

# ALZHEIMER'S ALLIANCE



## TRI-STATE AREA

APRIL 2023 ISSUE

*"Doctors diagnose, nurses heal, and caregivers make sense of it all". -Brett H. Lewis*



**Our Place Fun**

**Caregiver's Corner**

AFA Helpful Tips

**Memorials & Honorariums**

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

**Volunteer Spotlight**

Lynne Thompson

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# 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](http://alztristate.org)  
Location: 100 Memory Lane Texarkana, TX 75503



## Planning Early for Care

When is the right time to think about transitioning a loved one to a higher care level? "Most professionals say that the time is before we recognize they need it, earlier in their journey than you may think- now," Trunecek says, "This allows them to acclimate to the space with more ease, as whatever capabilities they have now are likely the most they will have moving forward. It is important to keep in mind that some memory care communities have a waitlist, so it is better to approach them before they need them. Take the stress out of caregiving by educating yourself on options earlier rather than later."



# 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](http://www.alztristate.org).

## Memorial Contributions

**Evelyn Townsend Andres**  
Cheryl and Nelson Shaw

**Larry Copeland**  
Terrie Arnold  
Jeanne and Swede Lee  
Jerrie and Pat Raney

**Gary Gamble**  
Shelley Krobot

**Jack Curtis Hall**  
Don Dolezalek

**Janice Musgrove**  
Tee Party

**John Oaks**  
Joan and Jack Carter

**Wanda Robinson**  
Linda and Lonnie Hughes

**Dick Stark**  
Roberta and Bob McMahon

**Dr. Jerry Stringfellow**  
Patty and Holmes Morel

## Honorarium

**Jo Ann Ward**  
Lindola and William Griffin

## Dining at the Dementia Café

In an essay by Lonna Whiting, Lonna explains how she legally and emotionally became her mother in order to take care of her mother while suffering with dementia.

She says,

When the dementia came for what was left of her independence, I found her a place to live at an assisted living facility. Mother, you're safe and clean. There is nothing else to be done.

And when it took her personal history, I held onto the people she loved the most. Mother, your dad's name was Bob. He was a good man.

When the dementia devoured my name from her tongue, I spit it out for her again and again and again. Mother, I am your daughter. My name is Lonna.

When the dementia chewed up her own name, I fed that right back to her. Mother, your name is Beth. You are beautiful.

When the dementia inhaled her ability to walk, I wheeled her around. Mother, the world is still going by. You are still a part of it.

When the dementia sucked up her laugh, I laughed for her. Hahahahahaha.

When the dementia ate her smile, I smiled for the both of us. Mother, do you know how much I love you?



**AFA**  
ALZHEIMER'S FOUNDATION OF AMERICA

PRESENTED BY:



8th Annual  
twice as fine  
**TEXARKANA  
WINE  
FESTIVAL**

MAY 6, 2023  
SPRING LAKE PARK

# CELEBRATE

*good times... come on!*

*A celebration of art, food, music and wine!!*

**PLEASE PARTNER WITH US BY BECOMING A SPONSOR OF THIS EVENT**

- 100% of proceeds directly impact families in our community
- \$50 can provide one full day of respite for a family in desperate need
- These sponsorship dollars allow us to provide resources and support for the entire tri-state area

**BENEFITTING**



**Alzheimer's Alliance**  
Tri-State Area  
Arkansas • Oklahoma • Texas



**Our Place**  
RESPIRE CENTER  
EST. 2013

**Please visit [www.texarkanawinefestival.com](http://www.texarkanawinefestival.com) to sponsor this event!!**

Sponsorship contract must be received by March 3, 2023 to ensure inclusion in all eligible printed materials



# PLANNING EARLY FOR CARE

*what to consider concerning cost*

Most care options are private pay- savings, assets, others supplementing to help pay. Some people qualify for Medicaid, a federal policy that is different in each state. "Learn about your state's Medicaid laws, speak with an elder law attorney, local government offices, or other professionals."

### **Other avenues to help pay for care.**

Long-term care policy, veteran benefits, state funding (check your state's website to see about vouchers or subsidized care).

### **Other resources for more economical care options.**

Day programs (small fee may apply), the Program of All-Inclusive Care for Elderly (PACE) office (for transportation vouchers and sometimes professional teams), local organizations (church/temple, volunteer organizations), the Alzheimer's Foundation of America, Meals on Wheels and your local Department on Aging.

Diane Trunecek, a senior care advisor in the New York City area, says a price/cost analysis comparing living at home versus a senior living community can help.

"Oftentimes people see the price and have sticker shock. Once they compare expenses at home with care, many people are surprised to find that the senior living communities can be more economical."

Working with a senior care advisor can help narrow options and get you connected with professionals. If your area has Medicaid options, you may want to leave "a nest egg" to work with in case periods of private pay are required.

Adapted from the AFA Care Connection webinar "What They Wish They Would Have Known Earlier: 'Getting Your Ducks in a Row' for Memory Care Options." Trunecek assists people in narrowing their options based on care needs and budget, both now and long term.

# VOLUNTEER SPOTLIGHT

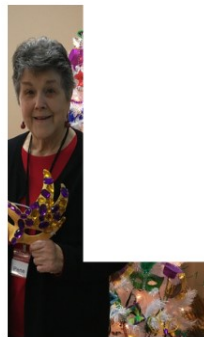
*Lynne Thompson*



Lynne has been a volunteer for the Alzheimer's Alliance since 2013.

She explained that the reason she started volunteering here is because she saw how difficult it was for her mother to care for her grandmother diagnosed with Alzheimer's. During that time, she was able to relieve her mother, who would later also be diagnosed with dementia, by helping with her grandmother.

Through watching her mother care for her grandmother and being a caregiver herself, she understands how important respite is. Lynne said, "the way it makes me feel is very rewarding because I know we are helping these families". Lynne truly has a heart for the families we serve at Our Place Day Respite Center because she has been in their exact shoes. We are grateful to have her as a wonderful companion and volunteer!



# CREATING PERSON-CENTERED BATHING

Surveys show that about half of residents in care facilities get disturbed during bathing. Understanding why can turn bath time from a task-centered struggle to person-centered care.

Unfortunately, for people with memory loss, this once familiar task can now be disorienting. It is also one of the most intimate. Your person may feel embarrassed, frustrated by loss of independence and dignity, or think they have already showered. They often don't realize they need help and resent the caregiver's attempts.

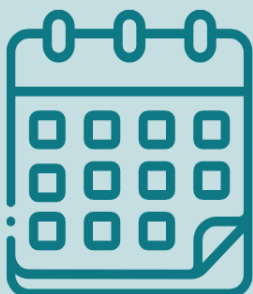
Start by letting your person do as much as they can, such as pulling down their pants. You might need to help them a little, but allow them to think they're doing the most so they feel they are still in control.

Address one part of the body at a time, using calming words and tone, and try to include the person in the process. These proven tips may help:



- Establish a routine and follow the same bathing schedule the individual had before diagnosis (time of day, frequency, etc.)
- Make sure the bathroom is safe, with shower chair and bars.
- Provide as much privacy as possible
- Let them pick out their towel and after-shower clothes.
- Ensure proper room temperature before disrobing.
- Prepare in advance. Make sure soap, towels and other items are within reach. Use bathing items that are soft to minimize skin irritation.
- Always test the water temperature.
- Limit the number of showers each week. Try for three, if possible.

- Make showers as quick as possible. Wash the most important parts first.
- Offer a bath with assistance, instead of a shower.
- Sponge bathing might be an option.
- Model the behavior on how to wash the body. Some people might need direction.
- Ask a family member to assist. Your person might be more comfortable with someone of the same sex assisting, such as a son helping a father.
- Play soothing music or light candles to relax the person.
- Use fragrances that are enticing.
- Offer a snack after shower time.



## Important Dates

### Memory Café

- April 15
- May 20
- June 17

### Support Group

- May 3
- June 7





## 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](http://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](http://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](http://www.arcf.org/toolsforsmartgiving/giveonline.aspx)

or call our office for more information



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