

ALZHEIMER'S ALLIANCE



TRI-STATE AREA

JULY 2022 ISSUE



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Sondra and Doug Watts

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CARING TOGETHER



Our Place Day Respite Center

Respite refers to a short time of rest or relief. It provides a break from the typical care routine allowing the caregiver some down time while the person with Alzheimer's or dementia-related disorders continues to receive care from qualified individuals and has the opportunity for different experiences and social interaction.

We offer respite care at Our Place on Tuesdays, Wednesdays and Fridays from 9:00 am to 3:00 pm.

We have a light breakfast, a full lunch, and an afternoon snack. We also have activities that engage our entire group of Friends, as well as daily entertainment.



We are thrilled to be back open after a very difficult time for all of us. The Alzheimer's Alliance takes great precautions to keep everyone as safe as possible. Please come join us!

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

Contact Us :

Phone: 903-223-8021

Website: alztristate.org

Location: 100 Memory Lane

Texarkana, TX 75503

VOLUNTEER SPOTLIGHT

Sondra and Doug Watts



This giving couple has served the Alzheimer's Alliance for the past six years. They are a tremendous asset to this organization.

The Watts family is also active with American Red Cross and their church, West Side Church of Christ, where they participate in a monthly food pantry and Laundry Love, a program that pays for individuals laundry to be washed at the local laundry mat.

Sondra said, "my most rewarding memories made while volunteering include seeing our friends with Alzheimer's or another form of dementia remember specific stories and interactions while spending their time with us".

Doug communicated how his own life experiences of caring for family members has given him a new perspective. "This place really does give the caregivers relief when they desperately need it", he said.

We cannot express enough how grateful we are that both Sondra and Doug choose to devote their free time at Our Place Day Respite Center. The Watts family exemplifies the acts of willingness, patience, and generosity.

Please let us know if you are interested in becoming one of our valuable volunteers. We are in need of your help!! Please call 903.223.8021 for more information.



Quick Tip!

If your loved one with Alzheimer's or another form of dementia starts having severe symptoms and/or change in mood that happens suddenly, go see your doctor. It could be a possible UTI that is causing their symptoms to increase.

Support Alzheimer's Alliance - Texarkana Area Inc.

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile



Feel guilty about all of your
purchases on Amazon?

Help support the Alzheimer's
Alliance by shopping through
Amazon Smile!

0.5% of purchases will be automatically donated
with no extra cost to you! A little bit, goes a very
long way!! Make your shopping count!

Alzheimer's Myths

- ✘ **Memory Loss is a natural part of aging:** As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.
- ✘ **Alzheimer's disease is not fatal:** Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.
- ✘ **Only older people can get Alzheimer's:** Alzheimer's can strike people in their 30s, 40s, and even 50s. This is called younger-onset Alzheimer's (also referred to as early onset). It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes the over 5 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease.
- ✘ **Drinking out of aluminum cans or cooking in aluminum pots and pans can lead to Alzheimer's disease:** During the 1960s and 1970s, aluminum emerged as a possible suspect in Alzheimer's. This suspicion led to concern about exposure to aluminum through everyday sources such as pots and pans, beverage cans, antacids and antiperspirants. Since then, studies have failed to confirm any role for aluminum in causing Alzheimer's.
- ✘ **Aspartame causes memory loss:** According to the FDA, as of May 2006, the agency had not been presented with any specific evidence that would lead to change its conclusions on the safety of aspartame for most people. The agency says its conclusions are based on more than 100 laboratory clinical studies.
- ✘ **Flu shots increase risk of Alzheimer's disease:** A theory linking flu shots to a greatly increased risk of Alzheimer's disease has been proposed by a U.S. doctor whose license was suspended by the South Carolina Board of Medical Examiners. Several mainstream studies link flu shots and other vaccinations to a reduced risk of Alzheimer's disease and overall better health.

Greater Texarkana
Young Professionals
donates \$1,000 to
the Alzheimer's Alliance



OVER 15,000
PEOPLE ATTENDED

twice as fine
TEXARKANA
WINE
FESTIVAL

\$2 MILLION RAISED
SINCE THE BEGINNING



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

Marlene Alexander
Jo Ann Ward

Pat Beckham
Kim and Duane Knowles

Randy Branin
Bonnie and David Lamb
Nolan and Janet Smith
Cathy and Mark Van Herpen
Kathryn Williamson
Judy and Rex Pope
Stephanie and Royce James
Donna Morris
Denise and James Goodwin
Sherry and John Ross III
Patricia and John Stephens
Mary and Donald Yeatman
Mary Karold Rhodes
Nancy Barlow
Pam and Ricky McDaniel
Kay and Mike Lincoln
Gayle Wright
Jo Ann Ward

Sandra Carter
Chayta Mills
Daphne and Mike Cox

Paula Childers
Mary Alice O'Farrell and Family

Shirley Ann Clements
Curt Green

Anita Colvin
Greta Alexander

Delphynne Davis
Delta Sigma Theta- Texarkana Alumnae Chapter

Tommy Sue Fleming
Mr. and Mrs. Jacky Lee

Billy Ray Fahr
Annette Kilker
CHRISTUS St. Michael Health
System-Sisters and Administration
Terrie Arnold

Nathan E. Jones, Jr.
Ethel P. Jones

Odistene Jones
Kim and Duane Knowles

Jack McCubbin M.D.
Terrie Arnold
Julianne and Phillip Ellis
Stephanie and Royce James

Mary Norwood
Jeanne Scogin

Nannette Pope
Stephanie and Royce James

George Posavad
Jerrie and Pat Raney
Jane and Richard Elrod
Terrie Arnold

Joyce Pugh
Juliane and Phillip Ellis

Mildred Ann Robertson
Kim and Steve Boyce
Amy and Josh Lawrence

Carolyn Riggins
Daphne and Mike Cox

Rick Rogers
Sherry and John Ross III
Selden and Kathy McMillin
Patricia and John Stephens
Jane Daines
Cary Patterson
Ann Coleman
Stacy Carter
Stephanie and Royce James
Annick and Dex Rogers
Mr. and Mrs. William Morriss
Freida and Sonny Brainerd
Barbara and Howard Glick
Jeanne and Swede Lee
Diane Pope and Randy King
Norma and Fay J Durrant
Jessica and Mike Smith
Jo Ann Ward
Charley and Jeffrey Swann

Ben and Nancy Sandefur
Vicky and Mike Sandefur

Curtis Seymour
Margaret Seymour

Donna Shambarger
Bella and Ayres Fuqua

Barbara Sue Terral
Jim and Becki Terral's Fellowship Fund
Susan and Robert Henderson
Fran and Bob Wyatt

Elizabeth Ann Walthall
Juliane and Phillip Ellis

Terry Willett
Curt Green

Mary Young
Greta Alexander

Honorarium

Margaret Mathis
Stephanie and Royce James

Texarkana Oaklawn Rotary donates \$600 to the Alzheimer's Alliance



OUR PLACE



EATING TIPS

Because the brain is involved in all aspects of eating, when parts of it are damaged by Alzheimer's, a person can have trouble eating. Loss of appetite, being unable to feed yourself or even forgetting how to chew and swallow are all ways Alzheimer's can impact eating habits.

Encourage

Individuals with dementia may get distracted and lose interest in eating. A good way to spur their interest is by inviting them into the kitchen while foods are cooking—aroma is a powerful appetite stimulator.

Make it Easy

Give only one food item at a time; a busy plate can be confusing. Use utensils that afford the person the best chance to have success at eating; for example, a spoon may be easier to use than a fork in terms of lifting food off the plate and up to the mouth.

Be Social

Remember, meals are social events that we all enjoy! Take time to sit with the person. You can offer companionship and conversation, and if the person needs reminders or assistance, you'll be there to help.





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

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