HAVEN
DEMENTIA CARE

November 2026 QUATERLY NEWSLETTER

Welcome to our November Newsletter

Dear Caregivers,

As we enter the season of Thanksgiving, November offers an opportunity to reflect on our blessings, connect with loved ones, and express gratitude for the people who enrich our lives.

November is also **National Alzheimer's Awareness Month**, a time to recognize the more than 6 million Americans living with Alzheimer's disease, along with the families and caregivers who support them. It is an opportunity to raise awareness, promote understanding, and show compassion for those affected.

In this edition, we focus on two important topics:

- **Navigating Holidays and Family Gatherings**: Practical tips for creating inclusive and comfortable holiday experiences for individuals living with dementia.
- **Increasing Alzheimer's Awareness:** Resources and information to help deepen understanding and support awareness efforts within your community.

Thank you for the care, patience, and compassion you provide each day. While caring for someone living with dementia can be challenging, you are not alone. We hope this newsletter provides helpful resources, encouragement, and support for your caregiving journey.

If there is a dementia-related topic you would like to learn more about, or if you are interested in educational programming for your organization, please contact me at **anita.howard@havenhospice.com**.

Sincerely,

Anita Howard
Dementia Care Program Manager

Navigating Holidays and Family Gatherings

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.

Caregiver Tip of the Month

Focus on abilities, not limitations. Meet the person where they are, not where they used to be.

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.

Self-Care Reminder

You cannot pour from an empty cup. Taking care of yourself is not selfish; it is essential. Take a few moments each day to breathe deeply and pause when feeling overwhelmed.

Alzheimer's Awareness

2026 Alzheimer's Disease Facts

- Approximately 7.4 million Americans (1 out of 9) aged 65 and older live with Alzheimer's.
- More prevalent among 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. and 5th among adults over age 65
- 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 over 20 years.
- 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 12 million Americans provide unpaid care for a family member or friend with dementia, saving the nation nearly $446 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.

Dementia Friendly Activity

Indoor: Perform household chores such as setting the table, sorting laundry, or sweeping the floor can help a person feel included and give purpose.

Outdoor: Feeding birds may reduce anxiety, improve mental health, and provide a connection with nature.

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
    - Use memory aids like notepads, sticky notes, pillboxes, and calendars
    - Consider using door alarms, bed alarms, and fall response devices
    - Ask family or friends or find local services to help with routine tasks such as paying bills, cooking, transportation, companionship, and shopping
        - www.nia.nih.gov/health/alzheimers/caregiving
        - 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
    - MedicAlert and Alzheimer's Association's Wandering Support program. www.medicalert.org/alz

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

Alzheimer's is not waiting — and neither are we. This year, the Dementia Care Program will be participating in the three Walks to End Alzheimer's® listed below 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.

Gainesville | October 24, 2026 | 10 a.m.
Trinity United Methodist Church
4000 NW 53rd Ave, Gainesville, FL
http://act.alz.org/goto/HavenDCP-GNV

Jacksonville | November 7, 2026 | 10:30am
Downtown Jacksonville
http://act.alz.org/goto/HavenDCP-Jax

Deland – Volusia | November 14, 2026 | 9 a.m.
Earl Brown Park
750 S. Alabama Ave., DeLand, FL
http://act.alz.org/goto/HavenDCP-Volusia

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 Caregiver Support Groups: November 2026

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 will be **"Navigating Holidays and Family Gatherings with Dementia."** Please RSVP to Anita Howard at 352.215.7465 or Anita.Howard@HavenHospice.com

Alachua County

- **Second Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: November 10**
  Alachua County Library District, Alachua Branch *(14913 NW 140 St., Alachua, FL)*
- **Second Wednesday of Each Month | 4 - 5 p.m. | Next Meeting: November 11**
  Senior Recreation Center, Eldercare of Alachua County *(5701 NW 34th Blvd, Gainesville, FL)*

Clay County

- **First Tuesday of Each Month | 6 - 7 p.m. | Next Meeting: November 3**
  Canterfield of Clay County *(1611 Winners Circle, Theatre Room – 3rd Floor, Middleburg, FL)*
- **Third Tuesday of Every Month | 3 - 4 p.m. | Next Meeting: November 17**
  Seagrass Village *(1949 East West Parkway, Fleming Island, FL)*

Duval County

- **Second Tuesday of Each Month | 10 – 11 a.m. | Next Meeting: November 10**
  Riverside Post Acute *(1750 Stockton St., Jacksonville, FL)*
- **Second Tuesday of Each Month | 4 - 5p.m. | Next Meeting: November 10**
  Sunrise of Jacksonville - Activities Room *(4870 Belfort Rd., Jacksonville, FL)*
- **Second Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: November 11**
  Camellia at Deerwood *(10061 Sweetwater Parkway Jacksonville, FL)*
- **Third Tuesday of Each Month | 3 - 4 p.m. | Next Meeting: November 17**
  The Windsor at Ortega *(5939 Roosevelt Blvd., Jacksonville, FL)*
- **Third Wednesday of Each Month | 11 a.m. - 12 p.m. | Next Meeting: November 18**
  Starling at San Jose Assisted Living and Memory Care *(9075 San Jose Blvd., Jacksonville, FL)*
- **Third Thursday of Each Month | 2 - 3 p.m. | Next Meeting: November 19**
  San Jose Gardens Memory Care – "San Jose Room" *(3760 Dupont Ave., Jacksonville, FL)*

(Duval Continued on Next Page)

Gilchrist County

- **Fourth Tuesday of Each Month | 2 - 3 p.m. | Next Meeting: November 24**
  Tri-County Nursing Home *(7280 SW State Rd 26, Trenton, FL)*

Putnam County

- **Third Thursday of Each Month | 3 - 4 p.m. | Next Meeting: November 19**
  Vintage Care of Palatka *(203 S Moody Rd, Palatka, FL)*

St. Johns County

- **First Wednesday of Each Month | 12:15 – 1:15 p.m. | Next Meeting: November 4**
  Starling at Ponte Vedra *(405 Solano Rd., Ponte Vedra, FL)*
- **Second Thursday of Each Month | 4 - 5 p.m. | Next Meeting: November 12**
  Starling at Nocatee Assisted Living and Memory Care *(999 Crosswater Pkwy, Ponte Vedra, FL)*
- **Third Wednesday of Each Month | 10:30 -11:30 a.m. | Next Meeting: November 18**
  The Blake at St. Johns – "Theatre Room" on the 2nd Floor *(2430 County Rd 210, St. Johns, FL)*
- **Fourth Tuesday of Each Month | 2 - 3 p.m. | Next Meeting: November 24**
  Senior Living at the Greens *(4950 State Rd. 16, St. Augustine, FL)*
- **Fourth Tuesday of Each Month | 4 - 5 p.m. | Next Meeting: November 24**
  Ponte Vedra Gardens Memory Care Community - TPC Room *(5125 Palm Valley Road, Ponte Vedra Beach, FL)*

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Memory Cafés

What is a Memory Café?
A welcoming social gathering where people experiencing cognitive challenges and the people who care about them come together for friendship, fun, and acceptance.|

Who Can Attend?
Both the person living with a cognitive decline, Alzheimer's Disease, or related dementias, along with their primary caregiver or a loved one.

What Happens There?
At a memory café, we focus on bringing people together and meeting new friends through socializing, interaction, and activities.

Alachua County

- **First Wednesday of Each Month | 9 - 10 a.m. | Next Meeting: November 4**
  Oak Hammock at the University of Florida *(2660 SW 53rd Ln, Gainesville, FL)*
- **Monday, November 16**
  The Village at Gainesville *(The Ball Room, 8000 NW 27th Blvd, Gainesville, FL)*
- **Third Tuesday of Each Month | 10 :30 - 11:30 a.m. | Next Meeting: November 17**
  The Gables of Gainesville *(1415 Fort Clarke Blvd., Gainesville, FL)*
- **Third Friday of Each Month | 2 - 3 p.m. | Next Meeting: November 20**
  Gainesville Health and Rehabilitation Center *(4000 SW 20th Ave, Gainesville, FL)*

Duval County

- **Third Wednesday of Each Month | 1 - 2 p.m. | Next Meeting: November 18**
  Fellowship Cove Marsh Landing *(1700 The Greens Way, Jacksonville Beach, FL)*
- **Fourth Wednesday of Each Month | 10 - 11 a.m. | Next Meeting: November 25**
  Beach House Assisted Living and Memory Care *(1315 2nd Ave N., Jacksonville, FL)*
- **Last Wednesday of Each Month | 3 - 4 p.m. | Next Meeting: November 25**
  Grand Living at Tamaya – Memory Care *(3270 Tamaya Blvd., Jacksonville, FL)*

St. Johns County

- **Second and Fourth Friday of Each Month | 1 - 3 p.m.**
  Next Meeting: November 13 *(Fourth Friday Cancelled for Thanksgiving)*
  Haven Administrative Office *(2497 US 1 S., Suite B, St. Augustine, FL)*
  (Entrance is on the left side of building connected to the Haven Hospice Attic Store)
- **Third Wednesday of Each Month | 2 - 3 p.m. | Next Meeting: November 18**
  The Addison of St. Johns *(115 Benton Lane, St. Augustine, FL)*

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

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.

Elder Affairs Florida

Phone: 1-850-414-2000

https://elderaffairs.org/programs-and-services/caregiving/

Provides information on services available for adult family members caring for a person aged 60 or older, grandparents and relatives aged 55 or older caring for children 18 and younger, or children of any age with disabilities. Programs include National Family Caregiver Support, Respite for Elders Living in Everyday Families (RELIEF) and Home Care for the Elderly (HCE).

Florida Alliance for Assistive Services and Technology

Phone: 1-877-506-2723

Provides free access to information, referral services, education programs, and publications related to disability rights, laws and policies, and funding opportunities for assistive devices and durable medical equipment that are largely covered by Medicare and Medicaid.

Resources for Support

Florida Department of Elder Affairs: Serving Health Insurance Needs of Elders (SHINE)

Phone: 1-800-963-5337

https://floridashine.org/

Free program assisting older adults and their caregivers with Medicare, Medicaid, and health insurance questions.

Florida Department of Veterans' Affairs

Phone: 1-844-693-5838

https://floridavets.org/benefits-services/

Connects Florida veterans to earned federal and state benefits and support services.

National Adult Day Services Association

Phone: 1-877-745-1440

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

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

Phone: 1-800-222-2225

www.nia.nih.gov

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

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References:

- Six Tips to Celebrate the Holidays with Someone Living with Dementia | Alzheimer's Foundation of America. Accessed October 20, 2026
- Alzheimer's Association 2026 Alzheimer's Disease Facts and Figures. Accessed October 20, 2026
- Now What? Next Steps After an Alzheimer's Diagnosis. Accessed October 20, 2026