

ALZHEIMER'S ALLIANCE

Tristate Area

JULY 2025 ISSUE



IN THIS ISSUE:

MEMORIALS & HONORARIUMS

PROJECT LIFESAVER

STAFF SPOTLIGHT

HOW TO PROACTIVELY
MANAGE DEMENTIA

**LAYERS OF
CAREGIVING**

SUPPORT GROUP
DATES



"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others." -DeAnn Hollis

Mission Statement: To empower those affected by Alzheimer's disease with resources for enhancing their quality of life through education and support.

MEMORIALS & HONORARIUMS

MEMORIAL CONTRIBUTIONS

Peggy Dukelow

Cathy and Mark Van Herpen

Eric Hagelberg

Wilf & Henderson

Austine Harris

Becky & Matt Duncan

Debra Johnson

Carington Bright

David Parsons

Vicki Orr

Bill Pearcy

Lorraine Emmons

Liza McCubbin

Bob Pearcy

Lorraine Emmons

Rita & William Morriss

Joan Carter

Jo Ann Pope

Bonnie Judd

John Price

Cathy and Mark Van Herpen

Reliance Mechanical

Loretta Rose

Sandra and Dusty Penecost

Kathy & Reavis Cornett

Brenda & Ryan Cornett

Janet Gummerman

Daphne and Mike Cox

Margie Ruzicka

Don Dolezalek, Sr.

Bob Scott

Becky & Matt Duncan

Wesley Self

Liza McCubbin

Alta Taylor

Annell and Gary Langdon

HONORARIUMS

The Takacs Family

John Ross

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.



PROJECT LIFESAVER

Bringing Loved Ones Home

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: CALL 911

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
- ☐ Cannot 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

4,365

RESCUED TO DATE INTERNATIONALLY

LOCATES

DAY OR NIGHT

AVERAGE RECOVERY TIME:

30 MINUTES



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

Now Enrolling For:
BOWIE, CASS AND MILLER COUNTIES!

STAFF SPOTLIGHT:



Jane Portis

Meet Jane Portis!

Jane Portis joined our team in January 2025 and has already made a lasting impact on the Our Place Day Respite Center. With her compassionate heart and kind spirit, Jane has brought fresh energy and meaningful improvements that have enhanced the experience for both friends and caregivers. Her dedication and warmth make her a perfect fit for our mission, and we're so grateful to have her leading this vital service. Jane has one daughter and loves her furry feline friends!

We're looking for VOLUNTEERS!

Have a desire to help members of your community in a life changing way?

Do you like to play games?

Do you enjoy the company of others?

If you or someone you know is looking for a volunteer opportunity in the **Our Place Day Respite Center**, please contact us!

903-223-8021



100 Memory Ln.
Texarkana, TX
75503



alztristate.org



twice as fine
**TEXARKANA
WINE
FESTIVAL**





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.

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 Our Place tab!)

903-223-8021

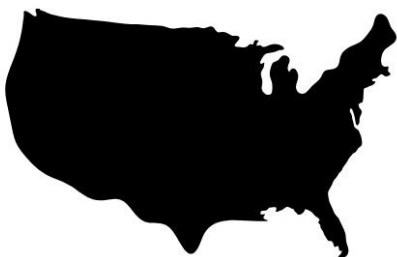


**100 Memory Ln.
Texarkana, TX 75503**



alztristate.org

Over **7.2 million Americans** are living with Alzheimer's.



About **1 in 9** people age **65 and older** has **Alzheimer's.**



ALZHEIMER'S ASSOCIATION



WHAT'S UP AT: **OUR PLACE**

In this quarter, Our Place Day Respite Center was off to the races!

This quarter, the Our Place Day Respite Center has happily welcomed new faces and got to celebrate the Kentucky Derby! We had a visit from Cal Partee and his daughter Cecille who won the Kentucky Derby in 1992 with Lil E. Tee. The Partees got to tell our friends about the history of the races and sign some pictures of their winning horse!

Thank you so much to the Partee family for sharing with us!

How to proactively manage dementia

ALZHEIMER'S ASSOCIATION

Proactive management of Alzheimer's and other dementias can improve the quality of life of affected individuals and their caregivers.

Become educated:

Being educated as a dementia caregiver empowers you to provide safer, more compassionate, and effective care. It also helps reduce stress by giving you the tools to better understand and manage challenging behaviors.

Maintain a sense of self and relationship with others

Participating in activities that bring your loved one joy helps fill them with dignity and a sense of purpose. Likewise, it is important for caregivers to participate in activities that bring them joy as well. This can help eliminate burnout and reduce caregiver depression.

Plan for the future

Planning for the future is essential for dementia caregivers to ensure their loved one's evolving needs are met with stability and dignity. It also allows caregivers to make informed decisions and avoid crises before they arise.

Are you needing help planning for the future? Our staff would love to talk to you about your next steps. Please call us at (903) 223-8021

Beat the Summertime Heat!



As temperatures rise, it's important to be extra cautious when caring for someone with Alzheimer's or other forms of dementia. These conditions can impair a person's ability to detect heat and thirst, putting them at greater risk for dehydration, heat stroke, and wandering.

Prevent Wandering Indoors: Create safe walking paths inside with visual cues and engaging activities like crafts or music.

Use Sunscreen & Protective Clothing: Apply SPF 30+ sunscreen to all exposed areas and dress in light, UV-protective layers.

Encourage Hydration: Offer water regularly and avoid caffeine or alcohol, which can worsen dehydration.

Handle Resistance Gently: Involve the person in applying sunscreen or offer choices to encourage cooperation.

Watch for Heat Illness: Be alert for signs like flushed skin, dizziness, or confusion. Move the person to a cool area and seek medical help if needed.

Alzheimer's Alliance Tip:
If your loved one doesn't like traditional sunscreen, try a spray or even powdered form!



THE CHALLENGING LAYERS OF CAREGIVING, AND HOW TO HANDLE THEM



Medical maze. Keep a binder or shared digital file of meds, appointments, diagnoses, healthcare proxy and questions.

Emotional rollercoaster. It's okay to grieve while caregiving. Joy, resentment, guilt — they can all exist at once. Don't judge your feelings. Just don't carry them alone.

Family drama. Set boundaries early. Not everyone will show up, and not everyone will agree, but transparency can reduce conflict and help you protect your peace.

Information overload. The Alzheimer's Alliance is available Monday - Friday to help you navigate this difficult journey. It can be overwhelming to know which avenue to take and which route is going to be the best for you!

Social isolation. Stay connected— even one text thread or caregiver group makes a difference. Caregiving is lonely; connection is medicine. You need people who see you, not just the caregiver.

The Alzheimer's Alliance offers support groups 2 times a week. See pg. 7 for dates!

Financial pressures. Track expenses, big and small. Explore programs like respite grants, Medicaid waivers and Veterans benefits. You might be eligible for more than you think.

Call us at (903)223-8021 to speak to one of our staff members today!



Tam Cummings, PhD

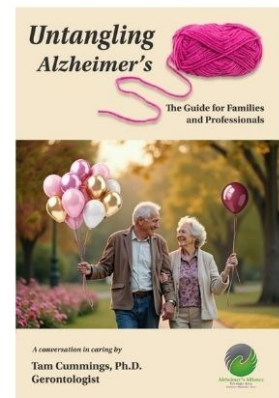
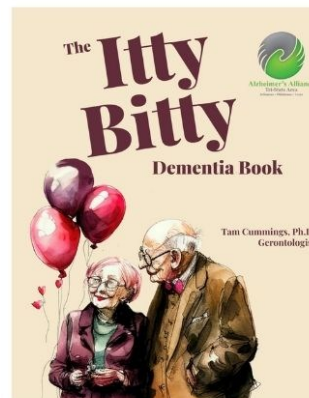
GERONTOLOGIST

Dr. Cummings is dedicated to changing the way dementia is understood and treated in the United States. She emphasizes that dementia is not just memory loss—it is a progressive brain disease that disrupts every function of the body and mind. Because early-stage symptoms are often subtle, many families don't recognize the signs until the disease has advanced.

Dr. Cummings advocates for the accurate identification of specific types of dementia, as each has its own behaviors, trajectory, and care requirements. Her approach encourages caregivers to ask questions and seek education—just as they would for any serious medical diagnosis like cancer.

In her training and writing, Dr. Cummings addresses the emotional toll of caregiving, especially the “elephants in the room”: guilt and stress. **Her goal is to equip caregivers—both professional and family—with the knowledge and tools to navigate the caregiving journey with confidence, resilience, and compassion, ultimately helping them find peace in “the long goodbye.”**

The Itty Bitty Dementia Book and Untangling Alzheimer's have been **vital** resources for the caregivers who walk through our doors. Drawing from decades of clinical experience, Dr. Tam Cummings breaks down the complex medical, behavioral, and emotional aspects of dementia care in clear, accessible language.



You can purchase either of these books by scanning the QR code below!



SUPPORT GROUPS:

2:00 PM

- JULY 2ND
- AUGUST 6TH
- SEPTEMBER 3RD

SAVE THE DATE

MEMORY CAFE:

10:00 AM

- JULY 19TH
- AUGUST 16TH
- SEPTEMBER 20TH

ALL MEETINGS HELD AT THE ALZHEIMER'S ALLIANCE

PAGE 7



Alzheimer's Alliance Tri-State Area

100 Memory Ln. • Texarkana, TX 75503
903-223-8021

The Alzheimer's Alliance is a 501(c) 3 non-profit organization

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)