

Caring Together



Alzheimer's Alliance
TRI-STATE AREA
ARKANSAS • OKLAHOMA • TEXAS



The mission of the Alzheimer's Alliance Tri-State area is to empower those affected by Alzheimer's disease with resources for enhancing their quality of life through education and support.

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

January 2019

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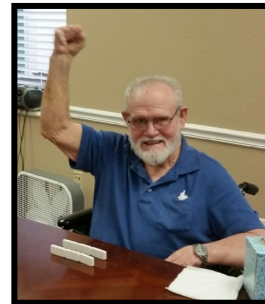
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Connect With Us!

WWW.ALZTRISTATE.ORG

100 MEMORY LANE
TEXARKANA, TX 75503

903-223-8021



2019
HAPPY
NEW YEAR



VOLUNTEER SPOTLIGHT

Kae Lever

Our Place Respite Care is blessed to have a unique group of volunteers we call Companions. Kae Lever is one of those special Companions. Kae was invited to Our Place about 4 years ago. "When I came to visit, I fell in love with the Friends and Companions and wanted to be a part of everything that Our Place does." She said that the most rewarding experience is being able to see the Friends enjoy themselves. "I love seeing them laugh, sing, dance, the jokes they tell and being able to get hugs is such a thrill." She said it's wonderful seeing how much they enjoy themselves and how they look forward to coming to Our Place.

Kae said "the thing that has helped me make a better companion is when the Alzheimer's Alliance and Our Place Day Respite sent us through a caregiver training program. We were able to experience first hand what an Alzheimer's patient goes through." Every companion goes through a simulation provided by the *Schmieding Caregiver Training Program*. They lead you through experiences of what a person with Alzheimer's would experience. Kae said it really helped open her eyes and understand on a deeper level.

Kae is very thankful for the friendships she has made through volunteering at Our Place. We are grateful for her selflessness in helping our Friends and putting a smile on everyone's face.



MEMORY SCREENING

Contact the Alzheimer's Alliance to schedule your free screening for any of the following dates:

* Memory screenings are like other routine health check-ups.



January 10, 2019

February 14, 2019

March 14, 2019

*Each memory screening takes approximately 10 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.

Memory Café

The Alzheimer's Alliance Tri-State Area will be hosting a Memory Café on January 26, February 23 and March 23 at our facility located at 100 Memory Lane. This Café is targeted towards caregivers and their loved ones who suffer from Alzheimer's disease or dementia. The Memory Café is a one-of-a-kind experience, giving caregivers the opportunity to socialize and learn in the same setting. We offer a brunch style meal followed by a caregiver breakout session, while loved ones enjoy activities in our respite center with trained volunteers. If you are interested in making reservations to attend our Café, please call us at 903-223-8021.



This Memory Café has been made possible in part by a grant from the Alzheimer's Foundation of America.

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**.

MEMORIAL CONTRIBUTIONS

Margaret Adams

Classmates-Pat Cupp, Linda Schmieder Dyer, Howard Hall, Earl Jones, Nancy Black Krupp, Jim McFerran, Sharon Wells Moore, Nelda Smith Oefinger, Sylvia Metts Odom, Erma Short, Jimmie Taylor and Mary Lou Owens Tindall Rose Lynn Russell

Susan Bishop

Angela & Robert Kusin

Georgia Bolton

Ralph Robertson, Jr.

Don Bounds

Jo Ann Ward & Lenn Lee

Donna Branin

Ruth Ann & Randy Branin

Bernard T. "Buz" Buzbee, Jr.

Anita Buzbee

Jerdine Cowling

Zada Cowling

Jerry Crane

Vicki & Michael Carr

Ramona Culpepper

DiAnn Bransford

Roger Davis

Brenda Davis
Linda Munkres
Sharon & Randy Pipes
Melinda Tickle
Yeavette & John Riley
Jo Ann Ward & Lenn Lee

Angeline Dereng

Lynne Thompson

Melba Dolezalek

Terrie Arnold & Jeff Harlow
Don Dolezalek
Jo Ann Ward & Lenn Lee

Dorothy Frances Duck

Angi & Scott Atkins
Shelia & Mike Brown
Michelle & Joe Fritz

Dora Dyer

Curt Green

William Hal Ford

Janet & John Hood

Anna Gerber

Cathy & Mark Van Herpen

Martha Grace Gooding

Jacqueline Gooding

Diane Green

Terrie Arnold & Jeff Harlow

Johnny Green, Sr

Carolyn, Paula & Maxie Johnson

Margaret Haddock

Barbara & Hollis Gentry

Emily Hall

Angela & Robert Kusin
Nancy Martin

Annette Hoover

Becky & Tommy Blake
Julie Ray & John Harrison
M & M Milling
Amanda & Pinson Razaq
Terry Robertson
Kay Sachs
Lindsay & Mark Young

Annette & Harry Hoover

Debby Durham

Doris K. James

Stephanie & Royce James

Barbara Jeans

Texarkana Door & Window
Lisa Myers & Laurie Tullos

Val Jones

Brenda Davis

Flora Kaburick

Ralph Robertson, Jr.

Juanita Lee

Lenn Lee

Lois Morris

Mike, Georgia & Jackson Cobb
Brenda & Danny Jones
Oaks Independent Friends
Margaret Sheppard

Connor Patman

Jo Ann Ward & Lenn Lee

Harley Ponder

Carolyn Mudford

Charlotte Quinn

Christine & Paul Quinn

Earnest Russell

Shelia Cook

Jerry Russell

Shelia Cook

Ben Sandefur

Sallie Dill
Norma & Fay J Durrant
Gray's Jewelers
Curt Green
Sue Ellen Hall
Jim McKinney
Regions Bank
Kim & Clay Roberts
Phyllis & Dennis Smith
Pat & Tom Wagy
Jo Ann & Lenn Lee
Eva & Marvin Womack

Nancy Sandefur

Sallie Dill
Norma & Fay J Durrant
Pat & Tom Wagy

Thomas Turner Smith

Beverly Smith

Carrell Sutton

Brenda Sutton
Jo Ellen & Gary Sutton

Alta Taylor

Annell & Gary Langdon

Nellie Thomas

Jo Ann Ward & Lenn Lee

Jane Warmack

Darla & Allen Clement

Joan and David Wetherby

Mr. & Mrs. Henry Wetherby

Earl D. Whisenhunt

Elise Whisenhunt

Donald Carrol White

Coleman Motors Inc.

Nellie Wilson

Norvin Wilson

Della Woods

Betty Whitfield

HONORARIUMS

Charles Banks

Ann & Charles Banks

Lois Barrett

Mike Stuart

Paula Carmichael

Terri West

Janie Cunningham

Elaine & Hershel Flanagan

Donna Fitzgerald Davis

Carolyn Moreland

Barbara & Howard Glick

Debbie Alkire

Bonnie Lamb

Lucy Sarrett

Margaret Mathis

Stephanie & Royce James
Mike Stuart

Harriette Odom McGary

Georgia Odom

"My Children"

Mary O'Farrell

Clara Price

Cathy & Mark Van Herpen

Remember the Ride-Becky Boyd

Christopher's Framing
-Christopher Allen
Lindsey & Jason Wilson

Sherry & John Ross

Jeanne & Swede Lee

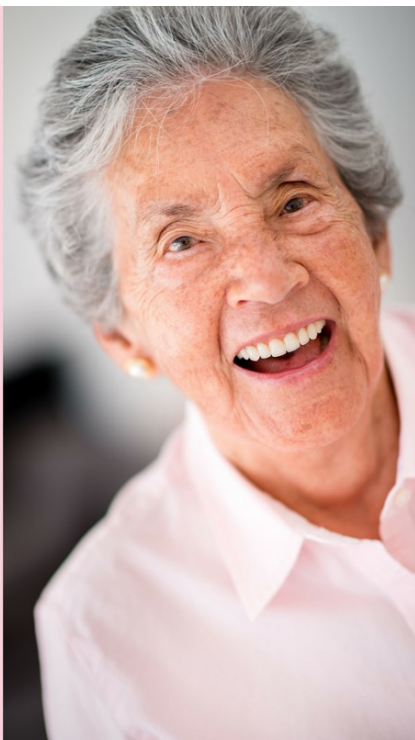
Christine Springer

Elaine & Hershel Flanagan

Jo Ann Ward

Mary & Daniel Ward

*"Don't dwell
on the disease.
Value the
moments, the
pearls of
wisdom, their
smile and
humour."*



Forgotten Cookies

- 2 egg whites
- 2/3 cup sugar
- Pinch of salt
- 1 teaspoon vanilla extract
- 1 cup semisweet chocolate chips



Preheat oven to 350 degrees F. Cover a cookie sheet with foil and grease with butter or cooking spray. Beat the egg whites until foamy. Gradually add the sugar and continue beating the egg whites until they hold stiff peaks. Add salt and vanilla. Blend well. Stir in chocolate chips. Drop teaspoonful of mixture onto the prepared cookie sheet. Put the cookies in the oven, and then turn the oven off. Leave the cookies in the oven overnight (or about 10 hours) keep the door closed so the heat doesn't escape too quickly.

HOW ACTIVITIES HELP YOUR LOVED ONE

Keeping loved ones active in hobbies and interests that give them pleasure is important after a disease diagnosis. Stimulating activities can help people with Alzheimer's encourage self-expression, foster emotional connections with others, lessen any anxiety and irritability that Alzheimer's may bring, help make them feel more engaged and stir memories. It is important to create meaningful activities for your loved ones, not just ones that fill time. Consider interests they had in the past, knowing that some activities may need to be modified for practicality and safety. Keep in mind that Alzheimer's affects behavior and senses in addition to memory. So, the activities that a person once enjoyed may become frustrating or overwhelming now. Here are 10 stimulating activities for Alzheimer's that you can try with your loved one:

1. **Bake or cook** simple recipes together.
2. **Clean around the house.** Sweep the patio, wipe the table, fold towels or try other household tasks that help the person feel a sense of accomplishment.
3. **Do arts and crafts**, such as knitting and painting. Keep patterns and tools simple.
4. **Look at books** the person used to enjoy.
5. **Organize household or office items**, particularly if the person used to take pleasure in organizational tasks.
6. **Read** the newspaper.
7. **Play music** or sing songs.
8. **Tend the garden** or visit a botanical garden.
9. **Watch family videos.**
10. **Work on puzzles.**

If your loved one resists an activity, take a break. You can try again later, or ask your senior loved one how the activity can be changed to make it more enjoyable for them. Remember to concentrate on the process of an activity and not the results. What matters is that your loved one enjoyed the time spent on it and felt useful.

ALZHEIMER'S ALLIANCE SUPPORT GROUPS

CITY	DAY/TIME	PLACE	CONTACT	PHONE
El Dorado, AR	3 rd Thursday/month 6:30 PM	Simmons First Bank 100 West Grove	Nancy Bailey	(870) 234-7410
Jefferson, TX	3 rd Tuesday/month 6:00 PM	Cypress Place Assisted Living & Memory Care 100 W Douglas Street	T. Warren	(903) 601-2124
Magnolia, AR	1 st Wednesday/month 1:30 PM	Columbia County Library-Conference Room 2057 N. Jackson	Nancy Bailey	(870) 234-7410
Mt. Pleasant, TX	3 rd Thursday/month 12:00 Noon	Titus Regional Med. Ctr. 2001 N. Jefferson	Stormi Thompson	(903) 577-6593
Mt. Vernon, TX	3 rd Thursday/month 2:00 PM	Mt. Vernon Library 100 Main St East	Gary Nelson Sally Nelson	(903) 431-5508 (903) 537-7880
Texarkana, TX	2 nd Tuesday/month 2:00 PM	Alzheimer's Alliance 100 Memory Lane	JoAnn Ward & Lenn Lee	(903) 277-1253
Texarkana, TX	4 th Friday/month 2:00 PM	Alzheimer's Alliance 100 Memory Lane	Marisa Percy	(903) 223-8021
Texarkana, TX	3 rd Wednesday/month 2:00 PM	The Magnolia Assisted Living 4205 Richmond Meadows	Betty Lawson	(903) 838-7319

Board of Directors

John Ross, President
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Bonnie Lamb, Secretary

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Melva Flowers
Christina Guzman
Lenn Lee
Lance Lurry

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Terrie Arnold
Allan Wren
Marisa Percy

WE ARE CONTINUALLY ADDING NEW SUPPORT GROUPS TO OUR SERVICE AREAS.
IF YOU ARE INTERESTED IN LEARNING MORE ABOUT JOINING A SUPPORT GROUP OR
BECOMING A FACILITATOR FOR A SUPPORT GROUP, PLEASE CONTACT OUR OFFICE AT
903-223-8021.



On December 13th, we hosted our Annual Volunteer Christmas Party. Cornerstone provided the food and their "Elves" helped serve. This is the day we get together, eat great food and celebrate the upcoming holiday with those who selflessly give the gift of their time all year-round, Our Place Companions. Without their kind hearts and fun personalities, Our Place Day Respite Center would not be the same. We love our volunteers!

Our Place fun!





Remember the Ride

The Alzheimer's Alliance Tri-State Area and Our Place Day Respite Center recently received a donation of \$7,886 raised by Remember the Ride, an effort coordinated by Becky Boyd.

The donation link is still open,

all proceeds stay local

benefiting the Alzheimer's Alliance.

[https://secure.etransfer.com/AlzTriState/](https://secure.etransfer.com/AlzTriState/RememberTheRide.cfm)

[RememberTheRide.cfm](https://secure.etransfer.com/AlzTriState/RememberTheRide.cfm)

Pictured: (Left-Right) Heather Gunsolus (Texarkana Harley-Davidson) Becky Boyd (Remember the Ride Event Coordinator), Dan Crowe (Tyson Foods), Sue Wormington (Ladies of Harley), Terrie Arnold (Alzheimer's Alliance)



PRESENTED BY:



twice as fine
**TEXARKANA
WINE
FESTIVAL**

**JIVE
FOR
FIVE**

A celebration of art, food, music and wine

**CELEBRATING
FIVE
YEARS
SATURDAY
MAY 4, 2019
SPRING LAKE PARK**



BENEFITING YOUR LOCAL RESOURCE FOR ALZHEIMER'S ALLIANCE
100% OF THE PROCEEDS REMAIN IN OUR COMMUNITY



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



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Memorials & Honorariums

Honor your family or friends by contacting the Alzheimer's Alliance and setting up a Memorial or Honorarium that will be featured in our quarterly newsletter.

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

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