



CARING TOGETHER

A PUBLICATION BY THE ALZHEIMER'S ALLIANCE
TRI-STATE AREA

DECEMBER 2023



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THE MISSION OF THE ALZHEIMER'S ALLIANCE:

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

MARK YOUR CALENDARS!

SUPPORT GROUPS AT THE **ALZHEIMER'S ALLIANCE:**

- DECEMBER 6TH - 2:00 PM
- JANUARY 3RD - 2:00 PM

📍 100 MEMORY LN.

SUPPORT GROUP AT THE **CORNERSTONE AUDITORIUM:**

- JANUARY 17TH - 5:30 PM

📍 4100 MOORES LN.

HOW TO HAVE THE **DRIVING** CONVERSATION...

Having a conversation with your loved one about why they should not continue to drive can be extremely difficult. This uncomfortable talk is one that no one wants to have but is entirely necessary for your loved one and your family.

✓ **HAVE THE RIGHT MINDSET**

When bringing up this conversation with your loved one, it is important to have empathy and compassion. This is a lifestyle change for you and them. It may be hard for them to let go of that part of their life.

✓ **START THE CONVERSATION NOW**

You can start having these conversations with your loved one today. Conflict can arise if you wait until it is too late. Bringing up the topic of driving in a casual manner can give you insight into their thoughts about the situation.

✓ **GET YOUR LOVED ONES IN ON THE CONVERSATION**

This conversation can include you, family members and the driver. Including their doctor or someone of authority like a pastor can help move the conversation into a better light.

✓ **BE A GOOD LISTENER**

Listen to your loved one's questions and concerns. It can also be helpful to base your reasoning on their quality of driving rather than their age. Explain to them that it can be dangerous if they continue to drive.

✓ **MAINTAIN THEIR DIGNITY**

One important step in their transition is to be able to provide them with transportation. Just because they are retiring from driving does not mean you are sentencing them to stay at home.



SATURDAY, MAY 4, 2024 | 11AM - 7PM | SPRING LAKE PARK



9th Annual
twice as fine
TEXARKANA
WINE
FESTIVAL



Memorials and Honorariums

Marie Chaney
Carol Ann May

Jane Dickson
Brenda and James Moore

Lonnie Early
The Adams Family
Melanie and Greg Cockerell
The Charlton Family
Jennifer and Charlie Fischer
Mary and Delton Gwinn
Sharon and Michael Hill
Sada and Fred Hutcheson
Annell and Gary Langdon
Frank McClain
The Wolf Family

Jacky Lee
Flanagan / Andrus

Erna Latham
Antioch Christian Church

Willie Jewel Ray
Sherry and John Ross

Joycelene Snow Headings
Claudia and Pete Snow Family

Royce Thornton
Janice and Susan Robbins
Mary Ann and Alvis Pate Family

Mary Ulmer
Sylvia and John Ulmer

On November 21st, we honored and remembered friends and loved ones who have been affected by Alzheimer's disease or other related dementias at our Candlelight Service.

Candlelight



Marlene Alexander by Lara Court and Pene Pufahl
Herold Ayres by Whitney and Vickers Fuqua
Eddie M Bailey by Sharon Sheppard
Janice Bailey Musgrove by Sharon Sheppard
Susan Bishop by Hilda and Phil Bishop
Melba Boyd by Becky Boyd and Mindy Lafferty
Donna Branin by Ruth Ann Branin
May Field Brewster by Bobbie Brewster
Maria Luisa Brinker by Pat and Tom Wagy
Carolyn Brock by Jo Ann Ward
Howard Burris by Rose Wilson
Page Crane by Ford Crane
Tommie Cummings by Janet and Rick Buchanan
Charles Cummings Jr by Janet and Rick Buchanan
Mae Dager by Bonnie Lamb
Melba Dolezalek by Don Dolezalek
Lonnie Early by Jeanne Lee
Thomas H. Fuqua Jr. by Whitney and Vickers Fuqua
Barbara Gay by Rebeccah Power, Andrea and Jimmy Washington
Anna Gerber by Cathy and Mark Van Herpen
Norris Graham by Dorothy Graham
Bobbie Graham by Jeanne Lee
Lyndola Griffin by Jane Rochelle
Sheila Irma Griffith by June Applewhaite

Mary Harkrader by Roberta McMahon
Delma Herrington by Debbie and James Herrington, Haley and Randy Roeser
Wilda Hill by Sherry and John Ross
Victor Hlavinka by Mary Alice O'Farrell
James A. Hopkins by Harriett Hopkins, Jo Ann Ward
Helen Hutson by Thelia and Tim Hutson
Doris James by Stephanie and Royce James
Nathan E. "Tricky" Jones, Jr by Ethel Pauley Jones
Jackie Lee by Jo Ann Ward
Paul March by Michael and Paula Foster
Margaret Mathis by Stephanie and Royce James, Sara Barnett
James Merritt by Linda Merritt
Charles Mudford by Carolyn Duke Mudford
Leon Power by Rebeccah Power, Andrea and Jimmy Washington
Doyle Raney by Jerrie and Pat Raney, Jane and Richard Elrod
Delia Roberts by Agnes Fields
Wanda Lee Robinson by Stephen and Karen Johnson
Marion Royce by Jo Ann Ward
Candis Singleton by John Singleton, Leslee and Jim Huggins
Royce Thornton by Mary Alice O'Farrell
Urcy Treas by Thelia and Tim Hutson
Earl Whisenhunt by Elsie Whisenhunt
Della Wood by Sherry and John Ross
Herbert Wren by Stephen Wren

PROJECT LIFESAVER FOR BOWIE COUNTY

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.

BENEFITS:

- Over 4,211 rescued to date internationally
- Average location time: 30 minutes
- No injuries and no deaths to date
- Average number of officers used in Project Lifesaver searches: 2
- Locates day or night, inside or outside, up to one mile on the ground, more distance from the air



MORE DETAILS COMING SOON!



OUR PLACE

TIPS FOR BATHING

Bathing your loved one can be a challenge. They may be embarrassed or frustrated that they need help with such an intimate activity. The process may be a "trial-and-error" to see what strategies work best for them.

Below are some helpful ways to practice person-centered bathing:

- 1** Gather your supplies like shampoo, conditioner, and a towel beforehand. This can help make the process easier on the caregiver and their loved one. Ensuring that the water and room temperature are both at a comfortable level can make your loved one feel more at ease.
- 2** Let your loved one do what they can. Using simple phrases will help coach the person through each step of the process. Giving them choices like "Do you want to wash up now or in 15 minutes?" can change their perception and make them feel in control. It is important to make your loved one feel dignified through the entire process.
- 3** Adapting the routine to make it less stressful on your loved one is vital. Some individuals may tolerate a bath better than a shower. If your loved one doesn't like sitting in the bath for a period of time, try washing one body part each day of the week. Giving them a sponge bath or using a no-rinse soap is a great way to keep your loved one clean between showers.



QUICK TIPS

- Using the "watch-me" technique can help your loved one remember what to do.
- Bathe your loved one at the same time of the day to make a routine.
- Use an all-purpose gel to wash their hair and body.
- Covering them with a towel during the shower or bath can protect their privacy.
- To dry them off, use patting motions with a towel instead of rubbing.

RESPIRE CARE OPTIONS:

Respite care allows caregivers to rest while the person living with Alzheimer's or other related dementias can receive care in a safe environment. Utilizing respite services can strengthen your ability to be a caregiver and benefit to you and them!

Respite care can allow caregivers to:

- Spend time with other friends and family, or to simply unwind and recharge.
- Run errands, exercise, or visit the doctor.
- Have peace of mind, knowing that the person with dementia is spending time with another compassionate individual.

Respite care can allow a person with dementia to:

- Engage with others who can relate to their experiences.
- Enjoy time in a secure and encouraging setting.
- Take part in activities that cater to their specific needs and talents.



3 MAIN KINDS OF RESPIRE CARE:

- In-home care services can offer personal care help, laundry or cleaning services, and skilled professionals to help with medications.
- Adult day centers allow the person with Alzheimer's or other related dementias to engage in activities like music and games.
- Long-term communities allow overnight stays for a few days or even a few weeks.

Addressing Concerns:



Asking for help does not make you a failure. You don't always have to "do it all". Respite care services are for the caregiver and their loved one!



If you are concerned about cost, financial assistance may be available through scholarship or government programs.



Those working in care facilities should be reliable and well trained. Ask facilities and individuals about their certifications and training.

**The Our Place Day
Respite Center**
operates Tuesday,
Wednesday, and
Friday from 9am-3pm.



**For more information on how to apply
your loved one for Our Place:**



903-223-8021



alztristate.org



100 Memory Ln.
Texarkana, TX 75503