ALZHEIMER'S ALLIANCE TRISTATE AREA

JULY 2026 ISSUE



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MANAGING INCONTINENCE

TWICE AS FINE TEXARKANA WINE FESTIVAL - MAY 1, 2027

"They may forget what you said, but they will never forget how you made them feel." — Maya Angelou

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

Ronald Bright
Janis Robbins
Susan Robbins

Betty Sue Cowley
Carie Buckley
Chapelwood Memorial Gardens
Joan and Paul Smith
Jill and Ricky Harrington
Rhonda Cagle Crass
Sada and Fred Hutcheson
Lynn and Bobby Green

Cheryl Durrett
Texarkana Tee Party
Carla and Stephen Ward
Lisa and Bobby Howell
Marcy and Dearl Pegues

Charles Banks
Ella Banks

Jane Wright
Rhonda Jones
Diane Brown
Curtis Easley
Annette Easley

Peggy Land Stone
Hooks High School Class of 1958

Jeanette Hinton
Virginia and Tom Kesterson

Kathy Shackelford
John Harrison
Cordell Klein
Sue and Dale Works
Connie and Mark Long
Kathy and Selden McMillin
Brenda and Tom Burns
Sara Barnett
Lynn and Bobby Green

Vicki Orr
David Parsons

Ann Renfro
Patricia Stephens

Diana Morriss
Curt Green

William Edward "Ed" Hill
Twin City Title

Lana Rehkopf
Alexander's Jewelers
Denise and James Goodwin

Sandra Rea
Patricia Stephens

Charles Banks
Ann Banks

Stan Roberson
Debbie and Steven Neely

Margaret Hamill
Traweek Family

HONORARIUMS

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.

WASHING AND DRESSING

Supporting Dignity in Daily Care



As dementia progresses, everyday activities like bathing, dressing, and personal grooming often require additional support. These routines are deeply personal, and needing help can feel uncomfortable or even distressing for both the individual and their caregiver. Approaching these moments with patience, respect, and sensitivity is key to preserving dignity and independence.

Memory loss and changes in thinking can make simple tasks confusing. A person may forget the steps involved in getting dressed or feel unsure about why they need to bathe. They may also struggle with making decisions, such as choosing what to wear. Offering gentle guidance while still encouraging choice—like selecting between two outfits—can help maintain a sense of control.

Creating a calm, comfortable environment can make a significant difference. Allow extra time so the person doesn't feel rushed, keep routines consistent, and choose the time of day when they are most relaxed. Small touches like warm rooms, soft lighting, or even calming music can turn a potentially stressful task into a more positive experience.

It's also important to focus on what the person can do, rather than what they can't. Encouraging independence where possible helps build confidence and preserves important life skills.

Above all, respecting personal preferences, cultural values, and privacy ensures that care remains centered on the individual.

VOLUNTEER SPOTLIGHT



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/volunteer







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

100 Memory Ln.
Texarkana, TX 75503

alztristate.org

Test Your Knowledge!

Which of the following can increase the risk of developing dementia?

A. Regular exercise
B. Healthy diet
C. High blood pressure
D. Social engagement

Answer: C

Which of the following can help support someone with dementia?

A. Keeping a consistent routine
B. Frequently changing their environment
C. Giving complex instructions
D. Leaving them alone often

Answer: A



WHAT'S UP AT: OUR PLACE

These spring and summer months have Our Place Day Respite Center filled with excitement! We have gotten the chance to spend our time reminiscing, sharing stories, and enjoying the simple pleasures of listening to the birds on the patio. Our participants have embraced creativity by making beautiful paper mâché decorations to brighten our dining room table, adding a personal and cheerful touch to our space.

From engaging activities to meaningful conversations, each day is centered around connection, comfort, and joy. Whether we are enjoying music, participating in group activities, or simply soaking up the sunshine, Our Place continues to be a warm and welcoming environment where friendships flourish and memories are celebrated.

Helping a Person with Dementia Stay Engaged in Activities

Staying active and engaged in meaningful activities can greatly enhance quality of life for a person living with dementia. With the right approach, these moments can be enjoyable, confidence-building, and comforting. Choose a time of day when the person is most alert and at ease, and ensure they are physically comfortable before beginning. Keep activities simple by breaking them down into clear, manageable steps, and be flexible —adjust or simplify as needed along the way.

Offer encouragement, praise, and gentle guidance throughout the activity. Whenever possible, participate with the person rather than doing the activity for them. Taking over can sometimes lead to frustration or a loss of confidence. Instead, focus on creating a shared experience that feels supportive and empowering.

Pay attention to cues that the person may be ready to stop or switch activities. Signs like restlessness, irritability, or disengagement may indicate it's time for a break. Remember, it's perfectly okay not to finish an activity—you can always return to it later.

As dementia progresses, it's helpful to adapt activities to match changing abilities. Keeping a simple list of activities the person enjoys, along with any helpful adjustments, can make future planning easier. Most importantly, focus on the experience itself rather than the outcome. Often, the joy comes from participating in the moment, not from completing the task.

By emphasizing connection, flexibility, and encouragement, you can help create meaningful and positive experiences each day.

Hoarding Behaviors in Dementia



Hoarding behaviors are common in people living with dementia and can occur for a variety of reasons. In some cases, hoarding may be part of obsessive or compulsive tendencies, while in others it may develop independently. Understanding the underlying needs or emotions behind this behavior can help caregivers respond with compassion and effective support.

Visibility and Security

Clutter or hiding items in unusual places may appear to be hoarding, but it can sometimes be a coping mechanism. A person with dementia may keep items in plain sight to help them remember where things are, or hide them out of fear that others may take them. Feelings of paranoia or suspicion are also common. Offering reassurance that their belongings are safe and using clear or see-through storage solutions can help reduce anxiety.

Safety Considerations

While some hoarding behaviors are manageable, they can become a safety concern if they interfere with daily living. For example, clutter that blocks access to sinks, kitchens, or bathrooms can impact hygiene and overall wellbeing. In these situations, it is important to seek guidance from a healthcare provider or social services.

Fixations and Repetition

Dementia can cause individuals to fixate on certain items or activities, leading them to repeatedly purchase or collect the same things. These fixations may stem from a need for comfort or stimulation. Identifying the underlying need and finding alternative ways to meet it—such as providing engaging activities or emotional support—can be helpful.

Trouble Recognizing Loved Ones

As dementia progresses, a person may begin to confuse those around them, sometimes believing a spouse is a sibling or another familiar figure. They may also lose the ability to recognise themselves or the people closest to them.

This can be deeply emotional for families and friends. As difficult as it is, it's important not to take this personally. These changes are a result of the disease, **not** a reflection of the person's feelings or relationships.

Even when recognition fades, emotional connections often remain. A person with dementia may still experience comfort, happiness, and a sense of safety when surrounded by familiar people, even if they cannot identify them by name.

When supporting someone experiencing memory loss:

- Avoid contradicting them if they are confused, as this can increase distress.
- Encourage continued connection with familiar people whenever possible.
- If they become upset or frustrated, offer gentle reassurance and consider redirecting the conversation or activity.
- Introduce yourself each time you visit to help orient them.
- If they seem to be living in an earlier time period, try to understand their past experiences. This can provide helpful context for their words, questions, and behaviors.

Approaching these moments with patience, empathy, and understanding can help preserve dignity and strengthen emotional connection, even as memory changes.

Urinary incontinence

Urinary incontinence—the loss of bladder control or involuntary leakage of urine—is a common but often misunderstood condition, especially among older adults. It is important to note that incontinence is not a normal part of aging, even though it affects more than 25 million adults in the United States. For individuals living with dementia, including Alzheimer's disease, incontinence can become more frequent and complex. Cognitive changes may prevent a person from recognizing the need to use the restroom, remembering where the bathroom is located, or communicating their needs effectively. Physical limitations may also make it difficult to reach the bathroom in time or manage clothing.

Signs that could indicate incontinence:

- **increased laundry**
- **missing or hidden clothing**
- **limiting fluid intake**
- **increased use of powders or perfumes**
- **overuse of toilet paper**
- **anxiety about leaving the home**

Hydration and diet play an important role in bladder health. Drinking too little water can irritate the bladder and increase urgency, while excessive fluid intake may lead to more frequent accidents. Caffeine can increase urine production and should be monitored. Certain foods—such as tomatoes, spicy foods, artificial sweeteners, sugar, and honey—may also irritate the bladder in some individuals. It is important to choose well-fitting incontinence products rather than layering multiple pads, as "double padding" can increase discomfort and worsen leakage and skin issues.

There are several practical strategies caregivers can implement to help manage incontinence effectively. Establishing a consistent bathroom routine, such as scheduled toileting every two to three hours, can significantly reduce accidents. Dressing the individual in easy-to-remove clothing, such as items with elastic waistbands, can also make a difference. Keeping pathways clear and ensuring the bathroom is easy to locate can further support independence.

Caregivers should also be mindful of sudden changes in continence, as these may indicate underlying medical issues such as urinary tract infections, medication side effects, or constipation. In these cases, consulting a healthcare provider is important.

Perhaps most importantly, caregivers should approach this topic with compassion and understanding. Incontinence can be embarrassing and distressing for both the individual and the caregiver. Preserving dignity, maintaining privacy, and offering reassurance can go a long way in improving quality of life.

SUPPORT GROUPS:
2:00 PM

- JULY 1
- AUGUST 5
- SEPTEMBER 2



MEMORY CAFE:
10:00 AM

- JULY 18
- AUGUST 16
- SEPTEMBER 19

ALL MEETINGS HELD AT THE ALZHEIMER'S ALLIANCE

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 AFA ALZHEIMER'S FOUNDATION OF AMERICA
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

AFA ALZHEIMER'S FOUNDATION OF AMERICA This program was partially funded by the Alzheimer's Foundation of America (AFA)