Caring Together

NOVEMBER 2026

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

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

Our Place
RESPITE CARE CENTER
Est. 2013

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.

SUPPORT GROUPS:

2:00 PM

- NOV4
- DEC 2
- JAN 6

mark your
CALENDAR

ALL MEETINGS HELD AT THE ALZHEIMER'S ALLIANCE

100 MEMORY LN.

MEMORY CAFE WILL RESUME IN JANUARY

DEPRESSION OR DEMENTIA? A PROFESSIONAL GUIDE TO UNDERSTANDING THE DIFFERENCES

NOVEMBER 18 @ 12:00 PM – 2:10 PM EST

AFA ALZHEIMER'S FOUNDATION OF AMERICA

This clinical course explores the similarities and differences between depression and dementia in older adults, focusing on how depressive symptoms can mimic dementia-related cognitive decline and complicate accurate diagnosis. Participants will examine common symptoms, the potential risks and consequences of misdiagnosis, and the importance of distinguishing between the two conditions to support appropriate treatment and care. The presentation will also include opportunities for questions, instructor-led discussions, and a closing Q&A session.

For more information and events like this, please visit:
https://alzfdn.org/events/

Our Place
RESPITE CARE CENTER
EST. 2013

Our Place Day Respite Center provides meaningful social engagement in a safe, supportive environment. Through structured activities, peer interaction, and compassionate care, our "friends" enjoy connection and stimulation while caregivers receive much-needed respite.
For more information about Our Place Day Respite Center or to schedule a visit, please contact the Alzheimer's Alliance at:

www.alztristate.org/ourplace **100 Memory Lane Texarkana, TX 75503** **903-223-8021**



Memorials

Marlene Alexander
Lara and Chris Court
Pene Pufahl

Donna Branin
Ruth Ann and Randy Branin

Carolyn Brock
Jo Ann Ward

Howard Burris
Jerry and Rose Burris Wilson

Charles Cummings Jr.
Janet Buchanan

Savilla Cummings
Janet Buchanan

Tommie Cummings
Janet Buchanan

James Daniels
Mary Ann Daniels

Anna Mae Dillingham
Jo Ann Ward

Melba Dolezalek
Don Dolezalek

Roy Dowdy
Judy Dowdy

Dr. Ben Floyd
Helen Floyd

Rudolph Green Sr.
Joycelyn Thomas

Charlotte Hildreth
Janet Buchanan

Donna Himes
Cordell Klein

Doris James
Stephanie and Royce James

Nancy Lund
Sharon Sheppard

Paul March
Paula and Michael Foster

Margaret Mathis
Stephanie and Royce James

Barbara McCash
Joan and Jack Carter

Marjorie Prater
Janet Buchanan

Lana Rehkopf
Chris and Lara Court
Pene Pufahl

Marion Roye
Jo Ann Ward

Pamela Smotherson
Joan and Jack Carter

Alta Taylor
Annell Langdon

Rodney Thomas
Cordell Klein
Joycelyn Thomas

Nathan L Wright
Betty Wright

Honorariums

John Barnocky
Tom and Pat Wagy

Melba Boyd
Tom and Pat Wagy

Maria Luisa Brinker
Tom and Pat Wagy

Dorothy Hopson
Wendy Townsend

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

5,000+

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

The Apartment: A Guide to Creating a Dementia-Friendly Home

Dementia-related illnesses impact the mind and affect virtually every aspect of a person's life, including making many facets of daily living more difficult. Most residences are not built with the needs of an individual living with Alzheimer's disease or other dementia-related illnesses in mind. However, almost every part of a residence can impact quality of life for someone living with a dementia-related illness and their family care partners. Even seemingly-cosmetic choices, such as wall colors, furniture patterns, and dishware, make a difference.

AFA created The Apartment—a model studio residence built in AFA's New York City headquarters—to showcase ways that practical design and technology can greatly increase the quality of life for someone living with Alzheimer's or other dementia-related illnesses and help the entire care team protect the person's safety. Rosemary Bakker, President of Age-Friendly Design, was the lead designer who worked with AFA to design The Apartment.

To take a virtual tour of The Apartment, please visit:

https://alzfdn.org/theapartment/

Our Place!











Our friends at Our Place Respite Center had a month full of fun, laughter, and special memories! We celebrated Waffle Day with a tasty treat, enjoyed some festive trick-or-treating, and shared lots of smiles while playing bingo. We also planted beautiful mums and got creative with some fun crafts! We are so thankful for the friendship, laughter, and special moments we get to share with our friends at Alzheimer's Alliance!

5 Tips for a Dementia-Friendly Thanksgiving

With Thanksgiving approaching, the Alzheimer's Foundation of America (AFA) is offering five tips to help those affected by Alzheimer's disease and other dementia-related illnesses ensure their Thanksgiving celebration is dementia-friendly.

"Families caring for a loved one with dementia deserve to join together and celebrate Thanksgiving, and there a few simple steps they can take to make that celebration as joyful as possible," said Jennifer Reeder, LCSW, SIFI, AFA's Director of Educational & Social Services. "For caregivers, it means creating an environment where our loved ones can feel safe, valued, and present in the moment. Being proactive and prepared are the best tools caregivers can use to give their loved one a Happy Thanksgiving."

AFA offers the following tips to help make a Thanksgiving celebration dementia-friendly:

- **Schedule the celebration early and incorporate the person's routine.** Individuals living with dementia can "sundown," a syndrome which could cause agitation and confusion in the late afternoon to early evening hours. Adding a celebration with a house full of guests can impact these symptoms. Consider holding the celebration earlier in the day to make your loved one feel more comfortable. Changes in daily routine are challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around an established routine.
- **Prepare everyone involved prior to the celebration.** Try to familiarize your loved one with all guests beforehand by showing photos, sharing stories, or arranging a phone or Face Time chat prior to the celebration. You could also make an invitation to the event to share with them so they know details and that it will be happening.Consider sharing beneficial information with guests about your loved one: ways to communicate with the person, what they respond well to, and what may cause distress. These details are particularly important if guests have not seen the person recently, and they will help facilitate positive interactions and engagement.
- **Keep your loved one involved.** Make adaptations that enable your loved one to participate in the celebration. Focus on what they can currently do and invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are good ways to reminisce and bring joy and positive feelings to the celebration. For intergenerational activities, try singing familiar songs together, doing art activities, and sharing a snack.
- **Make a quiet space available.** Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes overwhelming. Provide familiar comfort items in the space (i.e., favorite blanket, sweater, stuffed animal) to help them feel safe and at ease. Try to control the flow of visitors when possible; those in early stages are better able to interact than those in later stages.
- **Plan for help.** Preparing and holding a holiday gathering can be stressful, even without the additional responsibilities of caring for a loved one with dementia. Relatives and friends might be eager to help but may not know how. Don't be afraid to let them know what you need, whether you are asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.

Caregivers who have questions about creating a dementia-friendly Thanksgiving celebration or any other question relating to dementia or caregiving can contact the Alzheimer's Foundation of America's Helpline, seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat (alzfdn.org).