

ALZHEIMER'S ALLIANCE



TRI-STATE AREA

OCTOBER 2022 ISSUE

Our Place Fun

Caregiver's Corner

AFA Helpful Tips

Memorials & Honorariums

**Twice as Fine Wine Festival
May 6, 2023**

Volunteer Spotlight

Sherry and John Ross



CARING TOGETHER



Our Place Day Respite Center is open Tuesday, Wednesday and Friday from 9am to 3pm.

Respite refers to a short time of rest or relief. It provides a break from the typical care routine allowing the caregiver some down time while the person with Alzheimer's or dementia-related disorders continues to receive care from qualified individuals and has the opportunity for different experiences and social interaction.

We offer respite care at Our Place on Tuesdays, Wednesdays and Fridays from 9:00 am to 3:00 pm.

We have a light breakfast, a full lunch, and an afternoon snack. We also have activities that engage our entire group of Friends, as well as daily entertainment.

Contact Us : Phone: 903-223-8021 Website: alztristate.org
Location: 100 Memory Lane Texarkana, TX 75503



Candlelight Ceremony Date Coming soon!



How Caregiving for Those with Alzheimer's is Different

Resistance to the diagnosis:

It's human nature to resist accepting a loved one's Alzheimer's diagnosis. Those with Alzheimer's can otherwise appear healthy, so their diagnosis is harder to accept.

Maintaining quality of life:

To maintain as much independence and quality of life as possible, the brain needs stimulation and engagement. If you choose to live with your loved one, you're the only stimulation they have and that's exhausting and not very effective. It's important that you take your loved one to a senior activity center two to three times a week (for both your sakes).

Living at home alone becomes impossible:

In the early days of dementia, a loved one may start repeating questions and can't remember where they placed things. They may be living at home, possibly alone. But as Alzheimer's progresses, awareness of unsafe behaviors- such as throwing a towel on a hot burner or taking too much or too little medication-decreases. A loved one becomes a danger to themselves.

Communicating will become more difficult:

With other diseases, caregivers are still able to communicate with their loved one. With Alzheimer's, caregivers find themselves answering the same question many times over, which can get very frustrating. The words your loved one remembers on any given day may change. That means you have to get creative about how to ask questions and make requests.

Eating and drinking ability changes:

It's not unusual for a loved one with Alzheimer's to gain or lose weight. They simply don't remember if they've eaten and may not register their bodies' level of fullness. In addition, in mid-to late-stages, sugary foods become a favorite, possibly creating other health-related issues. Another significant concern for all seniors is hydration. Most do not drink enough water and research shows that dehydration directly impacts brain function.

Length of the disease's impact:

Those with Alzheimer's disease live an average of four to eight years after diagnosis. Most live with mild cognitive impairment for several years before their diagnosis. Note that how Alzheimer's disease affects your loved one is very individual and unique. The disease progresses over different amounts of time and impacts different parts of the brain, so no journey is exactly the same.

MEMORIALS & 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.

Memorial Contributions

William Avance
Audrey Smith
Patricia and John Aldridge

Louise "Honey" Burson
Jane and Richard Elrod

Jeffrey DeHaan, M.D.
Alexander's Jewelers
Lisa and Bobby Howell

Melba Dolezalek
Don Dolezalek

Margaret Abernathy Harrell
Carolyn Rose and Bonnie Moreland

Nathan E. Jones, Jr.
Mary Alice O' Farrell
Janis and Susan Robbins

George Martin, M.D.
Ann May

Judith Rackley
Rita and William Morriss

Joan Richards
Ruth Ann Branin
Carla and Robert Sanderson
Laura and Grover Smith
Lori and Jerry Rochelle

Richard Upson
Joyce Mueller

Honorarium

Margaret Mathis
Stephanie and Royce James

Eunice Baye Matthis
Andree Ray

Robert Matthis
Andree Ray

It is time for end of the year donations! The Alzheimer's Alliance and Our Place Day Respite Center could greatly benefit from your donation! 100% of proceeds benefit families locally!

Thank you Healthcare Express and Ledwell!

Saturday, September 10, Healthcare Express and Ledwell Office participated in the Annual Friends for a Cause kickball tournament. Both of these teams were gracious enough to designate the Alzheimer's Alliance organization to donate their winnings to. We are grateful for their support!!



8th ANNUAL

twice as fine

TEXARKANA

WINE

FESTIVAL

CELEBR

8

GOOD TIMES...COME ON!!!

May 6, 2023

Spring Lake Park

PRESENTED BY:



VOLUNTEER SPOTLIGHT

Sherry & John Ross



Sherry and John have been volunteers with the Alzheimer's Alliance since 2013. Prior to joining us at the Alzheimer's Alliance, they volunteered in San Marcos, TX with special Olympics and a therapeutic horseback riding facility for children and adults with disabilities. They work closely with our Respite Director, Allan Wren, to ensure everything is in order each week! Not to mention, Sherry has decorations to share with Our Place every holiday and John keeps his toolbox handy for any repairs.

Sherry states, "While the short-term memory of our friends may have gone, they have wonderful stories from the past". In asking her what she likes most about the Alzheimer's Alliance she said, " When a family caregiver gives you a huge hug and tells you how much they needed the day for themselves".

Sherry and John's son, John Ross IV, is the President of the Alzheimer's Alliance Board of Directors. We are very grateful for the devotion of this entire family!

SLEEP



Here are some suggestions to help ensure your loved one gets the best possible sleep:

- Establish a routine sleep schedule, with a set bedtime each night
- Help your loved one stay active
- Limit or avoid giving the individual beverages or foods containing caffeine
- Schedule activities for earlier in the day
- Be aware of different stimuli as you prepare for bedtime, including television, bright lights, and/or loud music
- Be mindful of the impact naps can have on evening sleep
- Take precautions to help safeguard your loved one from wandering at night

5 Steps for Caregivers after Alzheimer's Diagnosis

1. Find local services and supporters

Keep in mind, you'll need to seek assistance as needs arise. This may include a support group, an adult day care program, in-home care, as well as an aging life specialist, geriatric care manager, nutritionist, and physical and speech therapists.

2. Learn about Alzheimer's disease

3. Get regular medical care

See your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist) regularly to keep up with ongoing changes in symptoms and behavior.

4. Do legal and financial planning

Many families are caught off guard by the legal, financial and estate consequences of an Alzheimer's diagnosis but don't have to be. Now is the best time to review and update financial and health care documents, such as your will and advance directives for health care, finances, and your estate.

5. Do long term care planning

As Alzheimer's progresses, long-term care, whether in the home or at an assisted living or memory care facility will be needed, including around-the-clock care. It's important to review your family and financial preferences and abilities to pay.





Alzheimer's Alliance

TRI-STATE AREA

100 Memory Lane • Texarkana, Texas 75503

903-223-8021

Alzheimer's Alliance Tri-State is a 501(c)(3) non-profit organization

www.alztristate.org



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



OCT 2022 ISSUE



This program was partially funded by the Alzheimer's Foundation of America (AFA)

Page 8