The mission of the Alzheimer’s Alliance Tri-State area is to empower those affected by Alzheimer’s disease with resources for enhancing their quality of life through education and support.
VOLUNTEER SPOTLIGHT

Ida Brown

We spotlight one of our wonderful volunteers, Ida Brown. Ida has been volunteering at Our Place since November, 2014. Ms. Brown discovered Alzheimer’s Alliance four years ago through the care of her mother at Our Place. She saw the care and compassion that the volunteers had with her mother and she wanted to give that back to someone else. She said “It’s a hard job caring for someone with dementia. The support groups were also a big help when I was caring for my mother.”

When asked about her most rewarding experience as a volunteer, she said, “I was gone for 6 weeks and when I came back, two Friends at Our Place came up to me and gave me a big hug!” In their own way they recognized I was gone, but they didn’t quite remember. It made me feel really special.” She enjoys seeing them come in everyday with a smile on their face. Ms. Brown delights in knowing that she is making an impact in their lives and the caregivers’ lives. “After caring for my mother, I’m able to recognize the good days and the bad days,” she said, which has lead Ms. Brown to become a volunteer. At the end of the day, Ida Brown said reading about the disease and learning the different stages of dementia helped with her mother and has also helped her to be a better companion to Our Friends. We are so grateful to have her at Our Place!

MEMORY SCREENING

Contact the Alzheimer’s Alliance to schedule your free screening for any of the following dates:
* Memory screenings are like other routine health check-ups.

April 12, 2018
May 10, 2018
June 14, 2018

*Each memory screening takes approximately 10 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.

Memory Café

The Alzheimer’s Alliance Tri-State Area will be hosting a Memory Café on April 28, May 26 and June 23 at our facility located at 100 Memory Lane. This Café is targeted towards caregivers and their loved ones who suffer from Alzheimer’s disease or dementia. The Memory Café is a one-of-a-kind experience, giving caregivers the opportunity to socialize and learn in the same setting. We offer a brunch style meal followed by a caregiver breakout session, while loved ones enjoy activities in our respite center with trained volunteers. If you are interested in making reservations to attend our Café, please call us at 903-223-8021.

This Memory Café has been made possible in part by a grant from the Alzheimer’s Foundation of America.
A new year means great new experiences at the Alzheimer’s Alliance Tri-State Area and Our Place Day Respite Center. As we look forward to the new, we also remember the past and how it has shaped us. 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.

**Memorial Contributions**

**Edith Barentine**  
Tuesday Night Bible Study Group:  
Jennifer Orgeron, Caroline Creaven, Barbara Adcock, Brenda Hall, Greg Bischof, Beth Busby, Willie Starks, Robin Smith, Ginger Dellinger and Jane Williamson  
Mary Ann Marshall  
Judy Babcock  
Mary Jayne Locke  
Sherry & John Ross

**Betty Jane Bartley**  
Catherine & Rick Shelton

**Eddie Bloomfield**  
The Bert Bloomfields

**Lusara Cowan**  
Sue & Pat Tomberlain, Jr.  
Martha & H.J. Wood, Jr.  
Sandra McCasland & Charly Melton  
Gary Watson  
Texarkana Arkansas -Firefighters Association  
The Craig Cowan Family  
The families of Bill Ward & John Jones

**Vynetta Flanery**  
Bonnie Lamb

**Sue Gibbert**  
Jeanne & Swede Lee  
Sherry & John Ross, III

**Ron Lindgren**  
Robin & Jaynie Hickerson

**Gene Lott**  
John Ross & Lisa Shoalmire  
Sherry & John Ross, III  
Jeanne & Swede Lee  
Elaine & Hershel Flanagan

**Glenda Moore**  
Betty & Jacky Lee  
Belinda & Jerry Lee  
Tracey & Joe Dan Lee

**Kibbie O’Brien**  
Joy Sunday School Class-Highland Park Baptist Church  
Highland Park Baptist Church

**Zelda Orr**  
Rosemary & Bryant Davis

**Robbie Sue Ray**  
Connie & Eric Beach

**Pearl Eunice Smith**  
TexAmericas Center

**Joyce Stone**  
Susan & Tyler Swank  
Kelly Bowlus  
Chayta Mills

**John Bruce Street**  
Jeanne & Swede Lee

**Billy Thornton**  
Mary Stone  
Hope High School Class of 1953

**Ed Warmack**  
Jennifer & Brett Dietze

**Dixie Wright**  
Lisa Jacobs  
The Howell Family  
Julie’s Deli  
Sherry & John Ross, III  
Family of Jean & Pete McFarland  
Dr. and Mrs. Robert L Mack  
Kathy & John Holliday

**Honorariums**

**Dr. & Mrs. Matt Young**  
Stephanie and Royce James

**Jo Ann Ward**  
Mary & Daniel Ward
People with dementia may become resistant to bathing. Such behavior often occurs because the person doesn’t remember what bathing is for or doesn’t have the patience to endure lack of modesty. Loss of independence and privacy can be very difficult for the person with dementia. The disease also may increase sensitivity to water temperature or pressure. Start with preparing the bathroom. Remove locks from bathroom door. Make sure electric dryers and razors are out of reach. Install grab bars and a handheld spray attachment to shower head. Use non-slip bath mat on the floor outside the tub. Remove clutter. Make sure room is well lit and warm. Lay out soap, washcloth, towel and clean clothes in sequence. Use less water in tub, adjust water temperature to the person’s comfort. Use curtains and robes to enhance privacy. Play soft music the background. Bath is prepared, now it is time to invite the person. Evaluate the best time of day for bathing. Consider old habits and time of day when person is most relaxed. Try not to get too anxious when a person refuses a bath. Wait and try again later. Try bathing instructions on a prescription pad. Try offering a couple of choices: do you want a bath or a shower? Simplify the task as much as possible. Take your time. Do not rush. Gently guide the person through each step. Use simple cues and respectful language. Let them touch the water before getting in. Provide a wash towel to hold while bathing. Provide encouragement saying things like the water feels so nice or this feels good. Make sure they are covered and warm when drying. Offer a reward, such as a favorite food or a ride in the car. Compliment the person on how good they look and how nice they smell. Give praise. If bathing continues to be difficult, don’t bathe every day. Do a partial sponge bath on the days between bathing. Separate hair washing from bathing – hair washing can be done with the spray attachment, or in a sink. Try using a bath chart or calendar to help keep track of bathing schedule. Some in-home care agencies can provide professional caregivers who are skilled in bathing dementia patients, and your loved one may be less resistant with a professional. Personal hygiene is a private matter. Although a person with dementia clearly needs help, having another person telling you what to do or staying in the bathroom with you feels like an intrusion. Be sensitive to how they are feeling and provide a warm, encouraging and respectful environment. Bathing does not have to be a battle, but it takes time, understanding and respect.

1 box of vanilla cake mix
1 (3 oz) box of strawberry Jello mix
Sliced strawberries (optional)

Prepare the cake according to the directions on the box. Bake in a 9 x 13 inch dish. Let cool for 5-10 minutes. Take the end of a wooden spoon or straw and poke holes all over the cake. In a small saucepan bring one cup of water to boil and add the packet of strawberry Jello. Continue cooking until dissolved about 2-3 minutes. Remove from heat. Pour Jello mix over the cake so it goes in the holes. Cover cake and place in the fridge and let cool for 1-2 hours. Remove and top with cool whip and sliced strawberries (optional).
## Alzheimer’s Alliance Support Groups

<table>
<thead>
<tr>
<th>CITY</th>
<th>DAY/TIME</th>
<th>PLACE</th>
<th>CONTACT</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>Dierks, AR</td>
<td>1st Tuesday/month</td>
<td>Dierks Nursing &amp; Rehab 402 S Arkansas Ave</td>
<td>Carolyn Allen</td>
<td>(870) 286-2088</td>
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<td>6:30 PM</td>
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<tr>
<td>El Dorado, AR</td>
<td>3rd Thursday/month</td>
<td>Simmons First Bank 100 West Grove</td>
<td>Nancy Bailey</td>
<td>(870) 234-7410</td>
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<td>6:30 PM</td>
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<tr>
<td>Emory, TX</td>
<td>2nd Tuesday/month</td>
<td>Church of Christ 715 US-69</td>
<td>Gary Nelson</td>
<td>(903) 431-5508</td>
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<td>2:00 PM</td>
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<tr>
<td>Jefferson, TX</td>
<td>4th Thursday/month</td>
<td>Magnolia Place 1307 MLK Drive</td>
<td>Kathy Johnston</td>
<td>(903) 665-3951</td>
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<td>12:00 Noon</td>
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<tr>
<td>Magnolia, AR</td>
<td>1st Wednesday/month</td>
<td>Columbia County Library-Conference Room 2057 N. Jackson</td>
<td>Nancy Bailey</td>
<td>(870) 234-7410</td>
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<tr>
<td>Mt. Pleasant, TX</td>
<td>3rd Thursday/month</td>
<td>Titus Regional Med. Ctr. 2001 N. Jefferson</td>
<td>Stormi Thompson</td>
<td>(903) 577-6593</td>
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<tr>
<td>Mt. Vernon, TX</td>
<td>3rd Thursday/month</td>
<td>Mt. Vernon Library 100 Main St East</td>
<td>Gary Nelson</td>
<td>(903) 431-5508</td>
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<td>2:00 PM</td>
<td></td>
<td>Sally Nelson</td>
<td>(903) 537-7880</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>2nd Tuesday/month</td>
<td>Alzheimer’s Alliance 100 Memory Lane</td>
<td>JoAnn Ward &amp;</td>
<td>(903) 277-1253</td>
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<td>2:00 PM</td>
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<td>Lenn Lee</td>
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<tr>
<td>Texarkana, TX</td>
<td>4th Friday/month</td>
<td>Alzheimer’s Alliance 100 Memory Lane</td>
<td>Marisa Peary</td>
<td>(903) 223-8021</td>
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<tr>
<td>Texarkana, TX</td>
<td>3rd Thursday/month</td>
<td>Home Life of Richmond Meadows 4205 Richmond Meadows</td>
<td>Betty Lawson</td>
<td>(903) 838-0494</td>
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<td>12:00 Noon</td>
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We are continually adding new support groups to our service areas. If you are interested in learning more about joining a support group or becoming a facilitator for a support group, please contact our office at 903-223-8021.

### Board of Directors
- John Ross, President
- Mark Van Herpen, Treasurer
- Bonnie Lamb, Secretary
- Phil Bishop
- Fay J Durrant
- Whitney Fuqua
- Mark James
- Stephanie James
- Lenn Lee
- Dr. Brian Matthews
- Cindy Porter, M.D.
- Lauree Romero
- Tony Smith
- Jo Ann Ward

### Advisory Committee
- David Alexander
- Lance Lurry
- Rhonda Minter
- Melva Flowers
Our Place Fun!
Mark your calendar for the 4th Annual most Un4gettable Twice as Fine Texarkana Wine Festival! Not only is it a great way to spend a spring Saturday, celebrating art, food, music and wine, it also benefits our community! The best part is 100% of our proceeds will be used LOCALLY for Alzheimer’s Alliance Tri-State and Our Place Day Respite Care Center, to help over 17,000 families in our area suffering from this devastating disease.
Memorials & Honorariums

Honor your family or friends by contacting the Alzheimer’s Alliance and setting up a Memorial or Honorarium that will be featured in our quarterly newsletter.

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
P.O. Box 7812
Texarkana, TX 75505

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