

# ALZHEIMER'S ALLIANCE



## TRI-STATE AREA

### Round-Up

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SEP. 2021 ISSUE



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### Our Place Fun

We are Open

### Twice as Fine Wine Festival

May 7, 2022



# Caregiver's Corner

## 5 Common Misconceptions About Dementia

#1

### Memory loss means dementia

People naturally forget from time to time, but dementia is much more than occasional lapses. It's memory issues that are affecting daily functioning. Also, memory loss isn't the first dementia symptom. Unexplained changes in mood, behavior or ability should warrant a visit to the doctor.

#2

### Only older people get dementia

Many types of dementia can affect people at an earlier age. Young-onset Alzheimer's disease, for example, can affect people in their 50s-and even earlier in some cases.

#3

### People with dementia become agitated, violent and aggressive

Not all people with dementia become agitated, violent or aggressive- though, of course, some people do. Dementia affects every personality differently. Changes in the brain can create confusion and fear, and often expressions such as agitation are really the result of an unmet need.

#4

### People with dementia can't enjoy new activities, learn new things or have a good quality of life.

People with dementia can and do continue to have meaningful, active lives. It's important they try to continue to enjoy their usual activities for as long as they can, making some adaptations, and relying on help from others.

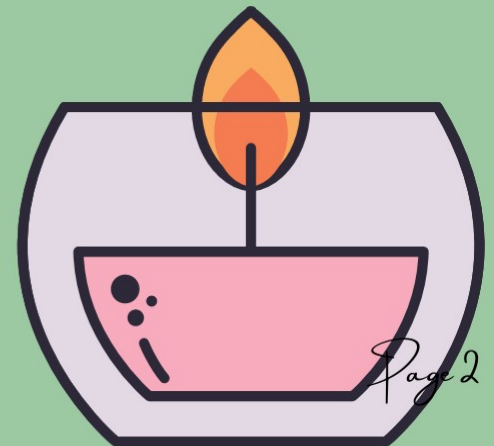
#5

### Nothing can be done for dementia

It's important to overcome the idea that "nothing can be done for dementia." The sooner a dementia diagnosis is made, the more opportunity there is for treatments and therapies that may actually slow the progression.



**Candlelight Ceremony  
Date Release Coming  
Soon!**



# 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

### **Marlene Alexander**

Stacy & David Carter  
Bertha & Bobby Shipp  
Lindsey & Chris McMillan  
Evelyn & Walter Reed  
Gail & Jimmy Cobb  
Jerry Erie  
Judy & Rex Pope  
Kim & David Huddleston  
Kathy & Donnie Powers  
Dianne Goeller  
Lara Alexander  
Chris Court  
Amy Havranek  
Marian & Scott McCord  
Lori & Marshall Wood  
Denise & James Goodwin  
Betty & Jacky Lee  
Judy & Joey Sullivan  
Bonnie & David Lamb  
Genivee Daniels Collins  
Suzy & John Heath  
Becky & Clayton Nash  
Shirly & Jack Williams  
Karla & Keith Giles  
Lee Ann & Buddy McCulloch Jr.  
Remica & Danny Gray  
Lynn & Mike Murrah  
Pam & Aravie Owen  
Stephanie & Royce James  
Kay Smith

### **Russell Allen**

Jerrie & Pat Raney  
Brooke & Justin Fitts  
Lori & Jerry Rochelle  
Kim & Duane Knowles  
Stephanie & Royce James  
Jane & Richard Elrod

### **Reba Bell**

Kim and Duane Knowles

### **Bill Chaney**

Jo Ann Ward

### **Marie D. Chaney**

Ann May

### **Donald Dolezalek Jr.**

Jerrie and Pat Raney

### **Juanita Lee Douglas**

Claire Gordon

### **Mimi Fuller**

Jo Ann Ward  
Mary Ann & Steve Oden  
Rita & William Morriss

### **Helene Ruzicka Hall**

Don Dolezalek Sr.

### **Gary Clark Howard**

Stephanie James

### **David Jones**

Gail & Donald Peace

### **Billy M. McCloskey**

Texas DPS

### **Lawanda Patterson**

Sherry & John Ross III

### **Joan Rowe**

Jo Ann Ward  
Emily & Gabe Tarr

### **Patricia Steward**

Billie Faye and Denton  
Massey

### **Lynn Thomas**

SCI Texas East Territory  
Texas High Class of 1957  
Terry and Robin Kelly  
Curt Green  
Robin and Robert Beeson  
Laura and Bill Rogers

### **Leonard Whitfield**

Sherry & John Ross III

## Honorariums

### **Margaret Mathis**

Stephanie & Royce James

### **Mary McVey, RN**

Kimberly Ohl



# VOLUNTEER SPOTLIGHT



Jane Elrod

**"The most truly generous persons are those who give silently without hope of praise or reward". -Carol Ryrie Brink.**

Jane Elrod embodies this quote and she has been a continual volunteer for the Alzheimer's Alliance. For seven years she has helped at the front desk, with the Twice as Fine Wine Festival, and recently began helping to serve lunch in the 'Our Place' day respite center.

We are incredibly grateful to have a humble servant like Jane in this organization. Jane is always ready to come in and help when others are unable to, and does it with a beautiful smile on her face. What more could you ask for?

Jane is also the mother of our fearless leader, Terrie Arnold and her sister, Jerrie Raney, who is also a wonderful volunteer. We are lucky to have such a kind, selfless family helping to make this organization the best that it possibly can be.

## DEMENTIA- FRIENDLY DESIGN

**Colors Matter.** Colors aren't just for show-they can actually influence mood. Blue often has a calming effect and is great to use in places to promote relaxation.

**Contrast is key.** Dementia can negatively impact vision, depth and perception and spatial orientation (which can also increase the chances of injuries from bumps or falls).

**Let there be (good) light.** Just like color choices, lighting can affect the body and behavior. Utilizing glare-free lighting, along with circadian lighting or light bulbs which mimic natural night-day patterns of blue light can be helpful to improve sight, state of mind and sleep quality.

**Décor- not just for show.** Décor can serve a purpose beyond making a home aesthetically pleasing-it can promote familiarity, aid with disposition, and assist with memory recall.

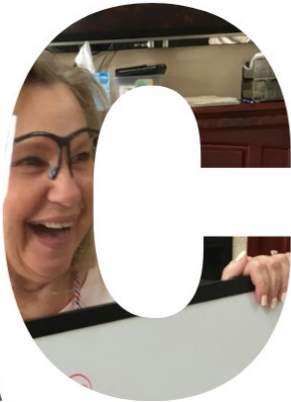
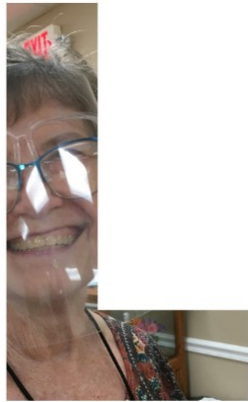
Credit to the Alzheimer's Today Official Magazine of the Alzheimer's Foundation of America Volume 16, Number 1

## DID YOU KNOW?

-If you put a dark rug in front of the door, it may decrease the chances of your loved one roaming outside of their home?

-If you put a sheet over the fridge, it can protect your loved one from over-eating and divert their attention elsewhere.







# CARING TOGETHER



## Our Place Day Respite Center

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.



We are thrilled to be back open after a very difficult time for all of us. The Alzheimer's Alliance takes great precaution and plans to keep everyone as safe as possible. Please come join us!

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

Contact Us :

Phone: 903-223-8021

Location: 100 Memory Lane

Texarkana, TX 75503



## Signs of Alzheimer's Dementia

Alzheimer's Association. 2021 Alzheimer's Disease Facts and Figures.

- \*Memory loss that disrupts daily life
- \*Challenges in planning or solving problems
- \*Difficulty completing familiar tasks at home, at work, or at leisure
- \*Confusion with time or place
- \*Trouble understanding visual images and spatial relationships
- \*New problems with words in speaking or writing
- \*Misplacing things and losing the ability to retrace steps
- \*Decreased or poor judgment
- \*Withdrawal from work or social activities
- \*Changes in mood and personality



## Seventh Annual

*Twice as Fine  
Wine Festival*

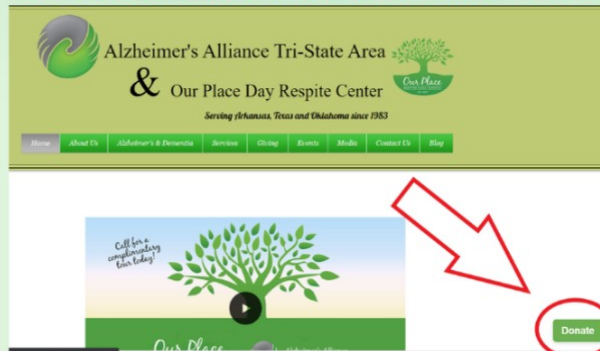
# MAY 7, 2022



Visit our Website [alztristate.org](http://alztristate.org) and click donate-> round-up today!!

# Round\$Up

**Your CENTS can CHANGE this Organization!!!**



**What may seem small to you, makes a huge difference when combined with others!!**







## 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) 

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### 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**  
**P.O. Box 7812**  
**Texarkana, TX 75505**

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



This program was partially funded by the Alzheimer's Foundation of America (AFA)

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