

# ALZHEIMER'S ALLIANCE

## Tristate Area

"IT IS NOT HOW MUCH YOU DO, IT IS HOW MUCH LOVE YOU PUT IN THE DOING." - MOTHER TERESA

OCTOBER 2023 ISSUE

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**Twice as Fine Wine Festival**  
**May 4, 2024**

**Volunteer Spotlight**

Andy Oliver





# CARING TOGETHER



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

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.



## Contact Us :

Phone: 903-223-8021 Website: [alztristate.org](http://alztristate.org)  
Location: 100 Memory Lane Texarkana, TX 75503



## 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. For more information on volunteering at the Alzheimer's Alliance, download our Volunteer Recruitment Packet on our website ([www.alztristate.org](http://www.alztristate.org)) or contact us for more information or additional questions.

Email: [collins@alztristate.org](mailto:collins@alztristate.org)  
Phone: (903) 223-8021

**We just ask that volunteers commit to at least one day a week, Tuesday, Wednesday or Friday from 9am-3pm.**

# 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](http://www.alztristate.org).

## Memorial Contributions

### **Marie Chaney**

Carol Ann May

### **Jane Dickson**

Brenda and James Moore

### **Melba Dolezalek**

Don Dolezalek

### **Howard Dunham**

Shirley Anderson

Dianne and J.O. Barfield

Suzanne and Brantley Foster

Tonya and Tim Gates

Debbie and George Kennedy

Jefferey Teague

Joyce, Cole and James Ward

Kathy and David Welch

Mary and Mike Wischkaemper

### **Lonnie Early**

Fischer Utility and Mechanical

Mary and Delton Gwinn

Larry Oxford

Robyn Wolf

Sada and Fred Hutcheson

Annell and Gary Langdon

Melaine and Greg Cockrell

Adams, Charltons and Wolfs

### **Patsy Green**

Susan and Dennis Landreaux

Liza McCubbin

Julie and Guy Willis

### **Bobbie Graham**

Patricia and Buddy Erwin

Jeanne and Swede Lee

### **Stanley Jones**

Curt Green

### **Ray Ledford**

Cari Brown

### **Jacky Lee**

Flanagan / Andrus

Frank McClain

### **Janice Musgrove**

Liza McCubbin

### **June Martindale**

Don Dolezalek

### **Joann Pappas**

Liza McCubbin

### **Willie Jewel Ray**

Sherry and John Ross

### **Delia Mae Roberts**

Agnes Fields

### **Dorothy Schelkopf**

Paula and Michael Foster

### **Curtis M. Seymour**

Margaret Seymore

### **Mary Ulmer**

Sylvia and John Ulmer

## Honorariums

### **David Haynes**

Tammy Butler

### **Patsy Morriss**

Terrie Arnold

### **Alfred Renfro**

Pat and John Stephens

## 5 Ways to Support Your Caregiver Friends:

1. Don't ask them to talk about their loved one's condition. They will talk about them when they're ready.
2. Don't pity or talk down to them.
3. Don't use a name to describe their condition. Some caregivers become annoyed at this, saying that their loved one "does not have Alzheimer's."
4. Never direct your attention exclusively to the caregiver or talk around the person whose brain is changing. That makes both parties feel unimportant.
5. Don't be afraid to send a text or give them a call. Let them know you care.





## OUR PLACE FUN!

# Alzheimer's Affect

## ON EYESIGHT



“Many individuals with Alzheimer’s disease may have a critical vision impairment where there may be nothing physically wrong with their eyes, but the brain is not fully processing visual information. The brain cannot interpret what is being seen,” said Kenya Farrow

### VISUAL IMPAIRMENTS FOR CAREGIVERS TO WATCH FOR:

#### DIFFICULTY WITH DEPTH PERCEPTION:

When an individual experiences visual impairment, it can be challenging to judge the distance of an object, recognize elevation changes, and differentiate between 3D and flat objects. As a result, they may appear and feel off-balance. Even the slightest changes in flooring, such as a carpet that connects to a tile floor, may be perceived as a step up or down. Often, individuals may attempt to pick up flowers on a tablecloth print.

#### HOW TO HELP:

Placing brightly colored tape on the edge of stairs and keeping areas well lit can allow your loved one to see better.

#### LOSS OF CONTRAST SENSITIVITY:

Objects that appear to be the same color can be difficult to see (e.g. an all-white bathroom).

#### HOW TO HELP:

Use high-contrast colors when possible (e.g., painting the wall behind the toilet a different color or putting mashed potatoes on a dark colored plate).

#### PERIPHERAL FIELD LOSS:

Individuals may experience difficulty navigating around their homes without tripping or bumping into objects due to their inability to see things on the side, top, or bottom. This visual deficit can also impact their ability to detect motion.

#### HOW TO HELP:

Only place objects in front of the person and try to de-clutter where possible.

#### SPECIAL NOTE ON GLARE:

Kenya Farrow explains, “Contrast is our friend. Glare is our enemy.”. To a person who has Alzheimer’s, a shiny floor may look wet. Placing a non-slip mat on a tile floor can help reduce the glare on the floor. Closing window blinds and covering mirrors are a great tool because your loved one might perceive the person they see as a stranger.



# HOW USING *music* CAN HELP



Alzheimer's and other memory loss diseases can be incredibly isolating, but music has proven to be an effective way to relate to patients. Even if patients don't recognize their loved ones, they can still sing along to familiar songs, providing a sense of comfort and familiarity. Turning on your loved one's favorite song can even reduce agitation or frustration and improve the skills they have been working on with their physical therapist.

The AFA has free online and in-person music offerings that can be found at:  
[alzfdn.org/afatealroom](http://alzfdn.org/afatealroom)



## Making the Holidays

### DEMENTIA FRIENDLY

- **Adapt favorite traditions or create new ones**

Baking or cooking their favorite dish can be a way to build on traditions. Going to look at holiday lights is a great new tradition to add for the holiday season. Involve your loved one by asking them what traditions they enjoy doing. This will help you make a plan and prioritize!

- **Prepare the person for guests**

A phone call or Facetime can be a great way to get your person familiar with new guests that may arrive. Showing photos can help as well.

- **Be open with your guests**

For guests that aren't regularly around, tell them about your person and about topics that might upset them. Inform your guests about ways they can communicate better with your loved one.

- **Avoid over-decorating**

Be cautious of overly stimulating decorations such as flashing lights and noises. Instead of elaborate decorations, choose a few simple items! Setting up decorations over a period of time can also help to not overwhelm your loved one.

- **Preserve normal routine**

Changes in one's schedule can be challenging for someone with dementia. Try to make time for things in their normal routine like taking walks in the morning.

- **Take a strengths-based and person-centered approach**

It's more beneficial to concentrate on what a person can currently do and the choices they make, rather than fixating on their past actions.

# VOLUNTEER SPOTLIGHT: *Andy Oliver*

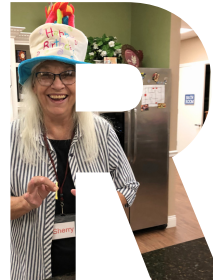


Jo Ann Ward, a volunteer at Our Place, invited Andy to volunteer because she thought she would be a wonderful asset. Andy had been a caregiver for her mother who had dementia.

Andy has been a volunteer at Our Place Day Respite Center since it opened in 2013. Andy states, "it has been the most rewarding experience for me." Through her involvement with the respite center and caring for her mother, Andy has been able to witness how music can impact individuals with dementia. Her mother was a singer and was involved in church. She recalls seeing her mother's eyes light up when the choir music began.

Andy explains, "she may not have remembered anything else, but when that music came on it was like she was a different person." Andy loves seeing how music can allow individuals with dementia to reminisce while bringing joy to their hearts.

We are so thankful to have volunteers like Andy who are dedicated in their efforts to help the community.



TWICE AS FINE  
TEXARKANA WINE  
FESTIVAL  
SATURDAY MAY 4TH, 2024



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# QUESTIONS

## TO ASK WHEN CONSIDERING A MEMORY CARE COMMUNITY

Care for individuals with dementia and Alzheimer's can range from assisted living in the earliest stages, when less personalized care is needed, to memory care in mid-to-late stages.

Use these questions to guide your search:

### 1 Who's running the place?

When touring, it's probable that the community's marketing and sales director will accompany you. Be sure to speak to the executive director about how to engage as a family member, how concerns are addressed, staff training and certification, COVID policies, and resident security.

### 2 What type of medical care is available?

When selecting a memory care community, it's essential to communicate with their nursing staff and medical director to determine their level of involvement with residents' family members. Most communities have at least one registered or licensed nurse practitioner available 24/7 on the floor.

### 3 How do the staff interact with residents?

When searching for a care facility for your loved one with dementia, make sure to ask about staff training. A typical caregiver ratio is one to five or six residents, with some facilities assigning the same caregiver to each resident every day. However, this can vary significantly. Inquire about how caregivers are trained to handle dementia behaviors, particularly in situations of distress, anger, and aggression. It's essential to understand their approach and determine if it aligns with your comfort level.

### 4 What types of stimulation are available and how often?

Check if they have dedicated spaces for both higher and lower-functioning individuals and inquire about how they ensure activity participation. Find out how much time residents typically spend in their rooms. Also, consider whether or not having TVs in resident rooms aligns with your views, removing TVs can encourage residents to seek out more engaging activities.



## Important Dates

### Support Groups

- October 11th @ Cornerstone
- November 1st
- December 6th

### Memory Café

- October 28th



## 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](http://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](http://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](http://www.arcf.org/toolsforsmartgiving/giveonline.aspx) or call our office for more information



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