Now What? Next Steps After an Alzheimer's Diagnosis. Accessed October 29, 2025

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Making Hospice Stronger!