

MARCH 2024



CARING TOGETHER

A PUBLICATION BY THE ALZHEIMER'S ALLIANCE
TRI-STATE AREA

IN THIS ISSUE:

PG. 2	SUPPORT GROUP DATES
PG. 3	MEMORIALS PROJECT LIVESAVER
PG. 4	TIPS FOR GIVING MEDICATION
PG. 5	SUNDOWNING

THE MISSION OF THE ALZHEIMER'S ALLIANCE:

To empower those affected by Alzheimer's disease with resources for enhancing their quality of life through education and support.

MARK YOUR CALENDAR

SUPPORT GROUPS:



ALZHEIMER'S ALLIANCE:

- MARCH 6TH
- APRIL 3RD
- MAY 1ST

📍 100 MEMORY LN.

🕒 2:00 PM

MEMORY CAFE:

- MARCH 16TH
- APRIL 20TH
- MAY 18TH

📍 100 MEMORY LN.

🕒 10:00 AM

10

SIGNS AND SYMPTOMS OF ALZHEIMER'S AND DEMENTIA

ALZHEIMER'S ASSOCIATION

1. Memory loss that disrupts everyday life.

Forgetting recently learned information and dates is common in the early stages.

2. Challenges in planning or solving problems.

Having trouble following a familiar recipe or keeping track of bills can occur when experiencing memory changes.

3. Difficulty completing familiar tasks.

Memory changes can include not remembering how to drive to a familiar location.

4. Confusing places and time.

Losing track of the date and passage of time can be a sign as the disease progresses.

5. Trouble understanding images the space around them.

This can look like having trouble with balance or difficulty reading.

6. New problems with words in speaking and writing.

Forgetting the name of a familiar object or calling it by the wrong name can be a sign.

7. Misplacing things and losing the ability to retrace steps.

One might put things in the wrong place or make accusations of stealing.

8. Having Poor judgement.

This can look like using poor judgement when dealing with money.

9. Withdrawal from work or social activities.

A person might lose the ability to hold a conversation or play their favorite game.

10. Changes in mood and personality.

Changes in mood and sudden feeling of anxiety could occur with the onset of dementia.

SATURDAY, MAY 4, 2024 | 11AM - 7PM | SPRING LAKE PARK

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MEMORIALS

Rick Buchanan

Diane and Jimmy Barfield
Gary Buchanan
Rebecca and Leon Power
Sherry and John Ross

Nancy Carlow

Lisa and Bobby Howell

Donna Colquitt

Sherry and John Ross

Kay Davis

Lisa and Bobby Howell

Mary Ann Davis

Patricia and Thomas Wagy

Jane Guthrie

Patty and Holmes Morel

Joe Hall

Lisa and Bobby Howell

Pam Smotherman

Jacqueline and William Gooding
Suzy and John Heath

Mary Sturdivant

Joined in Christ Sunday School Class

James Wheeler

Robin and Terry Kelly

PROJECT LIFESAVER FOR BOWIE COUNTY

Project Lifesaver is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for "at risk" individuals who are prone to the life-threatening behavior of wandering. The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition.

HOW IT WORKS:

Working hand in hand with trained law enforcement and other public safety agencies, Project Lifesaver saves time, money, resources, and lives. Eligible clients will wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. If an enrolled client goes missing, the caregiver notifies their local Project Lifesaver agency, by **calling 911** and a trained emergency team responds to the wanderer's area. The first responders will then use the client's individualized frequency to triangulate the position of the individual, in an effort to locate them & return them home safely.

4,259

RESCUED TO DATE INTERNATIONALLY

LOCATES

DAY OR NIGHT

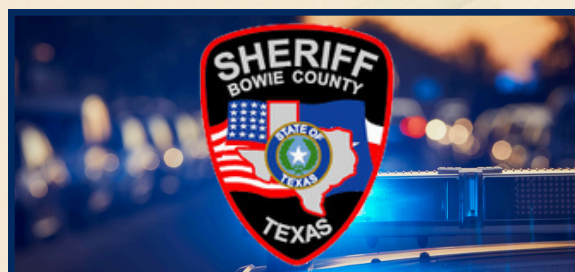
Does your loved one qualify for Project Lifesaver?

- ☐ Not allowed to drive a vehicle
- ☐ Unable to live alone
- ☐ Must be supervised at all times

If your loved one meets the qualifications,
contact the Alzheimer's Alliance to enroll:



903-223-8021



COMING SOON TO MILLER AND CASS COUNTY!



TIPS FOR GIVING MEDICATION

It is crucial to understand how to safely and effectively administer medications to those with Alzheimer's or other related dementias. Steps can be taken to make the process effortless for both caregiver and loved one. Below are tips for giving medications:

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USE A PILL BOX ORGANIZER

Using a pill box organizer can ensure medication is taken on time.



DEVELOP A ROUTINE

After checking with your pharmacist on how the prescribed medication should be taken, develop a routine. After dinner or before bed can be a great time to take medications.



IF THE PERSON REFUSES THE MEDICINE, STOP AND TRY AGAIN LATER

If your loved one is refusing medication, it is best to try again later to avoid agitation. This is in the best interest of both caregiver and loved one.



IF THE PERSON IS HAVING TROUBLE SWALLOWING, ASK IF THE MEDICATION IS AVAILABLE IN ANOTHER FORM

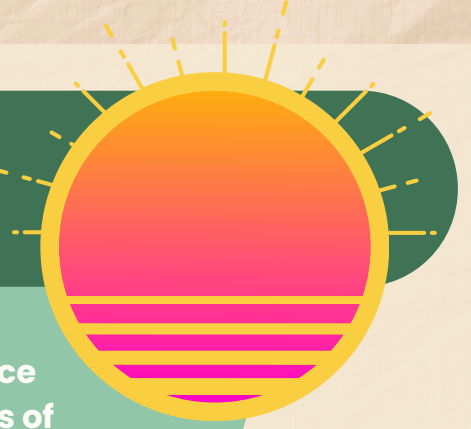
Consult with your physician first to see if the medication comes in a liquid form or can be crushed and added to food.



MAKE CHANGES FOR SAFETY

Keep medications in a safe secure spot. Throw out any unused or expired medications.

Sundowning



Experiencing heightened confusion, often referred to as sundowning, is a frequent occurrence among individuals with Alzheimer's or other forms of dementia during the evening and nighttime hours.

This "sundowner's syndrome," it is not a specific disease. It is a combination of symptoms or dementia-related behaviors including sleep disruptions, anxiety, restlessness, hallucinations, wandering, and disorientation. The exact cause is not fully understood but, sundowning may be associated with disease progression and alterations in the brain.

Factors that may contribute to sundowning:

- Exhaustion from daily activities.
- Noticing stress around them such as arguments or perceived threats.
- Navigating a new environment.

Tips to help manage sundowning:

- Schedule appointments or activities such as bathing in the morning or early afternoon.
- Encourage a routine. Try taking medications and eating at the same time every day.
- Spend time in the sunlight. Sitting on the porch is a great way to soak up the sunshine.
- Take a walk. This is a great way to get outside and stay active.
- Reduce stimulation in the evening.
- Identify calming activities. This can help avoid agitation and promote a soothing environment.

ALZHEIMER'S  ASSOCIATION

To find out more about our respite service, **Our Place Day Respite Center**, or to learn more about our **support groups** (pg.2) contact us!

903-223-8021



100 Memory Ln.
Texarkana, TX 75503



alztristate.org

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