

ALZHEIMER'S ALLIANCE *Tristate* *Area*

"We are not put on this earth to see through one another. We are put on this earth to see one another through."

-Gloria Vanderbilt

APRIL 2024 ISSUE

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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

Rick Buchanan

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

Janie Cunningham

Terrie Arnold and Jeff Harlow
Freida and Sonny Brainerd
Ruth Ann Branin
Danette and James Murray

Nancy Carlow

Lisa and Bobby Howell

Donna Colquitt

Sherry and John Ross

Jerry Davidson

Chayta Mills

Kay Davis

Lisa and Bobby Howell

Mary Ann Davis

Chayta Mills
Patricia and Thomas Wagy

Charles "Charlie" William Davis

Curt Green

Shane Elliot

Jerrie and Pat Raney

Jane Guthrie

Patty and Holmes Morel

Joe Hall

Lisa and Bobby Howell

Kristie Knowles

Kim and Duane Knowles

Buck Lewis

Martha and Jay Estes

Barbara Means

Andre P. Oliver

Diana Nobles

Haley and Randy Roeser

Don Purifoy

Jan and Mike Beth
Judy and Darrell Deaton
Kim and Dan Harper
Mary and Tony Johnson
Sherry and John Ross
Jeanne and Swede Lee
Brenda Swinney
Theresa and Eddie Teer
Brenda and David Thompson
Carole and Gary Watts

Curtis Seymore

Margaret Seymore

Pam Smotherman

Jacqueline and William Gooding
Suzy and John Heath
Debra and Tom Moore

Mary Sturdivant

Joined in Christ Sunday School Class

Alta Taylor

Annell and Gary Langdon

Royce Thorton

Susan and Janice Robbins

James Wheeler

Robin and Terry Kelly

HONORARIUM

Mary Katherine Weber

Tee Party

PROJECT LIFESAVER FOR BOWIE COUNTY

COMING SOON TO MILLER AND CASS 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:

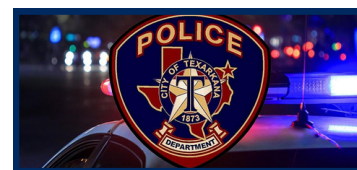
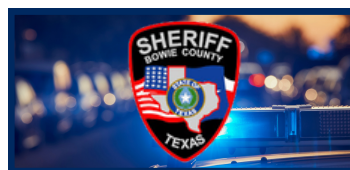
Working hand in hand with trained law enforcement and other public safety agencies, Project Lifesaver saves time, money, resources, and lives. Eligible clients will wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. If an enrolled client goes missing, the caregiver 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.

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



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

4,277
RESCUED TO DATE INTERNATIONALLY

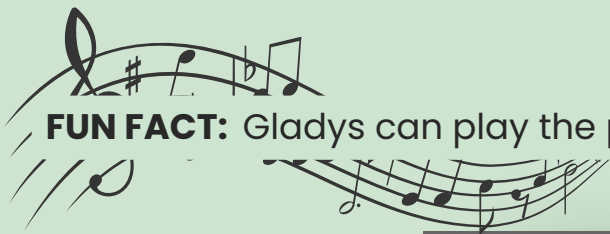
LOCATES
DAY OR NIGHT

VOLUNTEER SPOTLIGHT:

Gladys Stanley began volunteering at Our Place Day Respite Center in March 2023. She was out searching for volunteer opportunities in the community but never found one that interested her. Jeanne Lee, a volunteer at Our Place, invited her to come see the respite center and try volunteering there. Gladys says, "When I got there, I immediately felt at home. I enjoy getting to spend quality time with our friends and other volunteers. It allows me to get out of the house and get out into the community to help make a difference. Our Place makes me feel fulfilled and I leave everyday more joyful."



Gladys Stanley



FUN FACT: Gladys can play the piano and loves being able to play for our friends!

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

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

twice as fine
TEXARKANA
WINE
FESTIVAL

SPONSORSHIPS
AVAILABLE!



TEXARKANAWINEFESTIVAL.COM



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 an afternoon snack, as well as group-oriented activities and entertainment.

DID YOU KNOW?

- About 1 in 9 people (10.8%) age 65 and older has Alzheimer's dementia.
- Almost two-thirds of Americans with Alzheimer's dementia are women, approximately 4.1 million women.
- Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers.
- Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer's or another dementia.

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.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



OUR PLACE *fun!*

In this quarter, Our Place Day Respite Center shared the love!

The past few months have been radiating with love and luck! We crafted the cutest Valentine's Day gnomes and were blessed to celebrate the day with beautiful red roses. We were able to move and groove with the help of a rockin' volunteer! March was spent welcoming in warmer weather on the patio and celebrating St. Patrick's Day and Easter!

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.

From the Library:

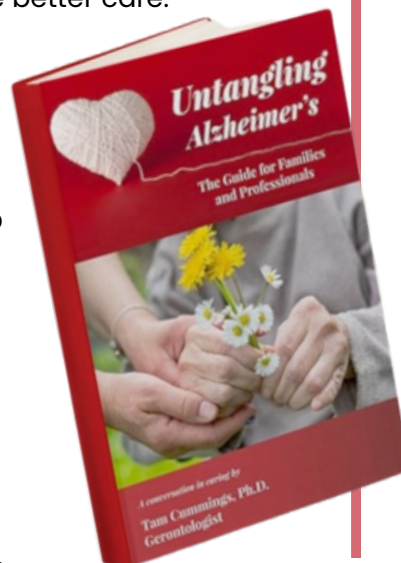
UNTANGLING ALZHEIMER'S

BY: DR. TAM CUMMINGS

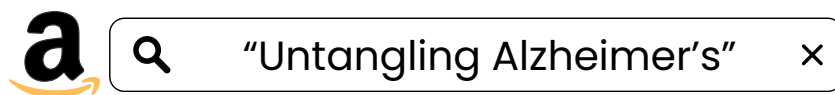
Dr. Tam Cummings is a professional gerontologist who specializes in educating dementia caregivers. Her "Untangling Alzheimer's" is "filled with real-life examples and practical tips in everyday language. This book empowers caregivers with the information they need to provide better care."

Chapter 10: Communication Techniques

- Do not embarrass someone by asking questions they are not able to answer.
- Use common memories and personal experiences and histories to jumpstart conversations.
- Minimize distractions when trying to communicate.
- Approach a person with dementia with care so you don't frighten or startle them.
- Use touch and tone of voice to communicate when spoken communication is impossible.



To purchase the book on Amazon:



HOW TO *communicate* IN THE STAGES OF ALZHEIMER'S

EARLY:

- Don't exclude the person with the disease
- Give the person time to respond
- Take time to listen while they express their thoughts
- Don't make assumptions

MIDDLE:

- Speak slowly and clearly
- Be patient and offer reassurance
- Ask one question at a time and stick to "yes" or "no" questions
- Avoid criticizing and correcting

LATE:

- Identify yourself and speak slowly
- Treat the person with dignity and respect
- It's OK if you don't know what to say
- Encourage nonverbal communication like pointing and gesturing

ALZHEIMER'S ASSOCIATION

SOLUTIONS TO HOARDING HAZARDS

Hoarding involves excessive accumulation and difficulty discarding items. It is driven by various reasons including memory loss, confusion, and paranoia, often associated with Alzheimer's disease. This behavior can lead to challenges in organization and decision-making, with individuals hiding items to feel safe or complete tasks. Here are a few ways to avoid some of the hazards that come with hoarding.

Look for unsafe or unsanitary conditions.

Piles can increase the risk of respiratory illnesses due to the accumulation of dust and mold. These can also increase the risk of falls and fires.

Check for fire hazards.

Get rid of any extra items near or around radiators, fireplaces, stoves, etc. that could potentially start a fire. Ensure that pathways and exit doors are unobstructed and that smoke alarms are functioning properly.

Keep tabs on trash.

Check garbage cans for hidden items and promptly dispose of any trash from the area.

Check pantry and refrigerator items frequently.

Toss out items that have expired or have a foul smell to avoid the intake of expired foods. Because Alzheimer's can decrease taste and smell, foods may sit for longer than needed in these areas.

Clear out the mess slowly.

Easing into the decluttering process may help ease emotional distress and anxiety.

Learn hiding places.

Typical hiding spots for items may be inside trash, closets, and pocketbooks, as well as under cushions and beds.

Nursing Homes vs. Memory Care

Those living with Alzheimer's or another related dementia will require help when dealing with day-to-day tasks as the disease progresses. Making the choice to reside your loved one within a nursing home or a memory care facility can be a difficult choice.

Below is more information about these types of facilities:

Nursing Homes:

Typically, the nursing home is staffed 24/7 and 365 days a year. The main purpose is to assist people who are dealing with a persistent health condition. The staff mainly consists of nursing staff, doctors, and other health care professionals like occupational and speech therapists.

Nursing homes tend to offer a higher level of care than an assisted living facility and provide meals, housekeeping and personal care.



Memory Care:

The purpose of a memory care facility is to serve seniors with cognitive disabilities, particularly those with Alzheimer's or other related dementias. Memory care facilities aim to meet residents physiological and psychological needs at every stage of the illness. Residents will receive care that is tailored to their needs depending on what stage of the illness they are in. Amenities in the facility are designed to help residents regain their purpose in life and regain their self-worth. Staff in the facilities help with bathing, eating, and dressing. The staff will also offer a multitude of stimulating activities.

The staff is trained to ensure the safety of their patients. To do this, the unit may be locked to ensure wandering is controlled.

ALZHEIMER'S ASSOCIATION

IMPORTANT DATES:

Support Groups:

- April 3rd
- May 1st
- June 5th

📍 100 MEMORY LN.

🕒 2:00 PM

Memory Cafe:

- April 20th
- May 18th
- June 15th

📍 100 MEMORY LN.

🕒 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



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