



CARING TOGETHER



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

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KATELYN JORDAN

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.



Mark your Calendars!

SUPPORT GROUP: DECEMBER 6TH
@ THE ALZHEIMER'S ALLIANCE

Candlelight Service:

Please join us to honor and remember friends and loved ones who have been affected by Alzheimer's disease or other related dementias at our Candlelight Service.

NOVEMBER 21ST - 5:30PM
in the Chapel at Willams Memorial

If you would like to make a donation in honor/memory of someone, please make a donation to:

ALZHEIMER'S ALLIANCE 100 MEMORY LANE TEXARKANA, TX 75503

Fall PREVENTION

1 Clear pathways

Make sure all pathways in and out of the house are clear of clutter.

2 Watch out for rugs

Rugs can cause falls in the home by bunching up and folding over. To reduce this risk, consider removing rugs from the home.

3 Keep your important items close

Keep your everyday items within reach.

4 Corral your cords

Make sure all cords are neatly tucked away behind furniture and not in pathways.

5 Use nightlights

Utilizing nightlights in frequently visited places such as the bathroom can minimize falls at night.

6 Minimize glare

Alzheimer's disease may change the way a person experiences light. To improve their home environment, the AFA suggests to minimize glare from windows and mirrors, control it with shades, and use glare-free lighting.



twice as fine
TEXARKANA
WINE
FESTIVAL



Memorials and Honorariums

Marie Chaney

Carol Ann May

Jane Dickson

Brenda and James Moore

Lonnie Early

The Adams Family

Melanie and Greg Cockerell

The Charlton Family

Jennifer and Charlie Fischer

Mary and Delton Gwinn

Sharon and Michael Hill

Sada and Fred Hutcheson

Annell and Gary Langdon

Frank McClain

The Wolf Family

Jacky Lee

Flanagan / Andrus

Willie Jewel Ray

Sherry and John Ross

Joycelene Snow Headings

Claudia and Pete Snow Family

Royce Thorton

Janice and Susan Robbins

Mary Ulmer

Sylvia and John Ulmer

Wandering in the Winter

Wandering during winter months can be hazardous, due to inclement weather conditions such as snow and ice. Individuals with Alzheimer's and other related dementias wander for various reasons, including unmet needs such as hunger, thirst, or reacting to excessive noise.

One way to prevent wandering is to give your loved one simple tasks to keep them engaged. Also, try to eliminate clutter and triggers, such as keys and purses. Consider installing doorbells and chimes to alert caregivers of any wandering activity.

"Every family care partner wants to keep their loved one safe, which is why it's important to take steps to reduce the risks associated with wandering. During the winter, it's especially important for families living in areas affected by cold weather, snow, and ice," said Jennifer Reeder, LCSW

Discussing and implementing a safety plan can save lives while also providing peace of mind. It's crucial to keep a current photo of your loved one and their medical history handy for first responders. Having a list of places they may go, such as previous residences and workplaces, can be helpful for responders to locate your loved one.

Noticing these patterns of wandering can help caregivers provide distractions during frequent wandering times or situations.



PROJECT LIFESAVER FOR BOWIE COUNTY

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.

BENEFITS:

- Over 4,166 rescued to date internationally
- Average location time: 30 minutes
- No injuries and no deaths to date
- Average number of officers used in Project Lifesaver searches: 2
- Locates day or night, inside or outside, up to one mile on the ground, more distance from the air.

MORE DETAILS COMING SOON!

OUR PLACE



Alzheimer's Hallucinations: How to Respond

myalz learn



It is estimated that 7-35% of people living with Alzheimer's and other related dementias experience hallucinations.

1 Offer reassurance

Reassure them that they are not alone, and that everything will be okay. Acknowledge their emotions and offer guidance through the situation. While a gentle touch may be comforting, be mindful that it could also trigger a more intense response.

2 Be honest

Don't pretend you are seeing the hallucinations. Avoid interacting with the hallucinations and you should not pretend that they are real. Focus on how your loved one is feeling and try distracting them.

3 Avoid arguments

It's understandable to want to convince a loved one that their hallucinations aren't real, but doing so could lead to arguments and angry outbursts. If your attempts to explain that you don't share their perception lead to a disagreement, try to change the subject and find a more positive distraction instead.

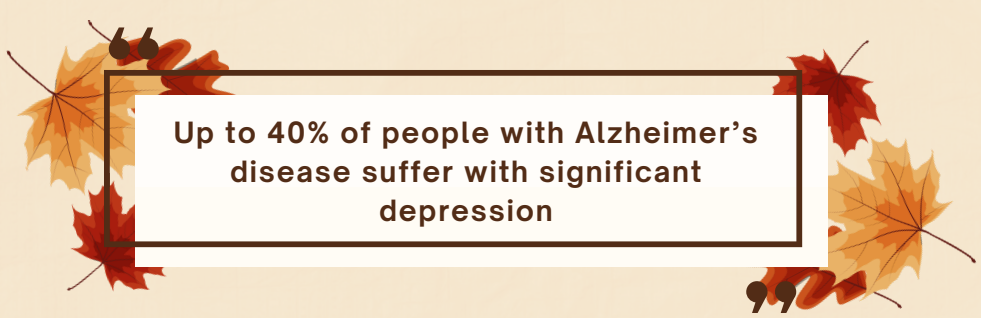
4 Get help

If your loved one is experiencing hallucinations, contact their health care provider. Certain conditions like kidney infections and urinary tract infections can be the cause of these hallucinations.

Alzheimer's Disease and Depression

Similar symptoms:

Symptoms of Alzheimer's disease and depression can include apathy, loss of interest in hobbies, social withdrawal, and isolation. The cognitive impairment that comes with Alzheimer's disease can make it difficult for them to talk about feelings of grief, sadness, and guilt.



Up to 40% of people with Alzheimer's disease suffer with significant depression

Diagnosis:

Geriatric physicians can be of great help in reaching a diagnosis. These physicians can help recognize and treat depression in older adults.

For a person with Alzheimer's to be diagnosed, they must exhibit two of the following behaviors for two weeks or longer:

- Fatigue
- Irritability
- Feelings of worthlessness or despair, as well as inappropriate or excessive guilt
- Disruption in appetite that is not related to another medical condition
- Frequent thoughts of death, suicide plans or a suicide attempt

These symptoms along with depressed mood and a loss of interest in hobbies are key indicators that your loved one might be experiencing depression.

Treatment:

For Alzheimer's patients with depression, the most common treatment involves a combination of medication, counseling, and gradual reintegration into activities and social connections that bring joy. Regular exercise and finding routines can help regulate moods in those with Alzheimers.

The Alzheimer's Association offers a 24/7 help line: 800.272.3900

Alzheimer's Alliance Tri-State Area

NEW TEAM MEMBER:

Katelyn Jordan



We want to welcome our newest member to our team, Katelyn Jordan.

Katelyn was born and raised in Texarkana, Texas. She graduated from Texas High School in 2019 and is currently enrolled at Texas A&M University - Texarkana where she is seeking a degree in Business Administration with a concentration in Marketing.

In her free time, Katelyn likes to be outdoors hiking, traveling and painting. She is excited to be a part of this organization and make a positive impact on the community.



The Alzheimer's Alliance is excited to have Katelyn on our team!