



SEPTEMBER 2025



CARING TOGETHER

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



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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.

MEMORIALS

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



PROJECT LIFESAVER

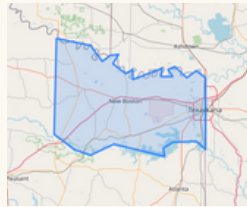
Bringing Loved Ones Home

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.

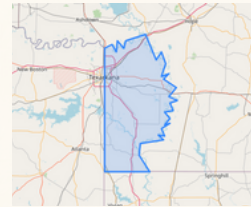
Project Lifesaver is available in:



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.

SUPPORT GROUPS:

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

🕒 2:00 PM

mark your CALENDAR

ALL MEETINGS AT THE
ALZHEIMER'S ALLIANCE



100 MEMORY LN.

MEMORY CAFE:

- SEPTEMBER 20TH
- OCTOBER 18TH
- NOVEMBER 15TH

🕒 10:00 AM

Driving

ALZHEIMER'S ASSOCIATION

Driving can get harder as your loved one progresses with the disease. At some point they will need to stop driving. While this may feel like a loss of freedom, their safety is the top priority,

What can you do about this?

Help them stop driving

- ask the doctor to tell them they can no longer drive
- have a close friend or a minister ask your person to stop driving
- tell them someone else will drive them to the store or to appointments
- ask others for help
 - delivering meals, picking up prescriptions, or just to visit

Be creative

- hide the keys
- remove the battery
- say the car is in the shop
- give a set of keys that look like the old keys but won't start the car
- make having someone else drive sound like fun



We're looking for VOLUNTEERS!

If you or someone you know is looking for a volunteer opportunity in the
Our Place Day Respite Center, please contact us!





WHAT'S UP AT:

OUR PLACE



This September, the Our Place Day Respite Center was rockin' and rollin'! We have been blessed by some musicians who have come to share their talents with us! If you know someone who would love to come entertain our friends please do not hesitate to reach out to us at (903) 223- 8021.



twice as fine
TEXARKANA
WINE
FESTIVAL



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

Caregiver Stress



Caregiving can take a toll on your physical and mental health. It is important for you to take time to renew and recharge so you can give your loved one the best care possible. Utilize these tips to help you help your loved one.

Avoid unnecessary stress

- Learn how to say “no” and feel okay about doing that
- Avoid people who increase your stress
- Take control of your environment
- Avoid hot-button topics
- Pare down your “to-do” list

Alter the situation

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

Adapt to the stressor

- Reframe the problem – what can you learn from this problem?
- Look at the big picture
- Adjust your standards
- Focus on the positive

Accept the things you can't change

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

The Balancing Act of Caregiving

Caring for a loved one with Alzheimer's disease or another form of dementia is a journey filled with both challenges and meaningful moments. Caregivers often find themselves wearing many hats—nurse, chef, scheduler, advocate, chauffeur, housekeeper, financial manager, and more. It's a role that requires immense strength, compassion, and patience.

But while caregivers may feel like they need to do it all, the truth is: they don't have to do it alone.

One of the most effective ways to ease the workload is to invite friends and family into the care circle. By assigning tasks based on people's natural strengths, caregivers can create a network of support that benefits everyone.

For example, a family member who loves cooking can prepare meals or stock the freezer with healthy options. A sibling who is tech-savvy might handle online bill payments or help set up reminders. A friend who enjoys spending time outdoors could take your loved one for short walks, offering both companionship and a change of scenery. Even small contributions—like running an errand, writing a grocery list, or sitting with your loved one for an hour—can make a big difference.

Caregiving is not meant to be a solo effort. When others are invited to share in the journey, caregivers often feel less isolated, less overwhelmed, and more supported. This not only helps reduce stress but also allows caregivers to preserve their own health and energy, which is vital for providing the best care possible.

At the Alzheimer's Alliance Tri-State, we are here to walk beside you. If you are a caregiver in need of guidance, resources, or simply someone to talk to, please reach out. Together, we can lighten the load and strengthen the circle of care.



(903) 223- 8021

To help you figure out WHY a behavior is happening and WHAT you can do about it!

Identify the behavior

- What is the behavior that is difficult for you to deal with? Be specific.
- Can you see it? Does it bother others? When does it happen? Who's around when it occurs?

Explore what may be causing the behavior

Understand the cause of the behavior

- HEALTH: Is the person taking a new medication, getting sick, or in pain?
- ENVIRONMENT: Is it too noisy? Is it too hot? Is the place unfamiliar?
- TASK: Is the activity too hard for them now? Are there too many steps? Is it something new?
- COMMUNICATION: Is it hard for the person to understand what you are saying?

Understand the meaning of the behavior to the person

- Does the person feel confused, scared, nervous, unhappy, or bored?
- Does the person feel like they are being treated like a child?
- Are there things that remind the person of something that they used to do when they were younger like go to work or pick up the children from school?

Adjust what can be done

You are the one who will need to change, the person cannot. Try different things. Pay attention to the person's feelings. Practice being calm, gentle, and reassuring.

- address what is causing the behavior
 - keep tasks and activities simple
 - keep the home as calm as possible
 - speak slowly and gently — try not to say too much at once
 - do not argue — agree and comfort the person whether they are right or wrong
 - find meaningful, simple activities so the person isn't bored
- distract or redirect by:
 - offering something they like to eat
 - watching a TV show or listening to music
 - asking for their help with a simple activity
 - leading them to a different room
- accept the behavior
 - some behaviors you may need to accept rather than change
 - if there are no safety concerns and it doesn't bother the person, you may need to find ways to live with it

