



FEBRUARY 2024



# CARING TOGETHER

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

## IN THIS ISSUE:

|       |                                                |
|-------|------------------------------------------------|
| PG. 2 | SUPPORT GROUP DATES                            |
| PG. 3 | MEMORIALS AND HONORARIUMS<br>PROJECT LIVESAVER |
| PG. 4 | SPEAKING ABOUT MEMORY CHANGES                  |
| PG. 5 | BEING A CAREGIVER                              |

## 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:

- FEBRUARY 7TH - 2:00 PM
- MARCH 6TH - 2:00 PM
- APRIL 3RD - 2:00 PM

100 MEMORY LN.

## MEMORY CAFE:

- FEBRUARY 17TH - 10:00 AM
- MARCH 16TH - 10:00 AM
- APRIL 20TH - 10:00 AM

100 MEMORY LN.

# 10

## WAYS TO HELP A FAMILY LIVING WITH ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

### 1. Educate yourself about the disease.



Learn about the effects of this disease and how to respond.

### 2. Stay in touch.



Show you care by calling them or sending a card.

### 3. Be patient.



Adjusting to this diagnosis is life-changing for everyone involved.

### 4. Include the person with dementia in conversation.



Encourage communication as skills decline.

### 5. Offer support.



Simply offering support and friendship can provide comfort.

### 6. Help the family with tasks



Helping clean or cook can be a tremendous help to caregivers.

### 7. Provide a break for family members.



Spend time with the person with dementia while the family rests.

### 8. Be flexible.



Let the family know you're there at any time for assistance.

### 9. Encourage family members to participate in leisure activities.



Invite them to take a walk or another relaxing activity.

### 10. Get involved with the Alzheimer's cause.



Show your support by joining the fight against Alzheimer's and other related dementias.

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

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# MEMORIALS

## Janie Cunningham

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

## Charles "Charlie" William Davis

Curt Green

## Shane Elliot

Jerrie and Pat Raney

## Barbara Means

Andre P. Oliver

## Diana Nobles

Haley and Randy Roeser

## Don Purifoy

Jan and Mike Beth  
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

## Pam Smothermon

Debra and Tom Moore

## Alta Taylor

Annell and Gary Langdon

## Royce Thorton

Susan and Janice Robbins

## HONORARIUMS

### Mr. and Mrs. Danny Gray

Molly and Dennis Chambers

### Mr. and Mrs. Paul Hardy

Molly and Dennis Chambers

### Tee Party

Mary Katherine Weber

### Mr. and Mrs. Dennis Young

Molly and Dennis Chambers

### Dr. and Mrs. David Williams

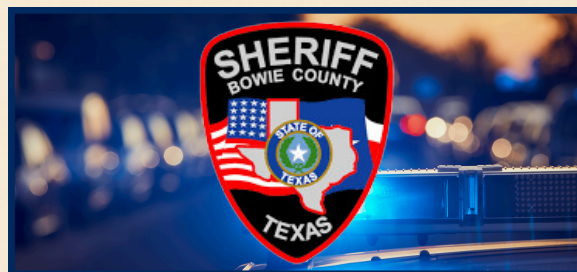
Molly and Dennis Chambers

## 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.



### 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**

**4,243**

RESCUED TO DATE INTERNATIONALLY

LOCATES  
**DAY OR NIGHT**





## TIPS FOR SPEAKING ABOUT MEMORY CHANGES

Starting a conversation with someone about their recent memory changes can be a sensitive topic to approach. Below are reminders when having this conversation with your loved one:

### EDUCATE YOURSELF

Begin by educating yourself on memory changes and its potential effects on your loved one.

### BE PATIENT

Know that conversations you have may happen more than once. Remain calm and keep your tone and body language in mind. Keep them in the conversation for as long as possible.

### BE CONSIDERATE

Use considerate language and analyze how the words you use may impact your loved one. Referring to memory changes in a less intimidating way may be less frightening.



## ALZHEIMER'S ALLIANCE TRISTATE AREA WAS AWARDED



**2023 NON-PROFIT OF THE YEAR**  
BY THE TEXARKANA CHAMBER OF COMMERCE

## CHOOSING ACTIVITIES TO DO WITH LOVED ONES WITH ALZHEIMER'S



While activities that brought your loved one joy in the past may not be suitable for their current stage of dementia, adjustments like the ones below can be made to rekindle their interest and enjoyment in these activities.

ALZHEIMER'S ASSOCIATION

- 1 — Help get the activity started**  
People with dementia may have difficulty organizing, planning, and completing tasks but still have energy and enthusiasm for activities. If a task is not going well, try again at a different time or make adjustments to simplify the task.
- 2 — Offer support and supervision**  
Clear and concise steps may be necessary to guide someone through an activity. Spending time together is the most important task. You want your loved one to feel like they have contributed!
- 3 — Be flexible**  
If someone resists doing something, it may be due to inability or fear. It's best not to force the issue and to consider an alternative approach suggested by the individual. Adjustments can be made later if necessary.



# BEING AN ALZHEIMER'S DISEASE CAREGIVER

While providing care, it is crucial for caregivers to remember their own emotional and physical needs.

Coping with the strain of caregiving involves acknowledging and managing a range of emotions, including negative feelings.



**Below are normal caregiver feelings and how to address them:**

## **Being Frustrated:**

When frustrated, it is important to take a step back and take a deep breath. Starting a new activity can help refocus your mind.

## **Asking for help:**

Lean on your family and friends for support. Local agencies can help with resources in the community to assist with caregiving. These may include support groups, respite care, or home health services.

## **Grieving:**

It is completely normal to be upset that things are not the way they used to be. Everyone's experiences with grief are different. Be kind to yourself and allow yourself to feel your emotions, whatever they may be. Support groups can be a great way to process these complex emotions and find other caregivers that have endured the same hardships.

## **Making mistakes:**

No one is perfect and mistakes happen. It is through these mistakes that we can learn and grow as caregivers. At the end of the day, what matters most is that we show our loved ones that we care and are doing our best to provide them with the support they need.

## **Knowing your limits:**

Taking care of others can be incredibly rewarding, but it can also be physically and emotionally draining at times. It's important to remember that you are valuable and deserve to take care of yourself as well. Self-care isn't selfish. It's necessary for both you and the people you care for.

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: [alztristate.org](http://alztristate.org) (Under the Services Tab!)