On December 14th, we hosted our Annual Volunteer Christmas Party. 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!
We spotlight one of our sweet volunteers, Mary Ann Daniels. She has been volunteering with us for 4 years. When Our Place was still in the planning stages, my friend Vernice Smith persuaded me to attend some of the lunches, meetings and training for Alzheimer’s. The first day Our Place was open I didn’t know what to expect, I went home after having a wonderful fun-filled day and I kept coming back!

When asked about her most rewarding experience as a volunteer, she said “It is very rewarding when Our Friends come in the door in the mornings and you see that big smile on their faces.” When asked what life experiences she feels have helped her become a better companion, she said “My mother had a form of dementia. At that time, my family had no experience or knowledge of dealing with someone with dementia.” At the end of the day, Mary Ann likes knowing what time she shares as a companion has made a difference in our Friends and caregivers lives. We are so grateful to have her at Our Place!

MEMORY SCREENING

Contact the Alzheimer’s Alliance to schedule your free screening for any of the following dates:
* Memory screenings are like other routine health check-ups.

January 11, 2018
February 8, 2018
March 8, 2018

*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 in January, February and March 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. This Memory Café has been made possible in part by a grant from the Texarkana Area Community Foundation, an affiliate of Arkansas Community Foundation. If you are interested in making reservations to attend our Café, please call us at 903-223-8021.
A new year means great new experiences at the Alzheimer’s Alliance Tri-State Area and Our Place Day Respite Center. As we look forward to the new, we also remember the past and how it has shaped us. 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

Susan Bishop
Dr. Tom & Jean Alston
Alice Brewer
Molly & Dennis Chambers
Mr. & Mrs. Robert Ransdell

Martha Clenney
Ruth Stanley
Cynthia Owens

Jim Covert
Pam & Keith Orr

Augusta Dumas
Mary Ellen Dumas Gwinn

Sue Gibbert
Carolyn & Maxie Johnson
Kay Lever
Sherry & John Ross III

Emily Hall
Nancy Martin

Brad Hudson
Mary & Paul Thane

Vernon Hutchins
Patsy Hutchins

Bill Jones
Sue Click

Frieda Krayl
Robert Krayl

Lewis LaGrone
Rose Raines
Brenda & David Thompson
Janita & Joe Blackwell
Rita Bell
Lena Bellows
Sherry & John Ross III
Nancy Martin

Charlie Mudford
Annell & Gary Langdon

Earl Morris
YMCA Sunday School Class, FBC
Texarkana
John Stinson & Family
Terri & Jonah Hooper
Cathy Stinson & Family
Grace Stinson

Juanita McCord
Alice Garmon

Lois McCorkle
Jean & Eddie Trout
Sherry & John Ross III
Beth & Larry Allen

Walter McDaniel
Mary Lea Norton
Tricia & Byron Leonoudakis
Linda & Rodney McDaniel
Wednesday Bridge Group

Robbie Sue Ray
Sue & Joe Justice
Sue Ruff & Family
Camille & Rob McGinnis
Patricia & Doug Ward
Linda & James Francis
Victoria & Michael Ashford
Laura McQueen
Margaret & Michael Griffin
Kevin Norman
Jerri Ann & John Stuart Fitts
Mr. & Mrs. Dale Fulmer
Sara & Herman Barnett
Ann & Al Renfo

Dr. J. B. Rochelle
Mary O’Farrell
Janis Robbins

Gerald Sanders
Robert Glover

Joyce Stone
Melinda & David Vammen
Annell & Gary Langdon

Alta Taylor
Brandi & Todd Langdon
Annell & Gary Langdon

Tommy Thompson
Double Jay Supply Company
Yuvonne & Jerry Yowell
Wilf & Henderson, CPA’s

Dave Wetherby
Lisa Shoaalmire & John Ross
Sherry & John Ross III
Alice Brewer

Dave and Joan Wetherby
Evelyn & Henry Wetherby

Earl Whisenhunt
Elise Whisenhunt

Bob Wilson
Nancy Martin

Nellie Wilson
Norvin Wilson

Honorariums

Terrie Arnold
Stephanie & Royce James

Phil Bishop
Junie & Dennis Young

Mr. & Mrs. George Carpenter
Stephanie & Royce James

Mary Cooper
Mary & Paul Thane

Mr. & Mrs. John Couch
Stephanie & Royce James

Mr. & Mrs. Joe Crane
Stephanie & Royce James

Remica & Danny Gray
Molly & Dennis Chambers

Diane & Curt Green
Molly & Dennis Chambers

Haze Hudson
Mary & Paul Thane

Ann & Weldon Johnson
Molly & Dennis Chambers

Margaret Mathis
Stephanie & Royce James

Mr. & Mrs. Cary Patterson
Stephanie & Royce James

Marisa Pearcy
Debbie & Kevin Ashford

Mary Katherine Weber
Stephanie & Royce James

Dr. & Mrs. David Williams
Molly & Dennis Chambers

Volunteers & Staff
Chayta Mills
The Importance of Laughter

Often it is said that laughter is the best medicine. Laughing doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter has been clinically proven to strengthen your immune system, activate and relieve your stress response and stimulate many organs. A good sense of humor cannot cure all ailments, but there is rising facts about all the positive things laughter can do. It's also contagious and free! A sense of humor is a quality well worth having. There are so many proven benefits of laughter. It is known to reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure, and improve alertness and creativity. The difficulty lies in the fact that what is funny to one person may pass unobserved to another. So it is important to incorporate funny and amusing activities into your regular program that cater to all tastes. Try some of these activities to help you and your loved one laugh.

Kathy’s Cookies

3 packages of oatmeal chocolate chip cookie mix
1 (10-12 oz) bag of white chocolate chips
1 (10-12 oz) bag of peanut butter chips
2 cups of coconut
2 cups of chopped pecans or walnuts
3 sticks of butter
3 eggs

Mix cookie mix with eggs and butter. Add remaining ingredients. Drop by spoonful on cookie sheet. Bake at 350 degrees for 7-9 minutes. Will be very light brown on top and brown on bottom.

CAREGIVER'S 10 COMMANDMENTS

ALWAYS < 3 < 3 ALWAYS

AGREE
Never Argue

REDIRECT
Never Reason

REASSURE
Never Lecture

REMINISCE
Never Say "Remember"

REPEAT
Never Say, "I Told you"

SAY 'DO WHAT YOU CAN'
Never Say, "You Can’t"

ASK
Never Command

ENCOURAGE AND PRAISE
Never Condensend

REINFORCE
Never Force

Use a basket to collect tidbits of humor with folded pieces of paper with written jokes and funny saying, masks, silly toys, a clown nose, Groucho glasses, a rubber nose and noise makes. Encourage them to pick something out several times a day and to share, laugh and enjoy.

Sing Happy Music
Singing is a wonderful activity for your loved ones to enjoy.
<table>
<thead>
<tr>
<th>CITY</th>
<th>DAY/TIME</th>
<th>PLACE</th>
<th>CONTACT</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyler, TX</td>
<td>1st Tuesday/month 6:30 PM</td>
<td>Tyler's Senior Center</td>
<td>Carolyn Allen</td>
<td>903-286-2088</td>
</tr>
<tr>
<td>Emory, TX</td>
<td>2nd Tuesday/month 2:00 PM</td>
<td>Church of Christ</td>
<td>Gary Nelson</td>
<td>903-431-5508</td>
</tr>
<tr>
<td>Jefferson, TX</td>
<td>4th Thursday/month 12:00 Noon</td>
<td>Magnolia Place 1307 MLK Drive</td>
<td>Kathy Johnston</td>
<td>903-665-3951</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>903-234-7410</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>Storri Thompson</td>
<td>903-577-6593</td>
</tr>
<tr>
<td>Mt. Vernon, TX</td>
<td>2nd Wednesday/month 2:00 PM</td>
<td>Mt. Vernon Library 100 Main St E.</td>
<td>Gary Nelson</td>
<td>903-431-5528</td>
</tr>
<tr>
<td>Texarkana, TX</td>
<td>3rd Thursday/month 12:00 Noon</td>
<td>Home Life on Richmond Meadows 4205 Richmond Meadows</td>
<td>Betty Lawson</td>
<td>903-838-0434</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
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Jo Ann Ward

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Our Place Fun!
Music and Dementia

At Our Place Day Respite Center, we love to play host to a variety of entertainers. While we love and appreciate all who dedicate their time, there is a special place in our hearts for those who come in to play an instrument or sing a tune for our Friends. On these respite days, you can find some of our Friends tapping their feet to the beat, some mouthing the lyrics, and you might even see them jump up and dance. The impact of a familiar tune is unmeasurable. We have experienced some individuals with Alzheimer’s disease or a related dementia, who do not speak otherwise, sing along with a hymn or familiar song and not miss a beat. This response, seen by many who love and care for those suffering from Alzheimer’s disease, has prompted a response from the scientific community. Scientists at Yale University and Boston University Alzheimer’s Disease Center (just to name a few) have conducted research regarding the relationship between the parts of the mind Alzheimer's disease affects and the reaction to music. Some of these studies have shown that “simply listening to music can improve a patient’s mood and ability to recall autobiographical memories (The Power of Music in Alzheimer’s disease).” On days when your loved one is feeling down, try soothing them with a familiar song. Music can heal so many emotional ailments. While there is much more to be determined about the connection, one thing is for sure, music can awaken even the oldest of memories tucked deep away and bring back a familiar light.
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