

# ALZHEIMER'S ALLIANCE



## TRI-STATE AREA

JULY 2023 ISSUE

*"Caregiving often calls us to lean into love we didn't know possible". -Tia Walker, author*

Pictured: Volunteer Sondra Watts



**Our Place Fun**

**Caregiver's Corner**

AFA Helpful Tips

**Memorials & Honorariums**

**Twice as Fine Wine Festival**

**May 4, 2024**

**Volunteer Spotlight**

Jeanne Lee



# CARING TOGETHER



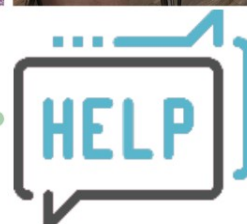
**Our Place Day Respite Center is open Tuesday, Wednesday and Friday from 9am to 3pm.**

**Respite refers to a short time of rest or relief. It provides a break from the typical care routine allowing the caregiver some down time while the person with Alzheimer's or dementia-related disorders continues to receive care from qualified individuals and has the opportunity for different experiences and social interaction.**

**We offer respite care at Our Place on Tuesdays, Wednesdays and Fridays from 9:00 am to 3:00 pm.**

**We have a light breakfast, a full lunch, and an afternoon snack. We also have activities that engage our entire group of Friends, as well as daily entertainment.**

Contact Us : Phone: 903-223-8021 Website: [alztristate.org](http://alztristate.org)  
Location: 100 Memory Lane Texarkana, TX 75503



## We Need Volunteers!

By sharing your skills, time, and talents, you can help provide relief to families affected by Alzheimer's disease and related dementias. For more information on volunteering at the Alzheimer's Alliance, download our Volunteer Recruitment Packet on our website ([www.alztristate.org](http://www.alztristate.org)) or contact us for more information or additional questions.

Email: [collins@alztristate.org](mailto:collins@alztristate.org)  
Phone: (903) 223-8021

**We just ask that volunteers commit to at least one day a week, Tuesday, Wednesday or Friday from 9am-3pm.**



# MEMORIALS & HONORARIUMS

We take time to remember those we lost while looking forward to the new lives we will touch. For more information regarding memorial and honorarium contributions, please contact us at 903-223-8021 or visit our website [www.alztristate.org](http://www.alztristate.org).

## Memorial Contributions

**Keith Betts**

Lisa and Bobby Howell

**Margaret Shirley Cassady**

Nancy & Joe Robbins

**Patsy Green**

Carla and Robert Sanderson

Jane Rochelle

Tee Party

**Jo and Jerry Hatfield**

Shannon and Doug Duncan

Mindy and Mark Lafferty

Ron McCoy

Rita and William Morriss

Virginia and Thomas Jefferson

Greta Alexander

JD Hatfield

Dorothy Eberhard

Elizabeth and Richard Allison

**James Hopkins**

Norvin Wilson

Rita and William Morriss

Chayta Mills

Sherry and John Ross

Joy Sunday School Class

Mollie and Doug Barnette

Donna and James Powell

Donna Carter

Four Seasons Family

Sharon Brockenbrough

**James E. Humphrey Jr.**

Lou Ella Humphrey

**Kenny Knowles**

Robin and Terry Kelly

**Betty Fern Lamon**

Marjorie and Joe Hampton

**Paul Mackey**

Virginia and Thomas Kesterson

**Marilyn Markham**

Lisa and Bobby Howell

**Margaret Mathis**

Becky and Mack Duncan

**Betty McVeety**

Twin City Title

**Janice Bailey Musgrove**

Sharon and Robert Sheppard

Debra and Tom Moore

**Wanda Robinson**

Janet and Eddie Hawkins

**Joyce Varner**

Haley and Randy Roeser

## Honorariums

**Melba Boyd**

Crane Ford

**Whitney Fuqua**

Sonja Hubbard

**Carolyn Juaree Jones-Walker**

Sean Kevin Pasek

**Cathy and Mark Van Herpen**

Mary O'Farrell

**Andree Ray**

Eunice Baye Matthis

## 10 Tips for Managing Stress

- Maintain a positive attitude
- Acceptance is key-all you can control is how you react and adjust
- People can't help if they don't know there is a problem-be honest and open with your feelings
- Relax-taking time to breathe is so important
- Get moving-exercise can help reduce stress
- Take it one day at a time-if it's not an emergency situation, do not turn it into one
- Sleep is important-a good night's rest keeps us functioning at our best
- Incorporate stress management techniques into your life-be social and have fun!
- Eat a balanced, healthful diet full of fruits, vegetables, and water
- Set realistic goals and go slow-life is not a race, rather, it is a journey





## OUR PLACE FUN

### INCONTINENCE



Incontinence is difficulty controlling one's bladder and/or bowels. An individual living with Alzheimer's disease may experience incontinence at any stage; however it is observed most in the later stages of the illness.

Incontinence can be caused by:

- A urinary tract infection
- Dehydration
- Unrelated diabetes
- Too much caffeine
- Medications

Remember: Accidents Happen

Try to understand when accidents occur. Staying calm and reassuring your person will help both you and them. Incontinence supplies such as adult diapers or bed protectors can be helpful and are available at drugstores and medical supply stores.

Some ways of managing this are:

- Remind the individual to use the toilet periodically, not waiting for them to ask
- Take the person to the bathroom or show them where it is
- Watch for any pulling on clothes or behavior that may signal a need to use the toilet
- Outfit the person in loose and comfortable clothing
- Limit fluids in the evening





## Public Policy Updates



On May 10, 2023, the U.S. House Committee on Ways and Means' Health Subcommittee held a hearing to examine how existing and proposed policies may affect the incentives that the United States has in place to encourage diagnostics and biopharmaceutical companies to prioritize the development of innovative products designed to address unmet medical needs.

Earlier this month, a bipartisan group of attorneys general from 26 states and territories are calling the Biden administration to stop blocking access to Alzheimer's treatments approved by the FDA. Furthermore, on May 12, the Personalized Medicine Coalition held a congressional briefing focused on patient access to emerging Alzheimer's Diagnostics. In the upcoming months AFA plans on hosting in person meetings with members of Congress and their staff.

## Tips for Traveling to an Event



**Travel early and choose priority boarding.**

Sarah Chen, a licensed social worker at the Rush University Medical Center in Chicago, recommends avoiding late-night flights, connecting flights, and long layovers, especially if symptoms worsen at night or with fatigue. If you book the first flight of the day, you may encounter fewer delays, she says. Arrange for priority boarding and TSA PreCheck (experienced screening), if possible, so you don't have to wait long in lines and can preserve your energy for the big event.



**Pay attention to bathrooms.**

Contact the hotel-not the hotel chain-directly to inquire about roll-in showers and grab bars by the toilet. Tina Zimmerman, who has multiple sclerosis and uses a wheelchair, says hotel staff have physically checked rooms when she has called with questions to find one with the bathroom grab bars she needs. Traveling with someone who can assist you in the bathroom-for showering, moving around, and other reasons-also may be helpful, says Chen.



**Book wisely.**

On many hotel booking websites, you can narrow searches to accessible properties, and some sites, such as accessibleGO (accessiblego.com) highlight accessibility features in their listings. If you use travel agents or tour companies to book, make sure they're aware of your needs. The same is true for hotels and booking agents: Ask questions and be direct about your needs.



**Take Pictures.**

Anybody traveling with someone who has a neurological disorder that can cause confusion or disorientation should have a current photograph of the person to show hotel staff and others in case the person wanders off and gets lost. On one occasion, Chen recalled, a person with dementia exited the bathroom through a second door while the caregiver was waiting at the other, and they became separated.

# VOLUNTEER SPOTLIGHT

*Jeanne Lee*



Jeanne has been a loving volunteer for nine years. She was told about the Alzheimer's Alliance by a good friend, Jean Crouce, and Jeanne said, "recruiting me was the best thing she did for me. I enjoy helping people".

If you have been able to visit Our Place Day Respite Center, then you have been able to enjoy Jeanne's live entertainment as she sings and plays her Elvis guitar for our volunteers and friends with Alzheimer's or other forms of Dementia. She stated, "entertaining with music is so rewarding. Seeing friends smile, clap hands, dance, and sing is the best feeling".

Music has been proven to help with dementia for various reasons. It has a way of bringing back memories that are tucked away in the brain. We are so grateful for Jeanne's ability to help our friends remember a time of happiness in their past through her music.



**TWICE AS FINE  
TEXARKANA WINE FESTIVAL  
SATURDAY MAY 4TH, 2024**





# 7 Tips to Assist with Eating



- 1 Keep a Routine**

For individuals living with dementia, many things may interfere with both interest in eating, and the ability to eat. Sequencing the steps involved in eating might be hard, or interest in food may have diminished. Keeping a routine, eating at the same time every day, and in the same place, is reassuring and provides a structured, safe and predictable environment.
- 2 Make it appealing**

Make the food preparation a social event. Invite your person into the kitchen while you are cooking. The aromas are a powerful appetite stimulator and socializing is interactive and comforting. If possible, create a small task for the individual—setting the table, cutting up vegetables, folding napkins—all reinforce a sense of autonomy and belonging.
- 3 Make their favorites**

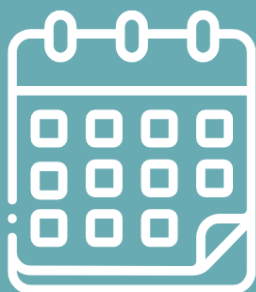
A person may be more likely to eat a meal which they've always liked, and which they associate with positive emotions. Sometimes they may become fixated on a certain meal for a period of time.
- 4 Keep it simple**

Make eating as easy as possible by organizing the food, plates, utensils. Give only one food item at a time. A busy plate can be confusing. Try one course at a time, served on a single plate or in a single bowl.
- 5 Use the right utensils**

For example, a spoon may make it easier to lift food off the plate and up to the mouth than a fork. Consider using adaptive utensils, such as weighted cutlery, to assist a person with dementia in holding the fork or spoon independently, and to minimize tremors. Pre-cut foods and finger foods are easiest to manage.
- 6 Make sure they can swallow**

Usually, if someone with late-stage dementia has difficulty speaking, they also have trouble swallowing. Pay special attention to help ensure they do not choke on their food or beverages. Feed them slowly, and make sure they have swallowed each bite before serving another. Keep a drink ready during meals to help wash down each bite.
- 7 Sit or eat with them**

Remember, meals are social events that we all enjoy. Take time to sit with the person. You can offer companionship and conversation, and if the person needs any reminders or assistance, you'll be there to help.



## Important Dates

### Memory Café

- July 15
- August 19
- September 16

### Support Group

- July 12
- August 2
- September 6



## Alzheimer's Alliance TRI-STATE AREA

100 Memory Lane • Texarkana, Texas 75503  
903-223-8021

Alzheimer's Alliance Tri-State is a 501(c)(3) non-profit organization

[www.alztristate.org](http://www.alztristate.org) 

*Return Service Requested*

### Donations

100% of donations will be used locally for the Alzheimer's Alliance and Our Place Respite Center.

Donations can be made to:

**Alzheimer's Alliance Tri-State**  
**100 Memory Lane**  
**Texarkana, TX 75503**

or donate through our website:

[www.alztristate.org](http://www.alztristate.org)

### Endowment Fund

Arkansas Community Foundation is a nonprofit organization that promotes smart giving to improve communities. The Community Foundation offers tools to help Arkansans protect, grow and direct their charitable dollars as they learn more about community needs. By making grants and sharing knowledge, the Community Foundation supports charitable programs that work for Arkansas and partners to create new initiatives that address the gaps.

To donate to the Alzheimer's Alliance Tri-State Area Endowment Fund please visit [www.arcf.org/toolsforsmartgiving/giveonline.aspx](http://www.arcf.org/toolsforsmartgiving/giveonline.aspx) or call our office for more information



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