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Every day is a fresh start.

Connect With Us!

WWW. ALZTRISTATE. ORG
100 MEMORY LANE
TEXARKANA, TX 75503
903-223-8021

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.
Diane Barnes started volunteering at the Alzheimer’s Alliance in the summer of 2017. She had several friends that volunteered and they told her there was a need for additional help at the front desk. Diane, a retired legal assistant, thought her clerical skills would be a perfect fit and after retiring, she wanted to volunteer and give back to her community. “I could see what a wonderful place this was for Friends and their families. The volunteers in the respite center have such caring hearts and they always have lots of fun,” Diane stated after visiting the Alzheimer’s Alliance. Diane has been able to share information about dementia with family and friends who are facing similar issues with their loved ones. She says, “the staff is caring and compassionate with family members that call needing someone to listen to their struggles and provide help where needed, whether it is a support group, literature or a listening ear. I saw how important it is for the caregivers to have a safe place like the respite center for their loved ones to be while the caregiver attends to their personal needs.”

Diane is a wonderful volunteer and always lends a helping hand. She also enjoys volunteering at the Wine Festival and enjoys meeting new people. We appreciate you Diane!

ONLINE MEMORY SCREENING

The Alzheimer’s Foundation of America is providing a free online memory screening test.
Visit the link below to access their test.
https://afamemorytest.com

UPDATE

For the safety and well-being of our Friends and Volunteers, we are following the mandate set by the Governor of Texas for nursing homes and other senior citizen facilities.

Although we cannot be together during this time and have canceled our support groups and memory café temporarily, we want you to know—we are only a phone call away.

We are checking phone and email messages daily. Please feel free to call or email if there is anything we can assist with. As soon as we can offer our services again, we will let you know.

Until then, please let us know if we can help you in any way.

Contact Marisa Pearcy at marisa@alztristate.org
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**

Gail Alexander  
Lauree Romero  

Susan Bishop  
Kim & Robert Mayfield  

Jack Bolls  
Dowd & Company, CPAs  
Liza & Jack McCubbin  
Mary Jane & David Orr  
Jerrie & Pat Raney  
Jane “Puddin” Rochelle  
Barbara Still  
Terrie Arnold, Kay Hill, Liza McCubbin, Lauree Romero & Gayle Wright  

Donna Branin  
Ruth Ann Branin  

Thelma Buffo  
Debra Ellis  

Evelyn Evie Busch  
Jerrie & Pat Raney  

David “Pee Wee” Carter  
Whitney & Vickers Fuqua  

Houey Clement  
Whitney & Vickers Fuqua  

Melba Dolezalek  
Don Dolezalek  

Albert Doyle Grant  
Donnie Powers  

Jason Matthew Gray  
The Honorable & Mrs. Bobby Howell  

Diane Green  
Haley Roeser  

Julie Hall  
Sue Ellen Hall  

Jo Ann Hatfield  
Elizabeth Duncan Allison  
Jane A. & Joseph A. Beaudoin  
Betty Bunch  
LaDonna & Blake Cole  
Frances & Hilton Covey  
Anita Dodez  
Dorothy Eberhard  
Cindy Ellis  
John Finger  
Jerry Hatfield  
The Heldts  
Linda & Larry Johnson  
Mary & Mark Johnson  
Ingrid & Dewey Larochelle-NARFE Chapter 1273  
Frank McClain  
Bobbi & Ron McCoy  
Rita & William Morriss  
National Active, Retired Federal Employees-Chapter 862  
Becky & Revel Passmore  
Cynthia Reynolds  
Ralph Robertson  
Lori & Jerry Rochelle  
Doris & Les Stratton  
Kathryn & Michael Waters  
Susan & Joe Whitfield  

Michael Harmon  
Amy Johnson  

Dorothy Laverell  
Cathy Sampson  

Ava McMichael  
Shelia DeBiase  
Sherry & John Ross, III  

James “JJ” Moore  
Becky Thompson  

Josh Morriss  
Whitney & Vickers Fuqua  

Martha & Josh Morriss  
Gayle Wright  

Travis Odom  
Jeanne & Swede Lee  

Dorothy Price  
Meredith May  

Sandia Rea  
Jerrie Raney  

Leona Stephenson  
Meredith May  

Whitney Woods  
Sherry & John Ross, III  

**Honorariums**

Terrie Arnold  
Don Morriss  
Mary Katherine Weber  

Margaret Mathis  
Stephanie & Royce James  
Mary Katherine Weber  

John Rich  
Carolyn Rose & Bonnie Moreland  

Gina Shipp  
Texarkana Monthly  

Russell Sparks  
Texarkana Monthly  

Jo Ann Ward  
Sharon & Mike Ward
Tips for dementia caregivers at home during COVID-19

Caregivers of individuals living with Alzheimer’s and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital.

People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next. Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds. Demonstrate thorough hand-washing. Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.

Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.

Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.

Think ahead and make alternative plans for care management if the primary caregiver should become sick.

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Patriotic Jello Cake

2 1/2 pounds fresh strawberries, rinsed and hulled, divided
1 1/2 cups boiling water
1 (6 ounce) package any red Jell-O
1 cup cold water
ice cubes
1 loaf pound cake or angel food cake
1 1/3 cup fresh blueberries, divided
1 (8 ounce) container whipped topping, thawed

Slice about 1 cup of the strawberries. Halve the remaining 3 cups of strawberries and set aside. In a large bowl, stir boiling water into dry Jell-O mix for at least 2 minutes, until completely dissolved. To the 1 cup of cold water, add enough ice cubes to measure 2 cups. Stir cold water and ice into the Jell-O and stir until ice is melted. Refrigerate for about 5 minutes or until slightly thickened. Meanwhile, cut the cake loaf into 10 equal slices and line the bottom of a 9x13 pan with the slices. Add sliced strawberries and 1 cup of blueberries to the thickened Jell-O; stir gently. Spoon the Jell-O mixture over the cake slices, trying to distribute the mixture evenly. Refrigerate 4 hours, until firm. Spread the whipped topping over the Jell-O cake. Arrange strawberry halves on top to make the stripes of the flag. Use the remaining 1/3 cup blueberries to the square of stars for the flag. Keep chilled until serving.
**ALZHEIMER’S ALLIANCE SUPPORT GROUPS**

<table>
<thead>
<tr>
<th>CITY</th>
<th>DAY/TIME</th>
<th>PLACE</th>
<th>CONTACT</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Dorado, AR</td>
<td>3rd Thursday/month 6:30 PM</td>
<td>Simmons First Bank 100 West Grove</td>
<td>Nancy Bailey</td>
<td>(870) 234-7410</td>
</tr>
<tr>
<td>Magnolia, AR</td>
<td>1st Wednesday/month 1:30 PM</td>
<td>Columbia County Library-Conference Room 2057 N. Jackson</td>
<td>Nancy Bailey</td>
<td>(870) 234-7410</td>
</tr>
<tr>
<td>Mt. Pleasant, TX</td>
<td>3rd Thursday/month 12:00 Noon</td>
<td>Titus Regional Med. Ctr. 2001 N. Jefferson</td>
<td>Stormi Thompson</td>
<td>(903) 223-8021</td>
</tr>
<tr>
<td>Mt. Vernon, TX</td>
<td>3rd Thursday/month 2:00 PM</td>
<td>Mt. Vernon Life 1200 League Street</td>
<td>Marisa Pearcy</td>
<td>(903) 223-8021</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>3rd Thursday/month 2:00 PM</td>
<td>The Magnolia Assisted Living 4205 Richmond Meadows</td>
<td>Linda May</td>
<td>(903) 838-7319</td>
</tr>
</tbody>
</table>

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**
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- Haley Herrington
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- Susan Robbins
- Mary Washington

**Staff**
- Terrie Arnold
- Allan Wren
- Marisa Pearcy

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**CAREGIVER TIP #25**

“Have patience and accept any help that is offered.”

- Mimi G.

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**...she thought of her mother’s mind as if there were balloons floating inside and sometimes she grabs one. “Sometimes she grabs them all and the stories come out.”**

Candy Crowley, CNN Chief Political Correspondent (daughter of Alzheimer’s parent)
We miss you!

Missing our Friends and looking forward to seeing you soon!

We are still here for you! If you need resources or support, feel free to call our office 903-223-8021.

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

Our Place
Respite Care Center
Est. 2013
Twice as fine
texarkana wine festival
A celebration of art, food, music and wine

Spring Lake Park
11 AM - 7 PM
903.223.8021
TEXARKANAWINEFESTIVAL.COM
Sponsorship Opportunities Available

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BE A PART OF THE MIX
JOIN US FOR YEAR SIX

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1017 993
Sparklight
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JO ANN WARD

100% OF PROCEEDS BENEFIT Alzheimer's Alliance

Save the date

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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