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.
Shirley Potter is one of our extraordinary volunteers. She has the ability to light up a room when she walks in. Her helpful and cheerful spirit has been a wonderful addition to Our Place. About a year ago, Shirley met one of our dear volunteers, Jo Ann Ward. “Her excitement and dedication to Our Place made me realize I wanted to be a part of the Alliance,” Shirley stated. At the time, she lived in Springhill, AR and couldn’t drive over on a regular basis. A year later, when she moved to Texarkana she decided to be a part of Our Place. Shirley says that everyday at the Alliance is rewarding. “The laughter is loud and often. I love to listen as our Friends sing their favorite old songs and amazed at how the words and tunes are still there. It makes my heart happy when Friends tell us what a good time they have and how they look forward to the next time.” Shirley’s best friend developed Alzheimer’s. “I was blessed to be with her from the time she first started showing signs of the disease, listening to her fears and crying often with her. I walked with her as she slowly changed and needed more support.” Shirley saw how hard it was for her friends’ family to accept this was their “new mom.” Shirley was there as this awful disease took the last remnants of her best friend. We are so thankful that Shirley is part of our Alzheimer’s Alliance family.

Memory Café

The Alzheimer’s Alliance Tri-State Area will be hosting a Memory Café on April 27, May 25 and June 22 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

Howdy Dawson
Chayta Mills

Melba Dolezalek
Don Dolezalek

Martine Ferguson
Chayta Mills

Terry Gildon
Chayta Mills

Diane Green
Vicki & Maurice Orr

Winston Hibbs
Margaret Dudley
Michelle, Chip & Jake Barkman

Annette Hoover
Austin Apartment Association
Tracia & Tim Atha

Frieda Krayl
Robert Krayl

Gilbert Lafferty
Lindalyn Campbell
Julianne Ellis

Lenn Lee
Ruth Ann & Randy Branin
Janet & Rick Buchanan
Betty Bunch
Gleaner’s Sunday School of Williams Memorial Methodist Church
Terrie Arnold & Jeff Harlow
Lou Ella Humphrey
Sada & Fred Hutcheson
Stephanie & Royce James
Bonnie & David Lamb
Annell & Gary Langdon
Waldene Letterman
Jeanne & Swede Lee
Jim McKinney
Jo Melde
Chayta Mills
Rita & William Morriss
Donna & Tim Nash
Jerre & William Roberts
Sherry & John Ross, III
Claudia & Pete Snow
Elizabeth & Jerry Sparks
Doris & Les Stratton, Jr.
Lynne Thompson

Darlene Volk Odebraski
Mary Jayne Locke

Allen Riley
Scott DuBois
International Paper Change Management & Training Team
Chayta Mills
Pam & Keith Orr
The Fuqua’s
Jane Rochelle
Jo Ann Ward

Ben Sandefur
Sally & Nick Patton
Ruth Ellen & Dave Whitt

Nancy & Ben Sandefur
Vicki & Mike Sandefur

Angela Smith
Linda Hughes

Christine Springer
Elaine & Hershel Flanagan

Newton Thompson
Joyce & Bill Stephens

Barry Ray Wood
Betty & Dan Carroll
Pat Chumney
Marion Coats & Mike Stephen
Shelia & Vernon Gromatzky
Alanda & Dan Hatch
Dudley Kelm
Nancy Kitchen
Kathy & Clark Norman
Kim & Dan Raibourn
Marilyn Williams
Debbie Wood Wolf
Chris Wood
Nancy & Fred Wright

HONORARIUMS

Phil Bishop
The Kids and Grandkids

Paula Carmichael
Terri West

In Loving Memory of Lenn Lee

Lenn, a beloved member of the Alzheimer’s Alliance Tri-State family, passed away on March 18, 2019. He has left to cherish his memory his wife, Jo Ann Ward; two daughters and a son-in-law, Myla Conroy of North Carolina and Anita and Jim DeGier of Douglassville, Ga.; five grandchildren, Joseph Nehrenberg, Lucas DeGier, Dawson Lee DeGier, Austyn Conroy and Savannah Conroy; two step grandsons, Jeff DeGier and Joe DeGier; and a number of other relatives. He was a former Shriner, a member of Rotary International and served as a board member and volunteer of the Alzheimer’s Alliance. His family said, “He is at peace. All of the decisions that he made kept him on this Earth, living, loving and laughing for 88—plus years. He was a quiet, giant of a man and will continue to guide us all by the examples he set with his life.” Lenn will be greatly missed by the Alzheimer's Alliance and our community. His generous spirit touched the lives of so many.

Those we love don’t go away, they walk beside us everyday.
Caring for someone with Alzheimer’s disease or a related dementia can be a daunting and stressful task. Overwhelming feelings of guilt, anger, confusion and sadness can interfere with daily life and caregiving routines. Reducing stress is vital to any caregiving situation, so we have put together a few hints and tips for our caregivers.

The first stress reducing tip we can give overwhelmed caregivers is to seek help. Trying to do everything yourself will leave you constantly exhausted. If family help is not an option, seek respite care. Those few hours a day, a few days a week can not only give you a clear and balanced mind to face the days ahead, but can also add years to your life.

Becoming an educated caregiver can help you better understand the disease, how it affects your loved one, and how to deal with the challenging behaviors and personality changes that accompany Alzheimer’s disease. Knowing what resources are available and taking advantage of those can help tremendously in your caregiving venture.

Make legal and financial plans. Putting legal and financial plans in place after an Alzheimer’s diagnosis is important so that the person with the disease can participate. Having future plans in place can provide comfort to the entire family.

Last, and most important, take care of yourself. Caregivers often neglect personal needs in order to fully devote themselves to the loved ones who need their constant assistance. Monitor your diet, exercise habits and make sure you get plenty of rest. Your loved one depends on you to be the best version of yourself.

---

**Easy Blueberry Cake**

- Preheat oven to 350 degrees. Coat inside of 13x9 baking dish with non stick spray. Dump a can of pie filling into the dish and spread out to cover the bottom. Pour dry cake mix over the pie filling, cover evenly. Melt butter and drizzle over the top of the cake mix. Bake for 35-40 minutes until top starts to lightly brown. Allow to cool 10 minutes before serving. Best served with ice cream.

---

**Kindness**

Kindness makes you the most beautiful person in the world no matter what you look like.
## 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>Jefferson, TX</td>
<td>3rd Tuesday/month 6:00 PM</td>
<td>Cypress Place Assisted Living &amp; Memory Care 100 W Douglas Street</td>
<td>T. Warren</td>
<td>(903) 601-2124</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) 577-6593</td>
</tr>
<tr>
<td>Mt. Vernon, TX</td>
<td>3rd Thursday/month 2:00 PM</td>
<td>Mt. Vernon Library 100 Main St East</td>
<td>Gary Nelson</td>
<td>(903) 431-5508 (903) 537-7880</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>2nd Tuesday/month 2:00 PM</td>
<td>Alzheimer’s Alliance 100 Memory Lane</td>
<td>JoAnn Ward</td>
<td>(903) 277-1253</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>3rd Friday/month 2:00 PM</td>
<td>Alzheimer’s Alliance 100 Memory Lane</td>
<td>Marisa Pearcy</td>
<td>(903) 223-8021</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>3rd Wednesday/month 2:00 PM</td>
<td>The Magnolia Assisted Living 4205 Richmond Meadows</td>
<td>Betty Lawson</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
- John Ross, President
- Mark Van Herpen, Treasurer
- Bonnie Lamb, Secretary
- Phil Bishop
- Fay J Durrant
- Whitney Fuqua
- Mark James
- Stephanie James
- Mary Alice O’Farrell
- Patsy Morriss
- Cindy Porter, M.D.
- Lauree Romero
- Cathy Van Herpen
- Jo Ann Ward

### Advisory Committee
- David Alexander
- Wade Boyette
- Melva Flowers
- Christina Guzman
- Lance Lurry

### Honorary Member
- Lenn Lee

### Staff
- Terrie Arnold
- Allan Wren
- Marisa Pearcy
Our Place Fun!
Saturday
May 4, 2019
Spring Lake Park

twice as fine
TEXARKANA
WINE FESTIVAL
A celebration of art, food, music and wine

Benefiting your LOCAL RESOURCE for Alzheimer’s Care
100% of the proceeds remain in our community

SPONSORSHIP OPPORTUNITIES STILL AVAILABLE

Visit TEXARKANAWINEFESTIVAL.COM for more info
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