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

January 2019
VOLUNTEER SPOTLIGHT

Kae Lever

Our Place Respite Care is blessed to have a unique group of volunteers we call Companions. Kae Lever is one of those special Companions. Kae was invited to Our Place about 4 years ago. “When I came to visit, I fell in love with the Friends and Companions and wanted to be a part of everything that Our Place does.” She said that the most rewarding experience is being able to see the Friends enjoy themselves. “I love seeing them laugh, sing, dance, the jokes they tell and being able to get hugs is such a thrill.” She said it’s wonderful seeing how much they enjoy themselves and how they look forward to coming to Our Place.

Kae said “the thing that has helped me make a better companion is when the Alzheimer’s Alliance and Our Place Day Respite sent us through a caregiver training program. We were able to experience first hand what an Alzheimer’s patient goes through.” Every companion goes through a simulation provided by the Schmieding Caregiver Training Program. They lead you through experiences of what a person with Alzheimer’s would experience. Kae said it really helped open her eyes and understand on a deeper level.

Kae is very thankful for the friendships she has made through volunteering at Our Place. We are grateful for her selflessness in helping our Friends and putting a smile on everyone’s face.

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.

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>January 10, 2019</td>
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<tr>
<td>February 14, 2019</td>
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<td>March 14, 2019</td>
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*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 Cafe

The Alzheimer’s Alliance Tri-State Area will be hosting a Memory Café on January 26, February 23 and March 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.
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

Margaret Adams
Classmates-Pat Cupp, Linda Sehmiedeer Dyer, Howard Hall, Earl Jones, Nancy Black Krupp, Jim McFerran, Sharon Wells Moore, Nelda Smith Oefinger, Sylvia Metts Odom, Erma Short, Jimmie Taylor and Mary Lou Owens Tindall
Rose Lynn Russell

Susan Bishop
Angela & Robert Kusin

Georgia Bolton
Ralph Robertson, Jr.

Don Bounds
Jo Ann Ward & Lenn Lee

Donna Branin
Ruth Ann & Randy Branin

Bernard T. “Buz” Buzbee, Jr.
Anita Buzbee

Jerdine Cowling
Zada Cowling

Jerry Crane
Vicki & Michael Carr

Ramona Culpepper
DiAnn Bransford

Roger Davis
Brenda Davis
Linda Munkres
Sharon & Randy Pipes
MelindaTickle
Yeavette & John Riley
JoAnn Ward & Lenn Lee

Angeline Dereng
Lyne Thompson

Melba Dolezalek
Terrie Arnold & Jeff Harlow
Don Dolezalek
Jo Ann Ward & Lenn Lee

Dorothy Frances Duck
Angi & Scott Atkins
Shelia & Mike Brown
Michelle & Joe Fritz

Dora Dyer
Curt Green

William Hal Ford
Janet & John Hood

Anna Gerber
Cathy & Mark Van Herpen

Martha Grace Gooding
Jacqueline Gooding

Diane Green
Terrie Arnold & Jeff Harlow

Johnny Green, Sr
Carolyn, Paula & Maxie Johnson

Margaret Haddock
Barbara & Hollis Gentry

Emily Hall
Angela & Robert Kusin
Nancy Martin

Annette Hoover
Becky & Tommy Blake
Julie Ray & John Harrison
M &M Milling
Amanda & Pinson Razaq
Terry Robertson
Kay Sachs
Lindsay & Mark Young

Annette & Harry Hoover
Debby Durham

Doris K. James
Stephanie & Royce James

Barbara Jeans
Texarkana Door & Window
Lisa Myers & Laurie Tullos

Val Jones
Brenda Davis

Flora Kaburick
Ralph Robertson, Jr.

Juanita Lee
Lenn Lee

Lois Morris
Mike, Georgia & Jackson Cobb
Brenda & Danny Jones
Oaks Independent Friends
Margaret Sheppard

Connor Patman
Jo Ann Ward & Lenn Lee

Harley Ponder
Carolyn Mudford

Charlotte Quinn
Christine & Paul Quinn

Earnest Russell
Shelia Cook

Jerry Russell
Shelia Cook

Ben Sandefur
Sallie Dill
Norma & Fay J Durrant
Gray’s Jewelers
Curt Green
Sue Ellen Hall
Jim McKinney
Regions Bank
Kim & Clay Roberts
Phyliss & Dennis Smith
Pat & Tom Wagy
Jo Ann & Lenn Lee
Eva & Marvin Womack

Nancy Sandefur
Sallie Dill
Norma & Fay J Durrant
Pat & Tom Wagy

Thomas Turner Smith
Beverly Smith

Carrell Sutton
Brenda Sutton
Jo Ellen & Gary Sutton

Alta Taylor
Annell & Gary Langdon

Nellie Thomas
Jo Ann Ward & Lenn Lee

Jane Warmack
Darla & Allen Clement

Joan and David Wetherby
Mr. & Mrs. Henry Wetherby

Earl D. Whisenhunt
Elise Whisenhunt

Donald Carrol White
Coleman Motors Inc.

Nellie Wilson
Norvin Wilson

Della Woods
Betty Whitfield

HONORARIES

Charles Banks
Ann & Charles Banks

Lois Barrett
Mike Stuart

Paula Carmichael
Terri West

Janie Cunningham
Elaine & Hershel Flanagan

Donna Fitzgerald Davis
Carolyn Moreland

Barbara & Howard Glick
Debbie Alkire

Bonnie Lamb
Lucy Sarrett

Margaret Mathis
Stephanie & Royce James
Mike Stuart

Harriette Odom McGary
Georgia Odom

“My Children”
Mary O’Farrell

Clara Price
Cathy & Mark Van Herpen

Remember the Ride-Becky Boyd
Christopher’s Framing
-Christopher Allen
Lindsey & Jason Wilson

Sherry & John Ross
Jeanne & Swede Lee

Christine Springer
Elaine & Hershel Flanagan

Jo Ann Ward
Mary & Daniel Ward
Keeping loved ones active in hobbies and interests that give them pleasure is important after a disease diagnosis. Stimulating activities can help people with Alzheimer’s encourage self-expression, foster emotional connections with others, lessen any anxiety and irritability that Alzheimer’s may bring, help make them feel more engaged and stir memories. It is important to create meaningful activities for your loved ones, not just ones that fill time. Consider interests they had in the past, knowing that some activities may need to be modified for practicality and safety. Keep in mind that Alzheimer’s affects behavior and senses in addition to memory. So, the activities that a person once enjoyed may become frustrating or overwhelming now. Here are 10 stimulating activities for Alzheimer’s that you can try with your loved one:

1. **Bake or cook** simple recipes together.
2. **Clean around the house.** Sweep the patio, wipe the table, fold towels or try other household tasks that help the person feel a sense of accomplishment.
3. **Do arts and crafts,** such as knitting and painting. Keep patterns and tools simple.
4. **Look at books** the person used to enjoy.
5. **Organize household or office items,** particularly if the person used to take pleasure in organizational tasks.
6. **Read** the newspaper.
7. **Play music** or sing songs.
8. **Tend the garden** or visit a botanical garden.
9. **Watch family videos.**
10. **Work on puzzles.**

If your loved one resists an activity, take a break. You can try again later, or ask your senior loved one how the activity can be changed to make it more enjoyable for them. Remember to concentrate on the process of an activity and not the results. What matters is that your loved one enjoyed the time spent on it and felt useful.
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.
The Alzheimer’s Alliance Tri-State Area and Our Place Day Respite Center recently received a donation of $7,886 raised by Remember the Ride, an effort coordinated by Becky Boyd.

The donation link is still open, all proceeds stay local benefiting the Alzheimer’s Alliance. 
https://secure.etransfer.com/AlzTriState/RememberTheRide.cfm

Pictured: (Left-Right) Heather Gunsolus (Texarkana Harley-Davidson) Becky Boyd (Remember the Ride Event Coordinator), Dan Crowe (Tyson Foods), Sue Wormington (Ladies of Harley), Terrie Arnold (Alzheimer’s Alliance)
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 Arkansans 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