

# ALZHEIMER'S ALLIANCE



## TRI-STATE AREA

JAN. 2022 ISSUE



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**Twice as Fine Wine Festival**

May 7, 2022

# 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

**Robert Beeson**

Kim and Duane Knowles

**Joan Bryant**

Sherry and John Ross III

**Frances Cain**

Pat and Bobby Wright  
Mary Alice O'Farrell

**Eloise Cotten**

Connie Moore  
Wilf & Henderson P.C. CPA's  
Dowd & Company, PLLC CPA's  
Nancy and Tom Sadowski

**Faye Farris**

Juliane and Phil Ellis

**Ruth Fincher**

Nancy and Eddie Coe

**Marilyn Glick Glosserman**

Melanie and Greg Cockerell

**Betty Greer**

Becky Bellew  
Sue Bellew

**Emily Hall**

Nancy and Eddie Coe

**Misha Havens**

Jerrie and Pat Raney

**Flora Kaburick**

Ralph Robertson

**Judy LaGrone**

Nancy and Eddie Coe  
Mr. and Mrs. Andy LaGrone  
Mr. and Mrs. Dee LaGrone and Family  
Marsha Oliver  
Rose Raines  
Red River Army Depot  
Red River Cattleman's Association

**Thomas Lott**

Susan Robbins  
Janis Robbins

**John Wayne Mcknight**

Bo Baldwin  
Linda and John Walton  
International Association of American  
Machinists

**James Merritt**

Linda Merritt

**Mary Norwood**

Sylvia Bailey  
Bonnie Congdon  
Dot Drummond  
Liza and Jack McCubbin  
Ashley Brown Boyd  
Chris Haydel  
Tena, Jake, and Josh Boyd  
Kathie and Zelpha Ray  
Allison Schultz  
Dixie Pittman  
Juliane and Phil Ellis  
Jerry and Boyd Campbell  
Cathy and Mark Van Herpen  
Debbie Bryan  
Mark and Mindy Lafferty  
Melyssa and Jonathan Loyd and Family  
Mason and Amanda Lafferty and  
Family  
Miles and Taehlor Lafferty and Landon  
Melba Boyd

**Sandra O'Neal**

Kim and Duane Knowles

**Betty Ann Rayburn**

Bill and Laura Rogers

**Sandra Rea**

Patricia and John Stephens

**Rosemary Robertson**

Jackie Rehkopf

**Frances Ross**

Kim and Duane Knowles

**Curtis Michael Seymour**

Margaret Seymour

**Willis B. Smith**

James Murphy

**Lynn Thomas**

Hubert Easley and Brenda King  
Kim and Duane Knowles  
Jeri Lynn and Greg Wilson  
Tiffany and Kenneth Wilson

**Robert Webb**

Curt Green

**David Wetherby**

Evelyne Phyllis Wetherby

**Joan Wetherby**

Evelyne Phyllis Wetherby

**Leonard Whitfield**

Betty Whitfield

**Judith Winslow**

Jerrie and Pat Raney

## Honorariums

**Molly and Dennis Chambers**

Remica and Danny Gray

**Mr. and Mrs. Danny Gray**

Molly and Dennis Chambers

**Dr. and Mrs. Alan Jean**

Molly and Dennis Chambers

**Mr. and Mrs. Weldon Johnson**

Molly and Dennis Chambers

**Margaret Mathis**

Stephanie and Royce James

**Jo Ann Ward**

Mary and Daniel Ward

**Mary Katherine Weber**

Stephanie and Royce James

**Dr. and Mrs. David Williams**

Molly and Dennis Chambers

## Candlelight Ceremony

**Herold Ayres** by Whitney and Vickers Fuqua

**Donna Branin** by Ruth Ann and Randy Branin

**Carolyn Brock** by Jo Ann Ward

**Bernard (Buz) Buzbee Jr.** by Anita Buzbee

**Odell Cigainero** by Jackie and Mike Cigainero

**Jean Cronce** by Kitty Jamieson

**Charles Cummings** by Janet and Rick Buchanan

**Tommie Cummings** by Janet and Rick Buchanan

**Mae Dager** by Bonnie and David Lamb

**Roger Davis** by Brenda Davis

**Shirley Davis** by Kathy and Seth Olmstead

**Christa Ecroyd** by Dowie Ecroyd

**Opal Jaye Ferguson** by Sherry and John Ross

**Frieda Krayl** by Robert Krayl

**Thommy Fuqua** by Whitney and Vickers Fuqua

**Rev James Garrett** by Patsy and Don Morriss

**Janie Gathright** by Gary Gathright

**Anna Gerber** by Cathy and Mark Van Herpen

**Sue Gibbert** by Jack Gibbert

**Emily Hall** by her children

**Barbara Harlow** by Jackie and Mike Cigainero

**Delma Herrington** by Haley and Randy Roeser and Debbie and James Herrington

**Orwilda Hill** by Ida Brown

**Doris James** by Stephanie and Royce James and Diana and David James

**Octavia C. Johnson**

**Frank Letterman** by Waldene Letterman

**Paul March** by Paula and Michael Foster

**Margaret Mathis** by Stephanie and Royce James

**Charles Mudford** by Carolyn Duke Mudford

**Nell James Beck Orr** by Jane Rochelle

**Ellery Phippen** by Joe Ann Phippen

**Doyle Raney** by Jerrie and Pat Raney

**Sandra Rea** by Jerrie and Pat Raney

**Marion Roye** by Jo Ann Ward

**Nancy Sandefur** by the Sandefur Families

**Ben Sandefur** by the Sandefur Families

**Virginia Stewart** by the Ron Rogers Family

**The Texarkana Volunteers and Staff** by Chayta Mills

**Ed Warmack** by Cathy and Mark Van Herpen

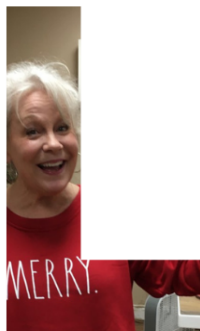
**Dave Weatherby** by Patsy and Don Morriss

**Earl D. Whisenhunt** by Elsie Whisenhunt

**Lova Wile** by Mary and Larry Copeland

**Nellie Wilson** by Norvin Wilson

**Della Woods** by Betty Whitfield





# Caregiver's Corner

## They Say, You Say

### They say...

You didn't tell me about that.

### You say...

I'm sorry. I thought I did. Let's write it down so both of us remember.

### They say...

Someone else's name instead of yours

### You say...

I love you, {loved one's first name}. I'm your son/daughter/spouse/friend {your first name}. {Name they used} is doing well.

### They say...

The bus is late.

### You say...

Darn bus!

Let me check the schedule for you.

### They say...

When are we leaving?

### You say...

Not quite yet. We have a couple of more things to do.

### They say...

Someone stole my purse/keys/etc.

### You say...

Let's check around one last time.

I might have missed it the first time I looked.

### They say...

I want to go home.

### You say...

Home is a wonderful place, isn't it? What's the best part of being home?

Let's go look in your apartment at some of your favorite things.

"When your loved one with cognitive impairment and memory loss is struggling and says something to you that doesn't make sense or hurts your feelings, try out these suggested responses.

Meet them where they are today. Introducing your reality will only shut them down".

# 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 precaution and plans to keep everyone as safe as possible. Please come join us!

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

Contact Us :

Phone: 903-223-8021

Location: 100 Memory Lane

Texarkana, TX 75503



# VOLUNTEER SPOTLIGHT

## Mary Dorsey



Mary has been a volunteer for the Alzheimer's Alliance for over two years. She works one-on-one with our friends with Alzheimer's or another form of dementia in Our Place Day Respite Center.

Mary decided to begin volunteering after retiring and becoming a caregiver for a woman with Alzheimer's. Ever since, people who have been diagnosed with this disease hold a special place in her heart. As Mary stated, "As a caregiver, the sweet woman I was taking care of would simply say 'Thank you for spending time with me today' and it made what I was doing so rewarding".

Mary's kind and fun spirit make's our respite daily activities even more enjoyable and we are very fortunate to have her!

### THREE STAGES OF ALZHEIMER'S



#### Early (Mild)

In this stage, people may:

- Forget words or misplace objects
- Forget something they just read
- Ask the same question over and over
- Have increasing trouble making plans or organizing
- Not remember names when meeting new people

#### Middle (Moderate)

In this stage, people may have:

- Increased memory loss and confusion
- Problems recognizing family and friends
- Continuously repeating stories, favorite wants (e.g., foods, places, songs, etc.) or motions
- Decreased ability to perform complex tasks (e.g., planning dinner) or handle personal finances (e.g., paying bills)
- Lack of concern for hygiene and appearance
- Requiring assistance in choosing proper clothing to wear for day, season, or occasion

#### Late (Severe)

In this stage, there is almost total memory loss. The individual may:

- Recognize faces but forget names
- Mistake a person for someone else
- Delusions- such as thinking he/she needs to go to work-may set in, even though he/she no longer has a job
- There is a strong need for holding something close for tactile stimulation, nurturing, companionship and comfort
- Basic abilities such as eating, walking, and sitting up fade during this period; the individual may no longer recognize when he/she is thirsty or hungry and will need help with all basic activities of daily living.



*save the date*  
**MAY 7, 2022**



**WE CAN'T WAIT  
TO UNWRAP  
THE 7<sup>TH</sup> ANNUAL**

*Twice as fine*

**TEXARKANA  
WINE  
FESTIVAL**

*just roll with it*

BENEFITTING THE ALZHEIMER'S ALLIANCE TRI-STATE AREA



## 10 TIPS FOR MANAGING STRESS

1. Maintain a positive attitude
2. Acceptance is key- all you can control is how you react and adjust
3. People can't help if they don't know where there is a problem-be honest and open with your feelings
4. Relax-taking time to breathe is so important
5. Get moving- exercise can help reduce stress
6. Take it one day at a time-if it's not an emergency situation, do not turn it into one
7. Sleep is important- a good night's rest keeps us functioning at our best
8. Incorporate stress management techniques into your life- be social and have fun!
9. Eat a balanced, healthful diet full of fruits, vegetables, and water
10. Set realistic goals and go slow- life is not a race, rather, it is a journey

**AAFA**  
ALZHEIMER'S FOUNDATION OF AMERICA





## 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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