Caring Together

A PUBLICATION BY THE ALZHEIMER’S ALLIANCE TRISTATE AREA

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.

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- Support Group Schedule
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- Doris K. James Memorial - Over The Edge Event

Connect With Us!

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

Hello Autumn

October 2018
Our volunteer spotlight is our beloved Rhonda Minter. She has been a part of Our Place for 5 years and has been a huge help. Rhonda and her husband, Dee, will be moving to Florida in October. Although she will be greatly missed, we wish her all the best. We have many great memories of Rhonda with both our Friends and Volunteers. Rhonda was known as our “snack expert”. She always had a skillful hand in planning and cooking snacks for our Friends. We will definitely miss all of her stories from the many adventures she and her husband have embarked upon. She was always quick to add a story or tidbit of trivia to brighten our day. Rhonda’s best advice for families dealing with Alzheimer’s is to seek support groups and look into facilities like Our Place where there are volunteers who have gained knowledge from their own experiences. Rhonda has been such a blessing to Our Place, our Friends, companions, and staff. She will always hold a special place with the Alzheimer’s Alliance and she will be missed dearly. We look forward to her coming back to visit, and hearing about all their wonderful adventures.

MEMORY SCREENING

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

* 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** will only be held on October 27 during this quarter due to the Holidays. We will resume our normal schedule at the beginning of 2019.

Becky Boyd raised funds and awareness for Alzheimer’s and dementia by riding 175 consecutive days! Her donation link is still open, all proceeds stay locally at the Alzheimer’s Alliance.

https://secure.etransfer.com/AlzTriState/RememberTheRide.cfm
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**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contributions</th>
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</thead>
<tbody>
<tr>
<td>Bill Bean</td>
<td>Jeann &amp; Swede Lee</td>
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<tr>
<td>JRoyston Brown, MD</td>
<td>Helen Floyd</td>
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<tr>
<td>Bernard Buzbee</td>
<td>Jo Ann Ward &amp; Lenn Lee</td>
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<tr>
<td>Roger Davis</td>
<td>Jen &amp; Michael Donblaser, David Feinberg, Highland Park Baptist Church, Mable Jones, Jeanne &amp; Swede Lee, Mary Thomas Matthews, CPA, Marisa &amp; Taylor Peary, Sherry &amp; John Ross, III, Baden &amp; Jason Shackelford, Young, Hoy &amp; Burnett, CPAs</td>
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<tr>
<td>Anna Mae Dillingham</td>
<td>Jo Ann Ward &amp; Lenn Lee</td>
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<tr>
<td>Claude Thomas Groce</td>
<td>New Haven Golf Club WGA</td>
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<td>Haze Hudson</td>
<td>Randy Thomas</td>
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<tr>
<td>Charlotte Leslie</td>
<td>Patsy &amp; Don Morriss</td>
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<tr>
<td>Gene Lott</td>
<td>Jo Ann Ward &amp; Lenn Lee</td>
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<tr>
<td>Jerry Rochelle</td>
<td>Terrie Arnold &amp; Jeff Harlow, Stephanie &amp; Royce James</td>
</tr>
<tr>
<td>Nathan Siebel</td>
<td>Lisa &amp; Bobby Howell, Texas/Arkansas Court Family &amp; CSOs</td>
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<tr>
<td>Nellie Thomas</td>
<td>Greta Alexander, Nellie’s Table at Cornerstone: Betty Chandler, Lucille Cook, Helen Floyd, Jan King, Mary Lea Norton, Joan Richards, Jackie Rehkof, and Rosie Sanderson</td>
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<tr>
<td>Jane Warmack</td>
<td>Norton, Wasserman, Jones, Kelly-LCC</td>
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<td>Dixie Wright</td>
<td>Jo Ann Ward &amp; Lenn Lee</td>
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**Honorariums**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contributions</th>
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</thead>
<tbody>
<tr>
<td>Patterson’s Camera-Mark Patterson</td>
<td>Stephanie &amp; Royce James, Patty &amp; Mark James</td>
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</tbody>
</table>

Let the Alzheimer’s Alliance help you with your gift giving this holiday season. We offer personalized cards of recognition for those who choose to give the gift that gives back. For more information contact us at 903-223-8021.
Keep celebrating the holidays, even as your loved one’s situation changes

The holiday season is often a time for family parties, shared meals, and gift giving. As we get older, we all look back on favorite holiday memories, remembering special outings, events, and presents. Holidays can become filled with stress, frustration, and sometimes sadness. Understanding that holidays may be different now, and preparing you and your loved one accordingly, can help keep joy during the holidays.

1. Find balance

Many family members feel overwhelmed by caring for a loved one with Alzheimer’s, and this can be intensified during the busy holiday season. Finding a balance between caring for others and caring for yourself is key. Consider simplifying your holiday celebrations by cutting back on planning, shopping, or cooking tasks that can become time-consuming. While you want to spend quality time with your loved one during the holiday, don’t feel like you have to miss out on other traditions. If you receive invitations to celebrations your loved one with Alzheimer’s cannot attend, go without them. Knowing you have a support system of family, friends, or professionals to keep your loved one company will help you enjoy other activities and free time.

2. Prepare Loved One with Alzheimer’s

Sometimes extra help may be needed to provide adequate Alzheimer’s care. Sticking to your loved one’s schedule during holiday festivities is essential. Making sure they get enough rest, drink plenty of water, and take medications on time will impact their comfort and mood. Having a quiet place for them to rest away from loud, crowded events can help ease their discomfort.

3. Involve the Whole Family

Family members and friends who have not seen your loved one in a while may be surprised by their change in behavior or abilities. When planning holiday activities, make it clear to these guests that the situation has changed. Instead of elaborate gifts or complex games, try making favorite foods and listening to music. Guests can take turns visiting with their loved one in a comfortable, non-threatening environment. Being patient and flexible can go a long way when celebrating the holidays with a loved one who has Alzheimer’s or dementia. If you remain positive and take each day as it comes, you and your loved one will have a more enjoyable time.

The holiday season should be a time for family, friends, and celebration. While your loved one may not be able to recall all of your favorite memories with them, they can still enjoy the atmosphere and companionship that comes with the holidays. Taking the extra time and effort to consider their wants, needs, and abilities when planning holiday events can help ensure comfort and joy for all.

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**Pumpkin Cinnamon Cupcakes**

- 1 yellow cake mix
- 1 can of pumpkin
- 1 bag of cinnamon chips

Cream Cheese Frosting (optional)

Preheat oven to 350. Mix cake mix and pumpkin then stir in cinnamon chips. Pour into muffin tins. Bake for 17-18 minutes. Frost if desired.
### Board of Directors

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- Christina Guzman
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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.**

<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>Emory, TX</td>
<td>2nd Tuesday/month 2:00 PM</td>
<td>Church of Christ 715 US-69</td>
<td>Gary Nelson</td>
<td>(903) 431-5508</td>
</tr>
<tr>
<td>Jefferson, TX</td>
<td>TBA</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 &amp; Lenn Lee</td>
<td>(903) 277-1253</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>4th 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 Thursday/month 12:00 Noon</td>
<td>Home Life of Richmond Meadows 4205 Richmond Meadows</td>
<td>Betty Lawson</td>
<td>(903) 838-0494</td>
</tr>
</tbody>
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Please join us in honor and memory of friends and loved ones who have been affected by Alzheimer's disease or other related dementias at our annual **Candlelight Service**

**Tuesday, November 15, 2018 at 5:30 PM**

Chapel at Williams Memorial United Methodist Church

4000 Moores Lane, Texarkana, TX

If you would like a candle lit in honor or memory of a friend or loved one, please call our office at 903-223-8021 by Monday, November 12.
I DID IT!

I RAPPELLED 60 FEET FOR 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