

ALZHEIMER'S ALLIANCE TRISTATE AREA



OCTOBER 2025 ISSUE

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**TWICE AS FINE
TEXARKANA WINE
FESTIVAL - MAY 2, 2026**



“The best way to find
yourself is to lose yourself in
the service of others.”
— Mahatma Gandhi

Our Mission

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

MEMORIALS & HONORARIUMS

MEMORIAL CONTRIBUTIONS

Rick Buchanan

Jim, Sophia and Beatrice Cummings

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 & Mack Duncan

Alta Taylor

Annell and Gary Langdon

Wesley Self

Liza McCubbin

Wanda Robinson

Karen and Stephen Johnson

Ann Renfro

Patricia Stephens

Nathan E. "Tricky" Jones Jr.

Ethel P. Jones

HONORARIUMS

The Takacs Family

John Ross

Al Renfro

Patricia Stephens

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.

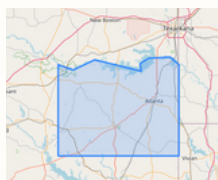


PROJECT LIFESAVER

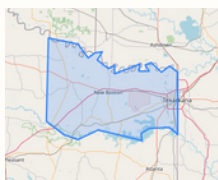
Bringing Loved Ones Home

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.

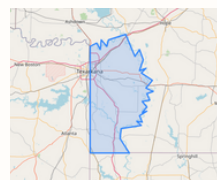
Project Lifesaver is available in:



Cass County, TX



Bowie County, TX



Miller County, AR



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

DOES YOUR LOVED ONE QUALIFY?

- 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

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.

VOLUNTEER SPOTLIGHT



Milton Radway

This month, we're excited to shine a light on Milton Radway, one of our dedicated **Our Place Day Respite Center** volunteers who makes such a difference in our community. Milton is the best face to see in the mornings and makes our friends feel like they are at a 5 star restaurant. When asked what inspired him to start volunteering, Milton shared that it was the "**warm atmosphere and the sense of community.**"

He loves the opportunity to give back while also forming meaningful friendships along the way.

For Milton, being a volunteer means "being a part of a community with lots of energy... I love the happy atmosphere." His advice for anyone who's been thinking about volunteering but hasn't taken the step yet? "Just come and visit. It's not what you think—it's a place where **our friends get to be independent and thrive in a welcoming environment.**"

Thank you, Milton, for bringing your heart and energy to our mission—we're lucky to have you!

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

After all these years...
YOU'RE
Sti 11
THE ONE

twice as fine
TEXARKANA
WINE
FESTIVAL

MAY 2, 2026
SPRING LAKE PARK
11AM-6PM



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/ourplace

903-223-8021



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alztristate.org

Alzheimer's disease is the
ONLY
cause of death in the top 10 in America that cannot be
PREVENTED OR CURED



Only 45%
of people with Alzheimer's
report that a doctor ever told
them, or their caregivers, of
their diagnosis.

alzheimer's  association



WHAT'S UP AT:

OUR PLACE



This quarter, Our Place Day Respite Center has been all about celebrating friendships! We are so grateful for our friends and dedicated volunteers who make each day brighter.

With the warm weather, we've enjoyed spending more time on our beautiful patio, soaking up the sunshine together. A special highlight has been the local musicians who come to play—always a crowd favorite! Their music fills the room with joy, bringing out toe-tapping, hand-clapping, and even a little dancing!

Sundowning



Sundowning is a common yet often misunderstood phenomenon that affects many individuals with Alzheimer's disease and other forms of dementia. Characterized by increased confusion, agitation, and restlessness in the late afternoon or evening, sundowning can be challenging for both the person experiencing it and their caregivers. Understanding the signs, triggers, and strategies to manage sundowning can make evenings calmer and improve quality of life for everyone involved.

- **Control the light EARLY**
 - Utilize warm lamps before the sunset.
 - Overhead lights can produce shadows that can be perceived as threatening.
 - Close blinds to remove reflections.
- **Pre-empt the overload**
 - Schedule calming repetitive tasks. Have your loved one fold a load of towels or sort coins for you. These repetitive tasks help them find a routine and also calm them
 - Avoid high energy tasks after 3PM.
- **Check their comfort needs before they peak**
 - Give your loved one a small snack and hydration from 3-4PM.
 - Try making your loved one a cup of hot tea. This can signal to their body that its time to relax and wind down.
 - Give your loved one gentle bathroom prompts.
- **You set the tone**
 - This change in behavior is not personal. If you remain calm, your loved one will follow your lead.

Looking after your memory and brain health is an important part of overall wellness. Just like routine health checkups, it's a good idea to pay attention to changes in memory, focus, or thinking skills. The Alzheimer's Foundation of America (AFA) provides a free, confidential online memory screening that families can take anytime at home. The test only takes about 10–15 minutes to complete and is designed to help identify early changes in cognitive function. While it is not a diagnosis, it can be a helpful tool to start important conversations with your doctor.

Early detection matters—addressing concerns sooner rather than later can open the door to support, resources, and helpful treatments.

Families are encouraged to take advantage of this easy opportunity by visiting

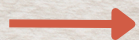
<https://afamemorytest.com>

When your love one accuses and blames you...

When your loved one is accusing you of stealing or lying, know it has nothing to do with you and everything to do with their brain misfiring under stress. Know that when you are arguing with your loved one, you are arguing with their fear.

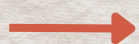
They do not always mean what they say. For example:

"You stole from me"



"I'm confused and I'm scared because something is missing. I can't explain it"

"Get out of my house"



"I feel overwhelmed and unsafe. My brain is telling me you are the threat."

The key is to respond to their FEAR, not the words. Don't correct their accusation, just assure them. Dr. Camille Sinclair says, **"It is like arguing with the smoke instead of putting out the fire"** You want to validate their feeling without paying attention to the accusation.

Some things you can try saying instead:

"That sounds really upsetting. I'm here to help." "I know, something does feel off."

"You don't have to go through this alone." "Let's look for it together."

"I love you, it's going to be okay."



IS IT TIME? Careblazers

8 SIGNS SOMEONE WITH DEMENTIA MIGHT BE READY FOR ANOTHER LEVEL OF CARE

Every caregiving journey is unique, and caring for someone with dementia is never easy. What works for one family may look very different for another. One of the hardest questions caregivers face is:

When is it time to consider another level of care?

Here are 8 signs that it may be time to seek additional support or a care facility:

- **Safety Concerns**
 - Frequent wandering, leaving doors unlocked, letting strangers in, forgetting to turn off appliances, or difficulty responding in emergencies can create serious risks. Round-the-clock supervision is often hard to maintain at home.
- **Incontinence Issues**
 - If your loved one is no longer able to recognize or respond to the need to use the restroom, or if frequent accidents require extensive cleanup, additional support may be necessary.
- **Aggressive Behavior**
 - Aggression, paranoia, or confrontation directed at family members can be stressful and unsafe for both the caregiver and the individual with dementia.
- **Declining Physical Health**
 - Increased falls, mobility problems, or the need for a wheelchair may require more hands-on care than a caregiver can provide alone.
- **Difficulty with Daily Tasks**
 - Dressing, bathing, grooming, or toileting may become too challenging for one person to manage without consistent professional help.
- **Caregiver Burnout**
 - Deciding when it's time is completely up to the caregiver. The decision does not have to come from a place of "I can't do it anymore." Instead, it can be an acknowledgment that, "This is no longer in my best interest—or my loved one's best interest."
- **Social Isolation**
 - Structured activities and social interaction in a care setting can benefit your loved one's quality of life while easing the caregiver's responsibilities.
- **Specialized Care Needs**
 - Complicated medication regimens, the need for medical equipment, or other specialized care may exceed what can be managed safely at home.

Remember: Each care facility has its own criteria, and every family's decision will look different. Seeking another level of care is not a failure—it's a step toward ensuring both you and your loved one receive the support you need.

SUPPORT GROUPS:

2:00 PM

-OCTOBER 1ST
-NOVEMBER 5TH
-DECEMBER 3RD

SAVE THE DATE

MEMORY CAFE:

10:00 AM

-OCTOBER 18TH
-NOVEMBER 15TH



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

