ALZHEIMER'S ALLIANCE TRISTATE AREA

OCTOBER 2026 ISSUE



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TWICE AS FINE TEXARKANA WINE FESTIVAL - MAY 1, 2027

"To love a person is to learn the song in their heart, and sing it to them when they have forgotten." —Arne Garborg

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

Jayne Bryant
Alana Morel

Betty Cowley
Lynn & Bobby Green

C. David Glass
Diane & Mike Barnes

Margaret Hamill
The Traweek Family

William "Ed" Hill III
Twin City Title

Frieda Krayl
Robert Krayl

Nancy Lund
Terrie Arnold
Stephanie English
Debra & Tom Moore

Linda Moon
Flanagan Andrus
Rita & William Morriss

Janet Murray
Rhonda Allen

Sandra Rea
Patricia Stephens

Lana Rehkoph
Alana Morel
Denise & James Goodwin

Mary Delle Smolarz
Sara Barnett
Gail & Gene Cogbill
Barbara Cole
Barbara & Howard Glick
Sada & Fred Hutcheson
Jane Portis & Cordell Klein
Drs. Kathleen & Michael Martin
Debra & Tom Moore
Doni Phillips
Kristina Rivas
Rosemary & James Henry Russell
Sharon & Robert Sheppard

Janice Stinson
Gin & Malcolm Allen

Katherine Ann Shackelford
Sara Barnett
Brenda & Tom Burns
Kathy & Seldon McMillin

George Willige
Carol & Robert Nelson

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.

GOOD FOR YOUR BRAIN

Four strategies to improve memory



Use it or lose it. The more often you use information, the easier it becomes to access. When you're trying to remember something, think about related people, places, or ideas that may serve as memory cues. For example, reviewing the key points of a presentation beforehand can help your brain organize and retrieve details more efficiently every year.

Give your mind space to work. Focusing deeply on a project helps your brain process information, but stepping away can be just as valuable. Taking a break often allow new insights and solutions to emerge, as your brain continues connecting and reorganizing information in the background.

Recognition is easier than recall. Sometimes seeing something familiar can trigger a memory that seems out of reach. If you can't remember which brand of pasta you liked, a quick glance at the grocery store shelf may jog your memory. A familiar document, image, or object can have the same effect.

Make associations work for you. Our surroundings provide powerful memory cues, which is why certain thoughts or tasks may come to mind only when we return to a particular place or situation. Using these associations intentionally can make remembering easier and more reliable.

– *Managing Your Mind: The Mental Fitness Guide* by Gillian Butler, Ph.D. and Tony Hope, M.D

ALZHEIMER'S FOUNDATION OF AMERICA

VOLUNTEER SPOTLIGHT



Cordell Klein

For the past two years, Cordell has been volunteering with Alzheimer's Alliance, sharing his time and medical knowledge to make a meaningful difference in the lives of our friends. He was inspired to get involved by the wonderful opportunities for service within the community and the chance to put his medical background to good use.

One of Cordell's most rewarding experiences has been through building a special bond with one of our friends. Although he has very limited verbal communication, he consistently showed his affection by hugging Cordell when he arrived and again when he left. These simple but meaningful gestures are a beautiful reminder of why our volunteers show up each week. Knowing that their presence can bring comfort, create connections and make our friends feel loved is what makes volunteering so special.

Cordell says his medical training has helped him become a better companion to our friends by giving him the knowledge and understanding to support their needs. He appreciates the opportunity to use his experience to serve others and help create a caring, comfortable environment for everyone at the respite center.

At Alzheimer's Alliance, we know that even the smallest moments can mean the most. A familiar face, a warm hug, or simply spending time together can bring comfort and joy to our friends.

Thank you Cordell, for dedicating two years to serving our community and for sharing your knowledge, kindness, and heart. We are grateful to have you as part of our Alzheimer's Alliance family!

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!

What life stage holds the most powerful musical "memory bump" for individuals with memory loss?

A. Childhood
B. Youth
C. Retirement
D. Infancy

Answer: B

What is one of the best daily tools for melting away stress and fostering connection?

A. Silence
B.Rules
C. Laughter
D. Schedules

Answer : C



WHAT'S UP AT: OUR PLACE

As the cool early fall weather arrives, Our Place Day Respite Center is full of cozy fun! We love spending time sharing stories, looking back at happy memories, and sitting together on the patio on chilly mornings with hot coffee while listening to the birds. Our friends have also been getting creative by making colorful autumn crafts to brighten up our dining tables.

Every day is all about comfort, smiles, and spending time together. Whether we are listening to music, doing fun group activities, or enjoying the crisp fall sunshine, Our Place is a warm, happy home where people make great friends and celebrate good times.

Discovering Joy and Comfort during the stages of Dementia

THE POWER OF MUSIC

Playing songs from a person's formative young adult years (ages 10 to 30) acts as a powerful memory bump to spark emotional connections. Caregivers can use soothing spiritual or instrumental tracks as consistent daily cues, such as playing a gentle melody before meals, to establish comforting structure. Because responses vary, approach this with trial and error while watching facial expressions and head-nodding to see what resonates.

INCORPORATING PETS AND CAREGIVING

When real pets aren't an option, incorporating realistic stuffed animals or electronic dolls offers a wonderful therapeutic alternative. These companions fulfill a lifelong instinct to nurture, bringing genuine comfort and stirring fond memories even if the individual cannot articulate those feelings. This simple practice honors their history as caregivers and provides a meaningful sense of purpose.

ADDITIONAL ACTIVITIES OF ENGAGEMENT

To help ease the mind and bring peace, caregivers can introduce calming activities like sensory gardening, gentle nature walks, simple crafting, and low-pressure socialization. Planting fragrant herbs, strolling through a quiet park, sorting buttons by color, or enjoying a quiet cup of tea with a loved one provides soothing stimulation and reduces anxiety. Tailoring these daily engagements to each person's unique background adds vital personal significance, allowing caregivers to maintain a flexible, open mind focused on connection and a deep sense of belonging.



Considering Long-Term Care

There may be a time when your loved one needs more support than can be comfortably provided at home. Although exploring long-term residential care can seem overwhelming, it can also lead to a safe, supportive environment with meaningful daily activities. Visiting assisted living communities, nursing homes, and memory care units can help you find the right fit.

Facility Tours: Questions to ask

- What services are included in the base monthly rate? what additional services are available if needs increase?
- Does the facility have a secure, specialized section for Alzheimer's or persons living with dementia?
- What is the staff-to-resident ratio, including at night? What training do care providers have?
- How often is an RN on site? What is the policy on the use of medications?
- Observe the facility for cleanliness, maintenance, and dining quality. Request to see the most recent state inspection survey and plan for correction.
- What does the daily routine look like? Request to see menus and activity calendars.
- Can you visit multiple times, without scheduling ahead, to see how things run at different times?
- For privately funded facilities, ask what happens if your funds run out. Will the facility accept Medicaid or would a move be required?



Role Changes in Early-Onset Alzheimer's

Alzheimer's disease can have an impact on the entire family. New tasks and responsibilities arise, and relationships may change, often without a say, due to the individual living with dementia related illness' evolving needs. This can be increasingly stressful for the family system. In many families, each member performs certain roles that help keep the family unit functioning. When someone—particularly a spouse—becomes ill, roles and expectations may need to shift. This article provides helpful descriptions and tips when dealing with role changes in early-onset Alzheimer's.

An individual with early-onset dementia and their spouse may experience the following changes:

- Shift in family roles and responsibilities
- Change in professional responsibilities
- Multiple levels of loss (i.e. health and functioning, self-esteem, communication, and future)
- Increased feelings of ambivalence
- Financial concerns
- Working with children and teenagers to cope with illness
- Providing increased assistance to help their spouse remain active and engaged
- Consideration of multi-generational care

A diagnosis of early-onset Alzheimer's disease can trigger a wide range of emotions, including anger, disbelief, confusion and frustration, for both the individual living with the illness and their spouse. It is important to find ways to cope with the feelings and emotions that arise, to allow space to be proactive, and take the necessary steps to put plans in place regarding care. Learning strategies to assist with coping, as well as understanding available resources, can help improve emotional well-being.

Here are some strategies to cope with role changes in early onset Alzheimer's disease.

- Learn about the disease (i.e. books, meetings with doctor)
- Connect with supportive services (i.e. counseling, pastoral care, school counselors, support groups).
- Allow yourself space to grieve
- Coordinate necessary care for your spouse and family (i.e. financial planning, legal planning, care team)
- Ask for help
- Maintain open communication with spouse and family
- Remain flexible
- Recognize the positive that remains
- Seek out opportunities to enjoy each other's company
- Utilize problem solving skills and explore solutions

Newly Diagnosed with Alzheimer's: Now What?

If you're newly diagnosed with Alzheimer's or dementia, you may be experiencing a variety of feelings. You might be angry, scared or overwhelmed. Allow yourself time to process these feelings-whether it's by talking with family, friends, counselors, or your physician. Building a support system early on can help you during the progression of this disease. It is also important to know there are many services available to help you when you need assistance. Here are some additional tips to help:

Educate Yourself: Learn about the progression of this disease and various treatment options. You can start by asking your physician questions about this disease and any concerns you are experiencing.

Choose Your Team: Appoint members to your medical care team-this can include a primary physician, neurologist, counselors and other professionals.

Build a Support System: Talk with your family and friends. Let them know how they can assist you currently and in the future.

Take Stock of Finances: Connect with a representative from your health insurance carrier to learn what services are covered and what are not. If you have a long-term care insurance policy, review it to understand your coverage. In addition, connect with a benefits counselor in your area to learn what assistance you can be entitled to. You may also want to speak with a financial advisor.

Know Your Options: There are legal, financial and advanced care plans you can put in place to ensure proper decisions are made and that your wishes are followed when you are unable to be part of the decision making process.

Learn What is Available: Become familiar with services such as adult day programs, homecare, and long-term care. You may not need these resources at present: however these services can help you remain independent in the future.

Take Care of Yourself: Consult with your physician on healthy lifestyle techniques such as exercise, diet, and sleep as these may help you maintain some cognitive activities functions.

Get Help: If you are experiencing changes in mood, like sadness, reach out to your physician. Support groups, individual counseling, and other supportive services can help you manage these symptoms.

Socialize: Continue to get together with friends; keep up with your interests and hobbies.

ALZHEIMER'S FOUNDATION OF AMERICA

MEMORY CAFE:

10:00 AM

- NOVEMBER 21
- DECEMBER 19

SUPPORT GROUPS:

2:00 PM

- NOVEMBER 4
- DECEMBER 2



CANDLELIGHT SERIVCE

NOVEMBER 17 , 2026

5:30 PM

4000 MOORES LN

TEXARKANA, TX 75503

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)