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WWW.ALZTRISTATE.ORG
100 MEMORY LANE
TEXARKANA, TX 75503
903-223-8021
# Memorials & Honorariums

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>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Brinkley (Therapy Dog)</td>
<td>Devon Rogers</td>
<td>Roger Davis</td>
</tr>
<tr>
<td>Harold Ayres</td>
<td>Whitney &amp; Vickers Fuqua</td>
<td>Melba Dolezalek</td>
</tr>
<tr>
<td>Lois Barrett</td>
<td>Mike Stuart</td>
<td>Floy &amp; Don Durrant</td>
</tr>
<tr>
<td>Susan Bishop</td>
<td>Norma, Brenda &amp; Fay J Durrant Angela &amp; Robert Kusin</td>
<td>Charlotte Ensey</td>
</tr>
<tr>
<td>Jack Boyd, Jr.</td>
<td>Kelley, Cindy, Aaron, &amp; John Fox Branson</td>
<td>Sue Gibbert</td>
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<tr>
<td>Doris &amp; Shawn Atkins</td>
<td>Debbie Bryan</td>
<td>Diane Green</td>
</tr>
<tr>
<td>Dot Drummond &amp; Bonnie Congdon</td>
<td>Margaret, Reece &amp; Michael Griffin Helen Hamilton &amp; Family</td>
<td>Emily Hall</td>
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<tr>
<td>Angela D. Jordan</td>
<td>Jerry Russell</td>
<td>Bobby Hubbard</td>
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<tr>
<td>Celia &amp; Charles Moulton Linda &amp; Don Olson</td>
<td>Jerre &amp; William Roberts, Mary Kay &amp; Glen Rountree Ross &amp; Shoalmire, LLP Sandy &amp; Sam Stivison Irene &amp; Cliff Weiss</td>
<td>Frieda Spangler</td>
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<tr>
<td>Pat Oden</td>
<td>Margaret &amp; Charles Bruce Alice Coleman</td>
<td>Lenn Lee</td>
</tr>
<tr>
<td>Bob Krayl</td>
<td>Robert Allan “Rob” Looney Mary Katherine Weber</td>
<td>Paul March</td>
</tr>
<tr>
<td>Patricia Ann Martin</td>
<td>Marguerite &amp; Charles Bruce, Alice Coleman, Teresa &amp; Tom Crow Curt Green Anne &amp; Stephen Douglas Betty Feir, MD Laura &amp; Jeff Hathaway Mary Jayne Locke Shannon &amp; Bruce Nix</td>
<td>Robbie Ray</td>
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<tr>
<td>Lindalyn, Boyd &amp; Jerry Campbell</td>
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</table>
The Alzheimer’s Alliance Tri-State Area will be hosting a Memory Café on January 25, February 22 and March 28 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.
VOLUNTEER SPOTLIGHT

Ruth Ann Branin

This quarter we spotlight our sweet volunteer, Ruth Ann Branin. Ruth Ann started volunteering at the Alzheimer’s Alliance in 2013. When she first started volunteering, she had just retired and “wanted to help support such a great cause.” Ruth Ann is one of our front desk volunteers. She says, “working at the front desk, I see firsthand the good this organization does in the fight against this terrible disease and the caring support they give families of this community. When I see family members come in desperately seeking help and guidance after their loved one has just been diagnosed, they are devastated and don’t know where to start. They always get such caring support and information from the staff. Families leave with a little hope and a smile on their face. Seeing the smile on their face makes me feel so good.”

Ruth Ann also serves on our Twice as Fine Texarkana Wine Festival committee. She always does an amazing job with vendor hospitality. Our vendors always love the hospitality area and say we treat them better than any other event they attend.

“The Alzheimer’s Alliance staff and volunteers are so passionate about what they do, I am proud to be a part of the Alzheimer’s Alliance.” The Alzheimer’s Alliance is honored to have Ruth Ann as a volunteer.

MEMORY SCREENING

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

January 9, 2020 • February 13, 2020
March 12, 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.

From Home to Assisted Living Facility

If you are caring for an aging loved one, then you may realize how difficult it is for your loved one to adapt to their changing health and abilities. Additionally, you are probably confronted with a host of difficult decisions to make on your loved one’s behalf if their health begins deteriorating. One difficult decision that arises for many family members is the possibility of placing your loved one in an assisted living facility. An assisted living facility is a place for aging adults who have become less able to care for themselves and where care resources exist for them. Many times, the decision is a very difficult one for family caregivers to make as it can entail heavy personal and financial costs. Here are some of the ways you can make this transition easier for your loved one and for yourself. While it will never be an easy process, there are some things to know before getting started on the transition.

1. **Give your loved one control:** One of the most difficult parts for an aging loved one to face is a loss of control. It is very difficult to admit that the best thing for one’s health is to put their personal life in a facility’s hands. One way to help give your loved one control over the situation is to talk openly about the transition and to give them a choice over where they can go. If your loved one is in the position cognitively to make an informed decision about this, then it is best to include them as much as you can in the decision-making process.

2. **Work with counselors or case managers:** This is important. There is no reason why you need to learn all of the ins and outs of this process on your own. Case managers can be there to assist you in making the transition easier for you and your loved one. They can be amazing resources in helping you plan and understand things you should know.

3. **Get advice:** One way to avoid a lot of headache is to talk to your loved one’s medical care providers and health professionals. They can give you necessary information to get the process started, where you can go, and how to approach the situation.

4. **Make the place feel like home:** Once your loved one is settled in, it is important to make the environment seem as comfortable as possible. Listen to your loved one and see what they need and address any concerns they have immediately. Bring familiar items from home that they would like to decorate the environment with, giving it a homier feel. And visit often. There is no way to make a place feel like home then to be surrounded by people you love.

5. **Work closely with the facility:** The facility should be there to handle any concerns you may have. Do not be afraid to contact the appropriate people when issues arise. One of the biggest mistakes to make is to ignore issues or dismiss them as trivial at the beginning. Try to make your loved one’s experience the best possible.
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</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sally Nelson</td>
<td>(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.

On December 12th, we hosted our annual Volunteer Christmas Party. Cornerstone provided the food and their “Elves” helped serve. This is the day we get together, eat great food and celebrate the upcoming holiday with those who selflessly give the gift of their time all year-round, Our Place Companions. Without their kind hearts and fun personalities, Our Place Day Respite Center would not be the same. We love our volunteers!
Our Place Fun!
Be a part of the Mix

Join us for Year Six

Sponsorship Opportunities

Join us for our 6th Annual Twice As Fine Texarkana Wine Festival

05.02.20
TexarkanaWineFestival.com
903.223.8021

You're invited to Alzheimer's Alliance Tri-State Area

Our Annual Chili Supper

Feb 13, 2020

Draw Down
Elks Lodge
4701 Garland Ave
Texarkana, AR

Tickets: $100
(Includes dinner & drinks for 2 and entry for $5,000 payout)

For more information call 903.223.8021
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