

MAY 2024



CARING TOGETHER

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

IN THIS ISSUE:

PG. 2	SUPPORT GROUP DATES
PG. 3	MEMORIALS AND HONORARIUMS PROJECT LIVESAVER
PG. 4	CARING FROM A DISTANCE
PG. 5	ANGER, FRUSTRATION AND FIGHTING

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 CALENDAR

SUPPORT GROUPS:



ALZHEIMER'S ALLIANCE:

- JUNE 5TH
- JULY 3RD



100 MEMORY LN.



2:00 PM

MEMORY CAFE:

- MAY 18TH
- JUNE 15TH
- JULY 20TH



100 MEMORY LN.



10:00 AM

GETTING LOST

Individuals with Alzheimer's disease or dementia may become disoriented outside their homes, occasionally wandering off in public spaces. They might venture out for a stroll or a shopping trip and struggle to return home. Forgetting their address, phone number and getting lost can be a frightening and risky experience.

Here are some tips to help and prevent your loved one from getting lost:

- Sew or write his or her name and your phone number onto clothes.
- Don't leave him or her alone near an unlocked door.
- Ask your neighbors to keep an eye out and tell you if they see your person with dementia outside alone or walking away from home.
- Help him or her exercise during the day. Take a walk or dance to music.
- Put away purses, coats, keys, sunglasses, things that might make your person think about leaving.
- Close the curtains so he or she doesn't think about going out.
- Get an ID bracelet or a trackable device, such as a Project Lifesaver bracelet.

ALZHEIMER'S ASSOCIATION

For more information about how to qualify for [Project Lifesaver](#), see [pg. 3](#) or contact us!

903-223-8021



100 Memory Ln.
Texarkana, TX 75503



alztristate.org

NEXT WINE FESTIVAL MAY 3RD 2025!



THANK YOU FOR SUPPORTING US!



MEMORIALS

Barbara Blythe
Texarkana Hunting Club

Roger L. Burtchell
Curt Green
Vicki Eleazer
Camille and Rob McGinnis
Sherry and John Ross III
Mary Lou Thornton

Jean Campbell
Gayle and H.T. Burrow

Margaret Chandler
Curt Green
Mary Jane P. Locke
Brenda and David Thompson
Carla and Robert Sanderson

Mary Ann Davis
Chayta Mills

Jerry Davidson
Chayta Mills

Glenda Fou
Brian McElhaney

Buck Lewis
Martha and Jay Estes

Rebecca Mahone
Letha and Don Colquitt
Cynthia Ann Pride

Kristie Knowles
Kim and Duane Knowles

Don Purifoy
Judy and Darrell Deaton

Curtis Seymore
Margaret Seymore

Royce Thornton
Mary Lou Thornton

Ann Renfro
Sherry and John Ross III

James Wheeler
Joey Sly
Juanita Turner

HONORARIUMS

Steve Ledwell
Janet Buchanan
Debbie Partee
Carmella Jones

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.

HOW IT WORKS:

Working hand in hand with trained law enforcement and other public safety agencies, Project Lifesaver saves time, money, resources, and lives. Eligible clients will wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. 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.

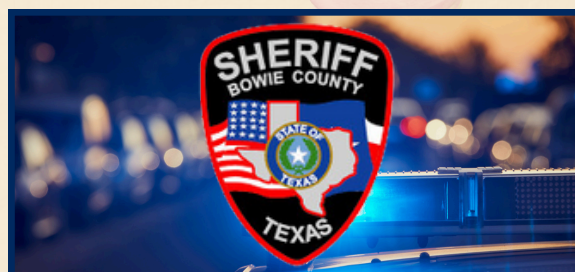
4,290 RESCUED TO DATE INTERNATIONALLY — **LOCATES DAY OR NIGHT**

Does your loved one qualify for Project Lifesaver?

- ☐ Not allowed to drive a vehicle
- ☐ Unable to 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**



COMING SOON TO MILLER AND CASS COUNTY!



We want to thank Texas A&M University- Texarkana's *The Big Event* team!

The Big Event is a day of volunteering hosted by TAMUT. These volunteers helped us keep our building beautiful and bright by trimming hedges and making our patio sparkle!



Thank you for your hard work and dedication!



CARING FROM A DISTANCE

No matter where you live, you can provide support to someone with dementia. Overcoming the challenges of caregiving from a distance involves staying organized and devising strategies to bridge the gap. Check out the following helpful tips:



BE PREPARED

Create a strategy to stay connected with individuals navigating dementia and their reliable companions.

KEEP THE COMMUNICATION GOING

Keep in contact with individuals with dementia by sending postcards, photos, or brief letters to show you care.

BUILD A SUPPORT NETWORK

Arrange support through family, friends, groups or counsellors. You can also establish a good relationship with a family member or friend who lives nearby who can help you.

VISIT WHEN YOU CAN

Arrange your visits to provide family and friends with a break from caregiving. Try staying connected through scheduled phone calls, video chats, or emails.

ANGER, FRUSTRATION, AND FIGHTING

People with Alzheimer's or dementia can get confused, depressed, and angry. Their feelings and actions are sometimes hard for them to control. They may hit and yell.

Don't take their words or actions personally.

Listen to what they mean, not what they are saying.

WHY DOES THIS HAPPEN?

PEOPLE WITH ALZHEIMER'S OR DEMENTIA MIGHT BE:

- Frustrated because they can't complete a task
- Confused by encountering new places or people
- Frightened of new experiences or people

HOW CAN YOU HELP?

KEEP THINGS SIMPLE

- Give your loved one with dementia tasks that match their skill set
- Try to eliminate excess noise when possible
- Speak slowly and try not to say too much at one time

MAKE A CHANGE

- Offer a treat like a cookie or some ice cream
- Provide a change of scenery and lead your loved one into another room
- Offer to watch a TV show or listen to music
- Ask a question about a topic your person enjoys

BE SAFE

- Remove or lock away all weapons (guns, knives, etc.)
- Back away slowly if the behavior is scary
- Call 911 if you are afraid for you or someone else's safety

To find out more about our respite service, **Our Place Day Respite Center**, or to learn more about our **support groups** (pg.2) contact us!

903-223-8021



100 Memory Ln.
Texarkana, TX 75503



alztristate.org

[For a respite admission packet:](http://alztristate.org) alztristate.org (Under the Services Tab!)