Inside this Issue

- Volunteer Spotlight & Memory Café
- Memorials & Honorariums
- Caregiver’s Corner
- Support Group Schedule
- Drawdown-Thank You
- Our Place Fun!
- Twice as Fine Texarkana Wine Festival

Connect With
WWW.ALZTRISTATE.ORG
100 MEMORY LANE
TEXARKANA, TX
903-223-8021
Jerrie Raney surely has small wings on her back. Jerrie is one of our front desk volunteers but, she does so much more behind the scenes. After retiring from the Federal Government, Jerrie was wanting to do something worthwhile. Jerrie said, “I can’t think of anything more worthwhile”. She has been volunteering at the Alzheimer’s Alliance for about 4 years and is also on the Twice as Fine Texarkana Wine Festival committee. Jerrie said, “it’s very rewarding seeing the smiles on all the Friends and Companions faces. They all seem to love being here.” Jerrie is always quick to step in when help is needed! She said, “the Alzheimer’s Alliance has some of the best volunteers, so loving and compassionate. It has been my pleasure to volunteer my time with such great servants and for such a great cause”. We appreciate all you do for us. We are blessed to have you as part of our team, Jerrie Raney! If Jerrie looks like someone else you know, she is our Executive Director, Terrie Arnold’s twin!

**MEMORY SCREENING**

Contact the Alzheimer’s Alliance to schedule your free screening for any of the following dates:

- **April 9, 2020**
- **May 14, 2020**
- **June 11, 2020**

*Memory screenings are like other routine health check-ups.

*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 April 25 and June 27 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 903-223-8021.
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

Doyle Barnes
Christy & Bill Dixon
Stephanie Roy
Cathy & Gerald Wagstaff

Jack Boyd, Jr.
Atchley, Russell, Waldrop & Hlavinka, LLP
Jackie & Bill Gooding

Charlotte Ensey
Joyce & Bill Stephens

Craig Gontarek
Jack Baill

Wanda Hawkins
Rhonda Crass

Sandy Rea
Diane & Mike Barnes
Ruth Ann & Randy Branin
Jeanne & Swede Lee
Pat & John Stephens

Hoyt Raney
Amy & Mark Drosche
Jill & Ricky Harrington

James Taylor
Joyce & Bill Stephens

HONORARIUMS

Margaret Mathis
Stephanie & Royce James

Mary McVey, LPN
Kimberly Ohl
Superfood Salad

- 3 bunches kale, stemmed and chopped
- 1 cup fresh blueberries
- 2 medium carrots, peeled and shredded
- ½ cup pomegranate seeds
- ½ cup pumpkin seeds, toasted
- ½ cup sliced almonds, toasted
- 1 Tbsp chopped fresh mint leaves
- Vinaigrette (of your choice)
- Salt and freshly ground black pepper

Combine the kale, blueberries, carrots, pomegranate seeds, pumpkin seeds, almonds, and mint in a medium bowl and toss well. Drizzle with the vinaigrette and toss again. Season to taste with salt and pepper and serve.

Dementia’s Impact on the 5 Senses

**Sound:** Dementia-related illnesses can cause difficulties with processing sounds, and/or lead to hypersensitivity to noise. Diminished hearing can lead to increased disorientation, anxiety, fear and overstimulation. These changes are not related to whether a person has hearing loss, but rather the impacts of dementia-related illness itself. **Tips:** Be aware of tone, pitch and volume when addressing someone with dementia, minimize background noise, and offer sounds or music that may speak to the person’s preferences.

**Smell:** Sense of smell is often impacted in the early stages. For some, smells can be intense and overpowering, while others may have significantly diminished or total loss of smell. These changes can impact a person’s safety in the event that they are not able to smell smoke, for example. This change can often go unnoticed, making it difficult to plan accordingly for care. **Tips:** Regularly check smoke and carbon monoxide detector batteries, ensure rooms are well ventilated, and consider pleasant scents that may offer an opportunity to reminisce with the person.

**Sight:** Images travel from the eyes to the brain where they are then interpreted alongside information provided by thoughts and memories. Dementia can impact the brain’s ability to interpret images, potentially resulting in confusion, disorientation and the inability to recognize familiar people, places and things. **Tips:** Be aware of floor and wall colors, print and contrasting colors. Consider using pictures or a small decoration on the doors of important rooms, like the bathroom or bedroom, and keep clutter under control and try to create clear paths for the person to move around.

**Touch:** Dementia can impact fine motor skills, interfering with a person’s ability to button/unbutton clothes or use eating utensils. It may also be difficult for them to recognize hot or cold. They may experience a decreased ability to identify and verbalize pain and/or experience increased sensitivity to pain. **Tips:** Offer things for a person to hold or touch that may be engaging for them based on their preference (for example, a person may enjoy using molding clay or dough). Be aware of temperature, and consider offering therapeutic touch to soothe the person.

**Taste:** Due to changes in taste bud sensitivity, they may not be able to experience flavors as they once did. These changes can impact eating habits, food preference and nutritional health. For instance, an individual may experience weight loss or gain as a result of not being able to taste or recognize when they are no longer hungry. **Tips:** Cook with a variety of herbs and spices, review medications that may have side effects which impact taste and offer food with texture, as chewing can produce more flavor.
## 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) 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</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>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.

The Alzheimer’s Alliance annual Drawdown and Chili Supper was held on February 13th at the Elks Lodge in Texarkana, Arkansas. Over 200 were in attendance, and three winners shared the $5,000 drawdown prize.

**A BIG THANK YOU** to the chili cookers, volunteers and everyone who came to show their support for the Alzheimer’s Alliance and Our Place Day Respite Center.

**Board of Directors**
- John Ross, President
- Lauree Romero, VP
- Mark Van Herpen, Treasurer
- Bonnie Lamb, Secretary
- Whitney Fuqua
- Gary Gathright
- Christina Guzman
- Mark James
- Stephanie James
- Patsy Moriss
- Mary Alice O’Farrell
- Cathy Van Herpen
- Jo Ann Ward

**Advisory Committee**
- David Alexander
- Phil Bishop
- Wade Boyette
- Fay J Durrant
- Melva Flowers
- Haley Herrington
- Lance Lurry
- Susan Robbins
- Mary Washington

**Staff**
- Terrie Arnold
- Allan Wren
- Marisa Pearcy
Our Place Fun!
Rescheduled
Texarkana Wine Festival

A celebration of art, food, music and wine

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

Presented by:

Sponsored by:

Save the date

101020
Spring Lake Park
100% of proceeds benefit Alzheimer's Alliance

Carter Floyd & D'Andra Bingham, M.D.
Jessica & Matthew Palmer (Big Jake's BBQ & Catering Co)
Jo Ann Ward
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