

ALZHEIMER'S ALLIANCE

Tristate Area

"There is no exercise better for the heart than reaching down and picking someone up" - John Holmes

JANUARY 2024 ISSUE

IN THIS ISSUE:

Memorials & Honorariums
Candlelight Service

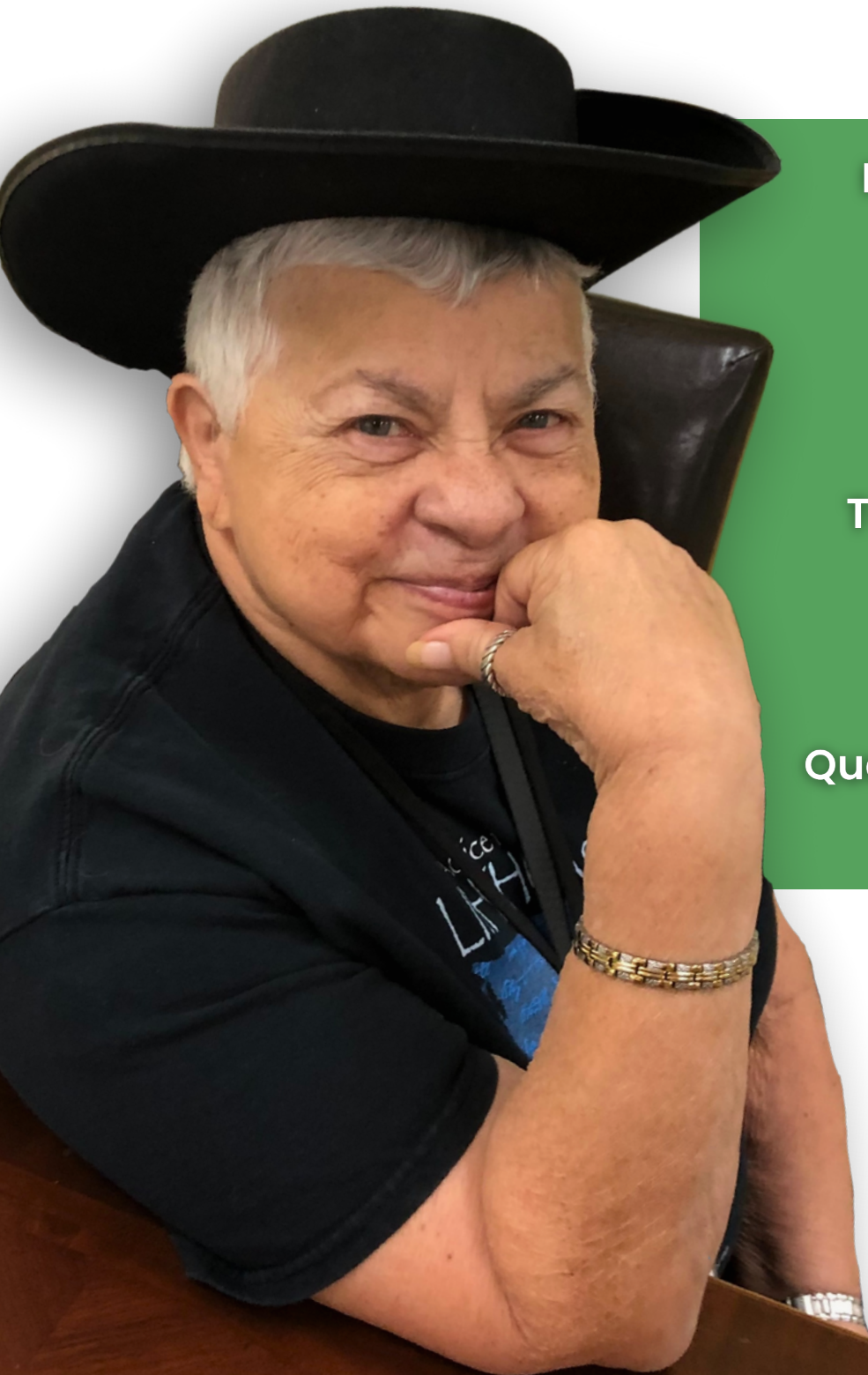
Volunteer Spotlight

Helen Clayton

Twice as Fine Wine Festival
May 4, 2024

Caring Together

Questions to Ask Your Doctor
Important Dates



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.

MEMORIAL CONTRIBUTIONS

Charles "Charlie" William Davis
Curt Green

Lonnie Early
Sharon and Michael Hill

Shane Elliot
Jerrie and Pat Raney

Joycelene Snow Headings
Claudia and Pete Snow Family

Erna Latham
Antioch Christian Church

Barbara Means
Andre and Herbert Oliver

Alta Taylor
Annell and Gary Langdon

Royce Thornton
Janice and Susan Robbins
Mary Ann and Alvis Pate

HONORARIUMS

Mr. and Mrs. Danny Gray
Molly and Dennis Chambers

Mr. and Mrs. Paul Hardy
Molly and Dennis Chambers

Dr. and Mrs. David Williams
Molly and Dennis Chambers

Mr. and Mrs. Dennis Young
Molly and Dennis Chambers

On November 21st, we honored and remembered friends and loved ones who have been affected by Alzheimer's disease or other related dementias at our Candlelight Service.

CANDLELIGHT SERVICE

Marlene Alexander by Lara Court and Pene Pufahl

Herold Ayres by Whitney and Vickers Fuqua

Eddie M Bailey by Sharon Sheppard

Janice Bailey Musgrove by Sharon Sheppard

Susan Bishop by Hilda and Phil Bishop

Melba Boyd by Becky Boyd and Mindy Lafferty

Donna Branin by Ruth Ann Branin

May Field Brewster by Bobbie Brewster

Maria Luisa Brinker by Pat and Tom Wagy

Carolyn Brock by Jo Ann Ward

Howard Burris by Rose Wilson

Page Crane by Ford Crane

Tommie Cummings by Janet and Rick Buchanan

Charles Cummings Jr by Janet and Rick Buchanan

Mae Dager by Bonnie Lamb

Melba Dolezalek by Don Dolezalek

Lonnie Early by Jeanne Lee

Thomas H. Fuqua Jr. by Whitney and Vickers Fuqua

Barbara Gay by Rebeccah Power,
Andrea and Jimmy Washington

Anna Gerber by Cathy and Mark Van Herpen

Norris Graham by Dorothy Graham

Bobbie Graham by Jeanne Lee

Lyndola Griffin by Jane Rochelle

Sheila Irma Griffith by June Applewhaite

Mary Harkrader by Roberta McMahon

Delma Herrington by Debbie and James Herrington,
Haley and Randy Roeser

Wilda Hill by Sherry and John Ross

Victor Hlavinka by Mary Alice O'Farrell

James A. Hopkins by Harriett Hopkins, Jo Ann Ward

Helen Hutson by Thelia and Tim Hutson

Doris James by Stephanie and Royce James

Nathan E. "Tricky" Jones, Jr by Ethel Pauley Jones

Frank King by Carol Racheotes

Jackie Lee by Jo Ann Ward

Paul March by Michael and Paula Foster

Margaret Mathis by Stephanie and Royce James,
Sara Barnett

James Merritt by Linda Merritt

Charles Mudford by Carolyn Duke Mudford

Leon Power by Rebeccah Power,
Andrea and Jimmy Washington

Doyle Raney by Jerrie and Pat Raney,
Jane and Richard Elrod

Delia Roberts by Agnes Fields

Wanda Lee Robinson by Stephen and Karen Johnson

Marion Roye by Jo Ann Ward

Candis Singleton by John Singleton,
Leslee and Jim Huggins

Royce Thornton by Mary Alice O'Farrell

Iva Nell Tidwell by Sheila Cook

Urcy Treas by Thelia and Tim Hutson

Earl Whisenhunt by Elsie Whisenhunt

Nellie Wilson by Norvin Wilson

Della Wood by Sherry and John Ross

Herbert Wren by Stephen Wren

VOLUNTEER SPOTLIGHT:

Helen's first introduction to Our Place Day Respite Center came from Jeanne Lee, a faithful volunteer at Our Place since 2017. Helen had experienced the effects of Alzheimer's disease firsthand from a close family member and after learning about Our Place and the importance of respite care, Helen was driven to dedicate her time and become a volunteer.

Helen joined the team at Our Place in July 2023. Immediately, she felt the warmth and kindness of our volunteers and friends. "Everyone is so compatible, and they have welcomed me with open arms," she explains. She loves being able to see the 'friends' interacting and enjoying their day while playing games, making crafts, and chatting on the patio.

Helen continued to say, "I love knowing that we are making our friends happy. The smile on their faces means the world to me."



Helen Clayton



FUN FACT: Helen was born in a small country in Europe called Wales!

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

For more information on volunteering at the Alzheimer's Alliance, please visit our website (www.alztristate.org) to fill out a **Volunteer Recruitment Packet** or contact us for more information or additional questions.

CONTACT US!

📞 903-223-8021

🌐 alztristate.org

✉️ collins@alztristate.org

📍 100 Memory Ln.
Texarkana, TX 75503

SAVE THE DATE : SATURDAY MAY 4TH, 2024

twice as fine
TEXARKANA
WINE
FESTIVAL



SPRING
L A K E
P A R K



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

Respite care refers to a brief interval of rest or relief that allows caregivers some time to unwind while their loved one with Alzheimer's or another form of dementia continues to receive care from trained professionals. This also offers them the opportunity for social interaction and interactive activities.

Our respite care program includes a light breakfast, full lunch, and afternoon snack, as well as group-oriented activities and entertainment.

DID YOU KNOW?

- There are over 6.2 million Americans living with Alzheimer's.
- There are over 16 million caregivers in the U.S providing care for people with Alzheimer's or other related dementias.
- The number of Americans with Alzheimer's is expected to be over 14 million by 2060.



Happy New Year!



from Our Place to yours!



OUR PLACE *fun!*

In this quarter, Our Place Day Respite Center was full of celebration!

From birthdays to festive holidays, the past three months have been a wonderful excuse to be merry! November was an opportunity to cover Our Place with colorful fall leaves and make beautiful Thanksgiving crafts! In December, we made ornaments from paintbrushes, decorated our lovely Christmas trees, and held our annual Volunteer Christmas Party! We rang in the new year and are so excited for what 2024 has in store for Our Place and the Alzheimer's Alliance!

We appreciate all of our volunteers and we thank them for their support in providing respite care and resources for families in the Texarkana area.

ITTY BITTY DEMENTIA BOOK: **COMMON DEMENTIAS** (CH. 4)

Dementia can develop from various neurodegenerative disorders. While there is currently no cure for dementia, researching what type of dementia you or your loved one has can help doctors and families understand the best course of treatment. Below are some common types of dementia:



Mixed Dementia



Vascular Dementia



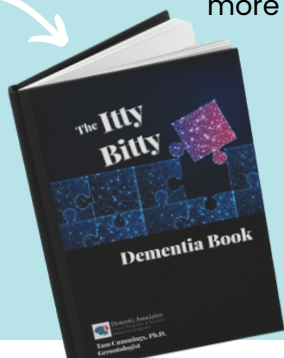
Alzheimer's Disease



Lewy Bodies Dementia

Dr. Tam Cummings is a professional gerontologist who specializes in educating dementia caregivers. Her "Itty Bitty Dementia Book" is filled with wonderful educational information about Alzheimer's and other related dementias. This book also includes assessment tools to help you and your loved one learn more about the stages of dementia.

See **pg.56** in Dr. Cummings' book for more types of dementia and their stages.



To purchase the book on Amazon:



🔍 "The Itty Bitty Dementia Book" ✕

HOW TO RESPOND TO REPETITION

● PROVIDE AN ANSWER

Give your loved one an answer to their questions. Using memory aids may help reduce the number of questions and their frequency.

● BE PATIENT AND STAY CALM

Your loved one may not remember how many times they have asked a question. Reassure them in a calm voice and don't argue.

● LOOK FOR A REASON BEHIND THE REPETITION

Look at your surroundings when the repetitive behavior occurs. Is your loved one trying to communicate something?

● TURN THE ACTION INTO AN ACTIVITY

If your loved one's repetitive behavior involves their hands, give them a hands-on activity to redirect their attention to something else.

ALZHEIMER'S ASSOCIATION

HELPING YOU FIND *balance* IN CAREGIVING

"Across the country, 59% of dementia caregivers report high to very high emotional stress due to caregiving and 38% report high to very high physical stress due to caregiving."

Being a caregiver for someone with Alzheimer's or another related dementia can be challenging. It can be common for caregivers to experience anxiety, depression, emotional stress and even new health issues. Below are tips to help you find balance between being a caregiver and caring for yourself.



Find time for yourself.

It is normal to need a break from caregiving. No one can do this on their own. Consider taking advantages of **respite care** options or get help from friends and family.



Become an educated caregiver.

Understand the disease and how it can progress over time. This disease can cause a change in behavior and even a change in their needs. They may even need care beyond what you can provide for them.



Build a support network.

Organize a network family and friends that can help you with care and support. Attending **support groups** is a great way to get encouragement and know that you are not alone.



Know you're doing your best.

You're doing the best you can and its normal to lose your patience or feel like you fall short sometimes. The care you provide makes a difference!

To find out more about our respite service, **Our Place Day Respite Center**, or to learn more about our **support groups** (pg.7) contact us!

For a respite admission packet: alztristate.org (Under the Services Tab!)

903-223-8021



100 Memory Ln.
Texarkana, TX 75503



alztristate.org

QUESTIONS TO ASK YOUR DOCTOR

ABOUT AN ALZHEIMER'S DIAGNOSIS



Receiving a diagnosis can be an overwhelming experience, especially when you're unsure of what questions to ask. It's important to take the time to process this news with your family and seek the guidance of your doctor to help you move forward. Here are some helpful questions that you can ask to learn more about your diagnosis and explore your options.

THE DISEASE

- How will the disease progress?
- How long can someone function normally after diagnosis?

CARE AND SUPPORT

- What are my care options?
- Are their resources available to help me and my family?

TREATMENT

- What do my treatment options look like?
- What symptoms do my medications target?

THE DIAGNOSIS

- What tests were used to confirm my diagnosis?
- What did the tests measure?

CLINICAL TRIALS

- What clinical trials are available?
- Where can I find articles about clinical trial studies?

THE FUTURE

- How long can a person function normally after diagnosis?
- Does Alzheimer's affect how long someone lives?

ALZHEIMER'S ASSOCIATION

IMPORTANT DATES:

Support Groups:

January 17th - Cornerstone - 5:30 PM
February 7th - Alzheimer's Alliance - 2:00 PM
March 6th - Alzheimer's Alliance - 2:00 PM

Memory Cafe:

January 20th - 10:00 AM
February 17th - 10:00 AM
March 16th - 10:00 AM



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



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

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
or
call our office for more information



JANUARY 2024 ISSUE



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

OUR PLACE

