

ALZHEIMER'S ALLIANCE



TRI-STATE AREA

JANUARY 2023 ISSUE

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." -Audrey Hepburn

Pictured: Volunteers Stephanie James and Andy Oliver

Our Place Fun

Caregiver's Corner

AFA Helpful Tips

Memorials & Honorariums

Twice as Fine Wine Festival May 6, 2023

Volunteer Spotlight

Jo Ann Ward



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



10 STEPS TO APPROACH MEMORY CONCERNS

- 1** What changes in memory, thinking or behavior do you see?
- 2** What else is going on?
- 3** Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis.
- 4** Has anyone else noticed the change(s)?
- 5** Who should have the conversation to discuss concerns?
- 6** What is the best time and place to have the conversation?
- 7** What will you or the person having the conversation say?
- 8** Offer to go with the person to the doctor.
- 9** If needed, have multiple conversations.
- 10** Turn to the Alzheimer's Association for information and support. (or your local Alzheimer's Alliance)

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

Evelyn Townsend Andres

Tena, Jake, and Josh Boyd
Virginia and Tom Kesterson
Jeanne and Swede Lee
Bernadette and Danny Wooten
Remica and Danny Gray
Camille and Rob McGinnis
Daphne and Mike Cox
Wend-xx Inc.

Georgia Bolton

Ralph Robertson

Jim Clem

Pat and John Stephens
Stephanie and Royce James
Jo Ann Ward
Sherry and John Ross III
Ruth Ann Branin

Martha Clements

Mary Ann and Alvis Pate

Chester "Cookie" Coleman

Julianne and Phillip Ellis

Cherry Fisher

Hadaway Collision

Harriette Freeze

Daphne and Mike Cox

Gary Gamble

Martie and Tony McLelland
Linda Morgan
Shane and Lisa Morgan

Cranford Graves

Mary Alice O'Farrell
Tyna and Terry Armstrong
Sherry and John Ross III
Jo Ann Ward

Flora Kaburick

Ralph Robertson

Kenneth Long

Becky Boyd
Melba Boyd
Mindy Lafferty

Dr. George Martin

Sara Barnett
Jo Ann Ward

Margaret Mathis

Char and Joe Crane
Kathi and John Couch
Patti Bunn and Ron Crowell
Ann Hobson
Anita and Michael Delamore
Ruth Ann Branin
Denise and James Goodwin
Bonnie and David Lamb
Hollis and Wade Boyette
Greta Alexander
Sara Barnett
Treaa Jackson
Gregory Brush
Kate Anderson
Vicki and Mo Orr
Jane Rochelle
Rosemary and Paul Hardy
Mary Alice O'Farrell
Cary Patterson
Haley and Randy Roeser
Debbie and James Herrington
Paula and Wayne Hawkins
Nancy Barlow
Fred Barlow
Alexander's Jewelers
Jeanne and Swede Lee
Kay and Jim Gaddis
Gayle Wright
Dr. and Mrs. Mark Looney
Stephanie and Royce James
Sherry and John Ross III
Lori and Jerry Rochelle
Jo Ann Ward
Stanley Mathis
Suzy and John Heath
Annell and Gary Langdon

Harriette McGary

Georgia Odom

John McKnight

Elizabeth Claire Hardy
Annell and Gary Langdon

Judge Ed Miller

Mary Alice O'Farrell
Jo Ann Ward

Fay Morrison

Virginia and Tom Kesterson
Tracey Caudle

Thomas Albert Mosley

Whitney and Vickers Fuqua

Juanita Osborne

Greta Alexander
LeAnn and Buddy McCulloch

Regina Parks

Mindy Lafferty
Becky Boyd
Melba Boyd

Marisa Stahl

Mindy Lafferty
Becky Boyd
Melba Boyd
Sherry and John Ross III
Jerry and Boyd Campbell
Jo Ann Ward
Cordell Klein M.D.
Julianne and Phillip Ellis
Pat and Gary Collins

Dick Stark

Greta Alexander
Jo Ann Ward

Dorothy Stout

Bernadette and Danny Wooten
ABF Freight
Cecelia Davis

Alta Taylor

Annell and Gary Langdon

Patsy Thornton

Jo Ann Ward

Glenn Thrapp

Julianne and Phillip Ellis

Mary Ulmer

Elizabeth Claire Hardy

James Kenneth Wells

Marsha Lynn Zoring



**ANNUAL CHILI SUPPER & DRAWDOWN
DATE COMING SOON!!!**

PRESENTED BY:



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

MAY 6, 2023
SPRING LAKE PARK

CELEBRATE 8

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



Please visit www.texarkanawinefestival.com to sponsor this event!!

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

Honorariums

Alzheimer's Alliance and Our Place Day Respite

Stephanie and Royce James

Alzheimer's Alliance Board of Directors

Stephanie and Royce James

Molly and Dennis Chambers

Remica and Danny Gray

Mack and Becky Duncan

Stephanie and Royce James

Natalie and Mo Filimoehala

Stephanie and Royce James

Mr. and Mrs. Danny Gray

Molly and Dennis Chambers

Mark and Patty James

Stephanie and Royce James

Royce James

Stephanie James

Little River Nursing Facility

Margaret Mathis' Family

Eunice Baye Matthis

Andree Ray

Jana Mayo

Margaret Mathis' Family

Dr. and Mrs. David Williams

Molly and Dennis Chambers

Mr. and Mrs. Dennis Young

Molly and Dennis Chambers

CANDLELIGHT CEREMONY

Donna Branin by Ruth Ann Branin

Carolyn Brock by Jo Ann Ward

May Field Brewster by Bobbie Brewster

Odell Cigainero by Mike and Jackie Cigainero

Jim Clem by Linda Clem

Charles Colquitt III by Letha and Don Colquitt

Donna Jo Colquitt by Letha and Don Colquitt

Charles Cummings by Janet and Rick Buchanan

Tiny Cummings by Janet and Rick Buchanan

Mae Dager by Bonnie and David Lamb

Angeline M. Dereng by Lynne Thompson

Peggy Dukelow by Lesley and Adam Dukelow

Mary Harkrader by Roberta and Bob McMahon and Family

Barbara Harlow by Mike and Jackie Cigainero

Orwilda Hill by Ida Brown

Gerald Hooper by Linda Clem

Margaret Hooper by Linda Clem

Nathan E. Jones Jr. by Ethel Pauley Jones

Lola Joseph by Lionell Joseph

Frank King by Carol Racheotes

Paul March by Paul and Michael Foster

Margaret Mathis by Margaret Mathis' Family, Emele Margaret and James Filimoehala, and Char and Jo Crane

James Merritt by Linda Merritt

Charles A. Mudford by Carolyn Duke Mudford

Marie Ray by Rita Martinez

Marion Roye by Jo Ann Ward

Verna Skidmore by Dianne Barfield

Marisa Stahl by Kelli and Jonathan Stahl

Earl D. Whisenhunt by Elsie Whisenhunt

Nellie Wilson by Norvin Wilson



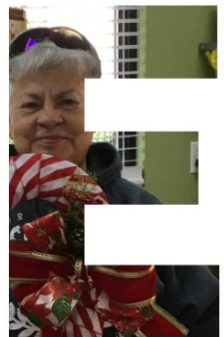
VOLUNTEER SPOTLIGHT

Jo Ann Ward



Jo Ann has been with the Alzheimer's Alliance and Our Place Day Respite Center since the day we opened our doors. She is not only a treasured volunteer, but she also serves on our Board of Directors. In fact, Jo Ann along with the help of a few others, were instrumental in the opening of the new Alzheimer's Alliance and Our Place Day Respite facility. She says, "Dad's gift and the help from the four previous owners of an almost vacant office building made it possible for the vision of housing an Alzheimer's Alliance Respite Center in Texarkana". She continues to encourage others to tour our facility by saying, "Visit Our Place and you will see leaves on our giving tree with names of many people who gave their time, money, and talents to turn the building into 'Our Place'".

Jo Ann has a special heart for the Alzheimer's Alliance. When asked what she likes most about the Alzheimer's Alliance and Our Place Day Respite Center she said, "the family-like caring of every person involved: Volunteers, staff, board members, committee members, and the families we help".



SIX WAYS TO STAY HEALTHIER INTO OLD AGE

Findings from multiple studies on cognitive health and aging suggest that six key lifestyle factors can influence longevity. "Are these six habits going to prevent all disease? No," says Ronald C. Peterson, MD, PhD, FAAN, who is director of the Mayo Clinic Alzheimer's disease research Center in Rochester, MN, and serves on the Global Council on brain health, an initiative cofounded by AARP.



Keep Moving

Aim for 150 minutes of exercise a week, preferably at a brisk pace. Including some resistance exercises, such as push-ups and planks, to strengthen muscles is a plus.



Engage your mind

Do whatever you enjoy that keeps your mind active, whether it's reading, playing games, doing crossword puzzles, or something else that requires focus, Dr. Peterson advises. If it seems like a chore, it may be hard to stick with, he adds.



Eat more whole foods

A heart-healthy diet doubles as a brain-healthy diet, Dr. Peterson says. Avoid processed foods; eat more fruits, vegetables, grains, and nuts; limit red meat; and don't overdo sweets and alcohol. "Maybe one glass of wine a day," Dr. Peterson says.

Brain&Life
NEUROLOGY FOR EVERYDAY LIVING



Be a social butterfly

As people get older, they tend to stay home more, which can lead to social isolation. "They start to lose their sense of confidence," says Dr. Peterson, and may find reasons to interact with others. Do all you can to remain engaged with friends, family, and your community.



Get plenty of restful sleep

Establishing a nighttime routine is key to good sleep, says Dr. Peterson, who encourages people to go to bed and get up at the same time every day. He also suggests avoiding stimulating activities, such as exercising or using the internet, right before bed, and limiting alcohol consumption.



Find ways to reduce stress

There are many ways to manage stress, including deep breathing, meditation, exercise, and talk therapy. "A little bit of stress can be good, but too much is harmful," says Dr. Peterson.



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



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