Inside this Issue

- Volunteer Spotlight & Memory Café
- Memorials & Honorariums
- Caregiver’s Corner
- Support Group Schedule
- Caregiver Tip
- Annual Candlelight Service
- Our Place Fun
- Twice as Fine Texarkana Wine Festival

Connect With Us!
WWW.ALZTRISTATE.ORG
100 MEMORY LANE
TEXARKANA, TX 75503
903-223-8021

*Due to the affects of COVID-19, we are not currently offering our services. We are diligently answering emails and phone calls, so please feel free to contact us.
This quarter we would like to spotlight all of our wonderful volunteers!

Thank you so much for the immeasurably valuable work you do for the Alzheimer’s Alliance and Our Place Day Respite Center! We cannot thank you enough, and want to let you know that your dedication is essential to the work that we do. We could not do it without you and we would not want to do it without you. You bring ideas, positive energy and happiness to our lives and the families that we help. You are so special to us and we value each and every one of you.

We miss you and hope to be able to fellowship together again soon!!

We love our volunteers!!

**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](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
Memorial Contributions

Deloris Hoefflinger Allen
Paula & Michael Foster

Nick Barba Sr.
David Prejza

Jack Bolls
Margaret & Charles Bruce

Marie D. Chaney
Ann May

Otto Cowling
Cowling Title Company

Melba Dolezalek
Don Dolezalek

Gay Durrant
Terrie Arnold
Jo Ann & Larry Bunn
Linda & Buddy Crawford
Jeanne & Swede Lee
Sherry & John Ross, III
Cathy & Mark Van Herpen

Tommy Fuqua
Terrie Arnold
Irene & George Davis
FA Financial Partners, LLC
   Josh Andrus
   Greg Flanagan
Deborah & Floyd Lee, Jr.
Helen Floyd
Jennifer, David & the Glass Family
Remica & Danny Gray
Sonja & Bob Hubbard
Susan & Dennis Landreaux
Kim & Brent Langdon
Tammie & Liford Luthringer
M.L. James Construction Company
Eddie Mire
   Rudd & Wisdom, Inc.
Patsy & Don Morriss
Rita & William Morriss
James Murphy
Nancy & Mike McCarty
Lee Ann & Buddy McCulloch, Jr.

Kathy & Selden McMillin
Mary Alice O’Farrell
Jerre & William Roberts
Lori & Jerry Rochelle
Jane “Puddin” Rochelle
Jamie & Sean Rommel
The Smith Family-
   Jessica & Mike Smith
Colby, Weston, Megan,
   Susan & Carl Smith
Deirdre & Malcolm Smith
Harriet & Warren Stephens
Cathy & Mark Van Herpen
Pat & Tom Wagy
Ruth Ellen & David Whitt
Stephanie & Jim Wyly

Jo Ann Hatfield
Gin & Malcolm Allen
Joy Betts
Shannon & Doug Duncan
Four States Decorative Artist Chapter
   of Texarkana
Suzy, Brian & Jesse Hatfield
Mary Jane Locke
NARFE-Chapter 862

Julianne Lipe
Myra Loving

Amy Miller
Chayta Mills

James Moffatt
Jeanne & Swede Lee

Travis Odom
Mary Jane Locke

Lilly Preston
Jerry Hatfield
Frank McClain

Anita Sedgass
Jerry Hatfield

Patsy Starkey
DiAnne Barfield

Honorariums

Marlene and Jerry Alexander
   and Family
   Timothy Meads

Margaret Mathis
   Stephanie & Royce James
COVID-19 created enormous disruptions for many parts of daily life for everyone, and those challenges get magnified for someone living with Alzheimer’s disease. Changes in daily routines can lead to anxiety, confusion, agitation or discomfort, especially when the person may not understand or remember why these changes are taking place. In situations where routine disruptions may last several days to weeks or months, there are steps that caregivers can take to adapt routines and help their loved ones stay calm and comfortable.

1. **Maintain schedules.** If your loved one is accustomed to getting up, eating meals and going to bed at set times, stick to that schedule as much as possible.

2. **Bring outside destinations in.** If the person regularly eats at a favorite seafood restaurant every Sunday, for example, order in from that restaurant or cook a favorite dish they like to order.

3. **Keep the person active.** If the person is unable to attend their regular adult day and respite care program, doing similar activities (i.e., music, dance, exercise) at home can be beneficial. Do these activities at the same time that they normally would.

4. **Remain connected.** Use FaceTime, phone calls, or text messages to keep the person connected with family and friends who would normally visit them in person. If someone calls or FaceTimes regularly because they live out of town, try to keep the contact during the usual time slot.

5. **Use familiarity.** Surround the person with familiar and positive items, such as food, music and clothing. This can be comforting and help reduce anxiety and stress. The more familiarity, the better.

6. **Be supportive.** Your own body language and attitude can influence the behavior of the person for whom you are caring. Remaining calm and attentive and showing the person love and care can help them adapt changes.

7. **Create a daily schedule with lots of visual cues (photos, stickers, drawings).** A regular schedule that you can review and refer to detailing what the person will be doing every hour, or every half hour, will help them—and you—get through those days which now may seem longer than usual.

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**FALL DUMP CAKE**

1 (42 oz) can apple pie filling
1 (18 oz) spice cake mix
3 tsp of pumpkin pie spice
Or 1 tsp cinnamon, 1 tsp nutmeg, 1 tsp allspice
1 stick of butter sliced
Chopped pecans optional

Preheat oven to 350 degrees. Pour apple pie filling into a 9x13" baking dish. Sprinkle seasoning over pie filling then pour dry cake mix over filling. Dot with butter and scatter nuts on top. Bake 45 to 60 minutes until browned on top and bubbling on the sides. Serve warm with ice cream or whipped topping. This recipe can be made with whatever cake mix and pie filling you 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>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) 597-7593</td>
</tr>
<tr>
<td>Mt. Vernon, TX</td>
<td>3rd Thursday/month 2:00 PM</td>
<td>Mt. Vernon UMC 101 W. Vernon Ave.</td>
<td>Marisa Pearcy</td>
<td>(903) 223-8021</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>2nd Saturday/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>

**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 Morriss
- 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

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**Postponed**

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.

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 **VIRTUAL Candlelight Service**

Formal invitation to follow with information and link on how to view live.
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.
On behalf of the Alzheimer’s Alliance Tri-State Area and after careful consideration, the Board of Directors have officially cancelled the 6th Annual Twice as Fine Wine Festival scheduled for Saturday, October 10, 2020 at Spring Lake Park in Texarkana, Texas. John Ross, Board President said “the decision to cancel this event was not made lightly, however, it was made out of an abundance of caution during this time of uncertainty. The Board believes it is the best decision for the concern and safety of our community.”

The Alzheimer’s Alliance Board of Directors and the Twice as Fine Wine Festival committee are truly honored to be recognized in our community as the best fundraising event in Texarkana. We are extremely grateful to the City of Texarkana, Texas and the Parks and Recreation Department for working with the Twice as Fine Wine Festival committee these past 6 years and are looking forward to continuing this relationship as we begin planning for the 6th Annual Twice As Fine Wine Festival – please mark your calendars for Saturday, May 1, 2021 at Spring Lake Park.

Committee Chairs Cathy and Mark Van Herpen said “we value the support of our sponsors, merchants, wineries and over 10,000 attendees that have participated in our event. As we move forward during these uncharted times, we will work diligently to continue to stay focused on the fundraising purpose of this event – the Alzheimer’s Alliance MISSION – to empower those affected by Alzheimer’s and other related dementias with resources for enhancing their quality of life through education and support.”

Your continued support is greatly appreciated as we navigate through these unprecedented times. For any questions or concerns, please direct all to Terrie Arnold, Executive Director terrie@alztristate.org.

903.223.8021
TEXARKANAWINEFESTIVAL.COM
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