



SEPTEMBER 2024



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

Melba Dolezalek
Don Dolezalek

Scott Fowler
Mary O'Farrell

Charles Morgan
Judy and Curt Green

Skip Tackett
Mary O'Farrell

Keith Wayne Durrett
Marcey O'Malley

Lou Ella Humphrey
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Patsy Raney
Joan and Jack Carter
Mary O'Farrell

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Linda Lafferty
Jerry Campbell
Julie and Phillip Ellis

Alana and John Morel
Jane Rochelle
Stephanie and Royce James

Jerry Yates
Amy Bosley
Tracy Humphrey
AGC of Texas



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.

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.

Does your loved one qualify for Project Lifesaver?

- ☐ 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**

4,358

RESCUED TO DATE INTERNATIONALLY

LOCATES
DAY OR NIGHT

AVERAGE RECOVERY TIME:
30 MINUTES



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

NOW FOR BOWIE, CASS AND MILLER COUNTIES

SUPPORT GROUPS:

- SEPTEMBER 4TH
- OCTOBER 2ND
- NOVEMBER 6TH

🕒 2:00 PM

mark your CALENDAR

ALL MEETINGS AT THE
ALZHEIMER'S ALLIANCE

📍 100 MEMORY LN.

MEMORY CAFE:

- SEPTEMBER 21ST

*UPCOMING DATES
TO BE DETERMINED

🕒 10:00 AM

Nutrition Tips

ALZHEIMER'S ASSOCIATION

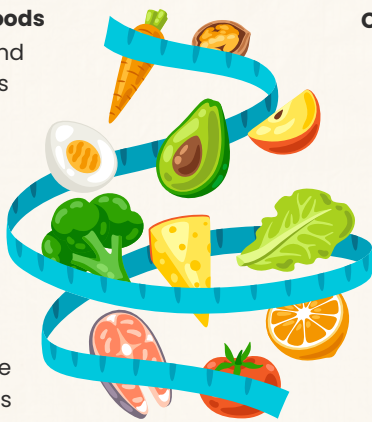
Proper nutrition is important to keep the body strong and healthy. For a person with Alzheimer's or dementia, poor nutrition may increase behavioral symptoms and cause weight loss. The basic nutrition tips below can help boost the person with dementia's health and your health as a caregiver, too.

Provide a balanced diet with a variety of foods

Offering a balance of fruits, vegetables and whole grains can ensure your loved one is consuming a variety of vitamins and minerals. Smoothies are a great way to help hide vegetables that your loved one may not like to eat raw or cooked!

Limit foods with high saturated fat and cholesterol

Go light on foods that are high in fat like butter, shortenings and fatty meats. Some fats are essential for health but not all fats are the same! Steer clear from foods that are fried or heavy with oils!



Cut down on processed sugars

These processed sugars do not contain any essential vitamins or minerals. To cure a sweet tooth, try real-fruit juices or baked goods with natural sugars.

NOTE: In the later stages of Alzheimer's with decreased appetite, sugar may be added to foods to encourage eating.

Limit foods with sodium and use less salt

Most people in the United States consume too much sodium in their diet. Try to season your foods with herb and spices and avoid seasonings with salt.

As the disease progresses, be on the lookout for decreased appetite and weight loss. Your doctor may suggest nutrition supplements, like Ensure, between meals to add calories

Encourage drinking fluids to keep your loved ones hydrated. Offer small cups of water or other fluids like soups, smoothies, and even popsicles in the hot weather!

For Alzheimer's friendly recipes:

<https://thewomensalzheimersmovement.org/recipes/>

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 August, Our Place Day Respite Center soaked up the Aloha Spirit with vibrant luaus and colorful leis! Our staff and volunteers attended a baby shower for Collins and Cora Cockerell and celebrated many birthdays in the respite center! We are so excited to welcome this new addition to our family!



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Abuse can take place in various environments, such as homes and care facilities. Individuals with dementia are particularly at risk due to their condition, which may hinder them from reporting or even realizing the abuse. Additionally, they might be vulnerable to exploitation by strangers who exploit their cognitive limitations.

Signs of abuse

While one sign does not necessarily indicate abuse, signs that there may be a problem include the following:

- Bruises, pressure marks, broken bones, abrasions and burns may be an indication of physical abuse, neglect or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness or unexpected depression may be an indicator of emotional abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene and unusual weight loss may indicate neglect.
- Belittling, threats or other uses of power by spouses, family members or others may indicate verbal or emotional abuse

Tense or strained relationships, along with frequent arguments between the caregiver and the individual with the disease, could indicate abuse. Abuse can stem from either the caregiver or the individual with dementia. As the disease advances and cognitive abilities diminish, a person with dementia might display more aggressive behaviors. It's crucial that no one should have to live in fear of harm, either to themselves or others.

Incontinence



As dementia advances, loss of bladder or bowel control frequently happens. Accidents may occur due to environmental factors, like forgetting the location of the bathroom or being unable to reach it in time. In such situations, offering understanding and reassurance can help the individual preserve their dignity and reduce embarrassment.

- Establish a regular toilet routine by guiding or reminding the individual every two hours.
- Manage fluid intake to prevent dehydration in individuals with confusion. Be aware of beverages like coffee, tea, cola, or beer, which have a stronger diuretic effect. Limit evening fluid intake before bedtime.
- Utilize signs (with visuals) to indicate the bathroom door.
- Consider placing a commode in the bedroom for convenient nighttime use; these are available at medical supply stores.
- Purchase incontinence pads and products from pharmacies or supermarkets. Consult a urologist for specialized products or treatments. Select for clothing with elastic waistbands or velcro closures for easy removal and provide washable attire.

Are You Experiencing Memory Changes?



Experiencing memory changes can be overwhelming to some. Taking a systematic and thoughtful approach can help you and your family tackle the situation “head-on”. Here are some helpful steps to take early in the process.

Talk to others about your experiences

It is completely normal for cognitive symptoms to develop as we age. Even though these symptoms can be normal, they can still cause worry. Symptoms like slower processing and needing more repetition can be a sign of age-related changes; however, they can also be a sign of an abnormal process as well. Talk to those close to you about changes. If these changes are persistent, think about talking with your health care provider.

Collect your history

Your health care provider will need to understand what you’re experiencing in the context of your life along with the timing and changing of those symptoms. It is important for them to understand your current medications, family history and substance use. Sometimes, other factors like medication, poor sleep or sleep apnea can be the culprit to memory changes or decline.



Cognitive screening tests do not provide a diagnosis

Cognitive screening tests may be helpful but do not provide a diagnosis on their own. Consider factors that could influence the results of your test. If your test score is low, determine if the results are consistent with your symptoms. If you find difficulty in multi-tasking, did you score lower on the part of the brain where this function occurs? A lower score could mean more evaluation is needed.

Analyze your symptoms and ask others for input

Try to pinpoint when your symptoms first started and how they have changed over time. If you are struggling with daily tasks, it could be indicative of a more serious brain change. If this occurs, report it to your doctor immediately.

Follow up with your provider on the next steps in the evaluation

Your doctor may request that you repeat the cognitive screening test. It is important that you take the exact same test to compare scores and determine if any changes are occurring.