

Caregiver Communiqué

Supporting Arkansas Families since 1984

Volume 31 Issue 4

I'll Take Care of You

April 2016

Sarah, [Rowan a favorite at the Little Rock HOPE for the Future] was asked to speak about her caregiving role at a Congressional Leadership Conference in Columbus, Ohio. The date was during Alzheimer's Focus Week with a 200 plus audience that included the congressional delegation and others who worked with Alzheimer's.

She asked to bring Joseph [her husband] so all could see the face of the disease. "Would he not feel awkward?" the program planner asked. "He doesn't know he has a disease," she answered. "We are comfortable and supportive of each other. With Alzheimer's, he trusts me completely because I am a certainty in his life.

He'll think it's just another of our weekly dates."

When they arrived at the conference, Sarah's presentation began as an interactive conversation between Joseph and herself. She started by saying to him, "All of these caring people are interested in a disease called Alzheimer's. Is there anything you would like for me to say about Alzheimer's?"

"No," Joseph replied. "I don't know anybody with Alzheimer's. Do you?"

She continued, "I only know a few things about it. The first is that it can come like a robber in the night and robs you of your career."

Joseph looked interested and moved closer to her. "Are you sure about that?" he said.

"For millions of Americans it does," she said. "Seriously?" He said.

"Number two," she continued, "it can rob you of your friends. They may still come, but you seem to have vanished and become invisible to them."

Joseph said, "Is this really true? Are you telling the truth?" Sarah said, "there is a third thing I know about Alzheimer's. It can come like a robber in the night and rob you of your family members. She put her hand to her lips and called out to their children, 'Melissa, Walter, where are you?'"




Joseph stood and cradled her cheeks and said, "Oh, my sweetheart, don't you worry. If you ever get that disease, I'll take care of you."

And Sarah knew he would. There was a standing ovation.

Reference: Dangerfield, Anna, (2014, February). I'll Take Care of you . Bella Magazine, p. 22.



April

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 River Valley Hope for the Future @ River Park Church 7:30 am till 1:30 pm	2
3	4 Little Rock SG @ Alzheimer's Arkansas 12 pm till 1pm	5	6	7	8 	9 AMP OUT ALZ @ The Rev Room 7 pm till 11pm
10	11 Jacksonville SG @ Esther D. Nixon Library 7 pm till 9 pm	12 Parkinson's SG @ Alzheimer's Arkansas 11:30 am till 1:30 pm	13	14	15	16
17	18	19 Advocates for Care Luncheon @ Second Presbyterian Church 11:30 am till 1:30 pm	20 Memory Café @ Alzheimer's Arkansas Offices 10 am till 12 pm Free Starbucks Coffee 	21	22 Support Group Facilitator Training @ Alzheimer's Arkansas 9 am till 4 pm	23 
24	25	26 4th Tuesday SG @ Alzheimer's Arkansas 7 pm till 9 pm	27	28 PSP SG @ Alzheimer's Arkansas 1 pm till 2 pm	29 Van Buren County Hope for the Future @ FFB Community Center 7:30 am till 1:30 pm 	30

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wish list

Every Gift is appreciated!

- Video Projector for educational training and your time!

We are here for you 24/7!
After hours, weekends and
holidays caregiver help line

Toll Free:
(800) 689-6090

CARE

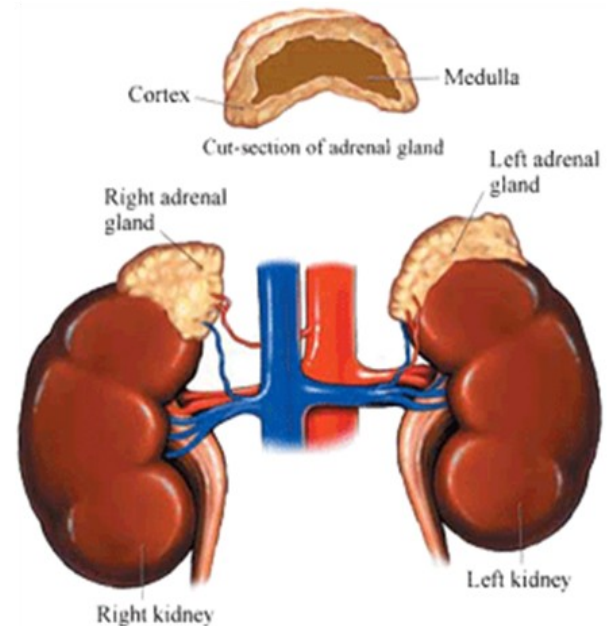


Word of the Month

Cortisol

The hypothalamus (in our brain) responds to our emotional stress by stimulating the adrenal glands to produce additional cortisol. This hormone protects our body from stress but “sustained” abnormal levels are dangerous.

<http://www.livestrong.com/article/344729-definition-of-cortisol/>



&Care Link
Resources for Older People and Their Families

Care Recipient Must

Anyone Needing **Respite Care**...

****We have free funds available****

- Live in Pulaski, Saline, Monroe, Prairie, Lonoke, or Faulkner County
- Be 60 years or older
- Have a chronic illness that requires a caregiver

***We can help determine if you qualify or someone you may know needs Respite Services!**

**Volunteer
of the month**



Stephenie and her Grandmother affectionately known as “Ninnie” was diagnosed with Alzheimer’s in her late 80s.



April

Stephenie A. Cooke

Founder of AMP OUT ALZ Rock ‘n’ Roll Dance Party on April 9, 2016.

Reason for this event: Is to honor my 94-year old grandmother, Virginia “Ninnie” Steinbeck, who was diagnosed with Alzheimer’s in her late 80s.

The AMP OUT ALZ team is a great example of people coming together for a great cause!

You can purchase your tickets by going to the website www.ampoutalz.com.

For more details on this event - email steph@anurturingtouch.com.



SUPPORT

HEAVENS TO MURGATROYD!! *WHAT WILL I DO??*By Priscilla Pittman, MSW, MA*

Caregivers, have you ever been so stressed that you believed you were having memory problems and difficulty organizing your thoughts? Chances are the experiences you found stressful triggered your body's fight or flight response. This is when the limbic system in the brain triggers the body alarm system and the adrenal glands respond with additional adrenaline (epinephrine) and cortisol. These chemicals increase the heart rate, blood pressure, and metabolism. They improve your memory, and immune system, and even make the body less sensitive to pain. This was important when we were hunting for meat or searching for grains and berries. Surviving the day was dependent upon our ability to fight or run and climb a tree. When the day was done the body could return to normal and the chemicals would return to normal levels.

Unfortunately, caregivers don't experience much down time, and when these chemicals remain at high levels they become mismanaged. The result is fluctuations in blood sugar, and blood pressure. These elements can destroy muscle tissue, and bone density as well as impair immunity and inflammatory responses. In addition, the hippocampus is denied access to new neural connections that result in shrinkage of the hippocampus, the part of the brain that is responsible for memory. Researchers from Rush University in Chicago say depression can be a risk factor for dementia. This is why seeking treatment is so important.

But it's not just the brain, measurements of cortisol in our hair can be a predictor of a heart attack according to Dr. Gideon Koren at the University of Western Ontario in London.

Finding out how to manage stress is important. What do you do when you are stressed to the max? Your stress management treatment needs to be a part of every day. What do you do to chill? Saving your brain can involve one or more of the following: aerobic exercise, meditation, socialization, laughter, positive self-talk and taking control.

Taking control? Do you have durable power of attorney? Have you applied for a caregiver grant? Have you completed Plan B? Have you interviewed agencies for adult day care, home care, assisted living, long-term-care and hospice? Yes, you may believe Plan B will instigate stress, but ask yourself if anything happens to you who will take care of your special person. Finding the care you can trust is a caregiver imperative.

So when stress remains unmanaged depression can result. Depression can be treated, but difficult as it may seem stress is often easier to control. Dr. Andrew Weil recommends a breathing technique that he has touted for years. His patients praise his prescription for breathing more than prescription medications. He instructs us to be seated and inhale to the count of 4. This is a deep breath and you can see your abdomen expand. Hold your breath for the count of 7 and then slowly exhale for the count of 8. Use this breathing technique 3 times in a row and it is possible that in one year you may need to have your prescriptions re-evaluated! Please take care of you!



*BTW: Flashback to the 60's! "Heavens to Murgatroyd" was a phrase used by Snagglepuss on the *Yogi Bear Show*.

http://www.heartacademy.org/phpwcms/index.phpwcms/index.php?Vol9No4_Page21

http://www.huffingtonpost.com/alvaro-fernandez/stress-management-brain-health_b_3224788.html

<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

ADVOCATE

According to the National Center on Elder Abuse, only **one in 24 cases** of such abuse is ever reported to authorities. More disheartening is that **90 percent** of abusers are related to their elderly victims. In many cases, an abused person is totally dependent upon the person physically or sexually abusing him or her.

Four Signs of Possible Caregiver Abuse

We always want to be the ones to care for our parents and loved ones who need assistance, especially if they are battling Alzheimer's disease or dementia. Unfortunately, life sometimes gets in the way and we simply cannot be there when they need us. That's where finding a professionally trained caregiver can help to give you peace of mind. Professional Caregivers can provide the additional support and care our loved ones need.

Caregiver abuse, however, is common, especially among those who care for people with Alzheimer's disease or dementia on a professional basis. According to [a report by the Center of Excellence on Elder Abuse and Neglect](#) caregiver abuse and neglect of people with dementia by their caregivers was detected in 47 percent of caregivers surveyed.

There are warning signs that can help indicate physical abuse, financial abuse, emotional abuse and even neglect. Knowing how to detect these signs can help protect your loved one from harm. These are some of the things you should look for when trying to protect your family member or loved one from caregiver or nursing home abuse:

Unexplained Physical Marks

Physical abuse is one of the most identifiable types of caregiver abuse. According to the [National Center on Elder Abuse](#), this abuse is defined as the use of physical force that may result in bodily injury, physical pain or impairment. This could include striking or hitting, punching, kicking, scratching, biting, burning, stabbing, pushing or more. This type of abuse can leave a plethora of physical scars and damage.

When detecting physical abuse, families should notice if their loved one has unexplained marks, such as cuts, puncture wounds, bruises, black eyes, welts or scratches. In some severe cases, caregiver abuse could lead to bone fractures, broken bones, skull fractures, sprains, dislocations and internal injuries. Any time you suspect physical abuse has occurred, you should act immediately.



Unusual Changes in Behavior

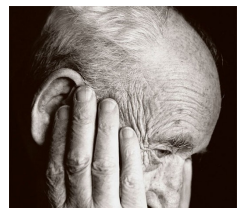
The behavior of a person who is suffering from Alzheimer's disease may be difficult to understand and can sometimes be unpredictable. They can suffer from extreme mood swings, aggression, irritability, confusion and high stress levels. As a friend or family member, you will likely know when something is wrong. Unusual changes in behavior could signify some type of abuse.

When people become more aggressive, irritable and unhappy with their caregiver, this could indicate more than just a negative relationship. Often times people who have been abused will show some type of fear for the person. This could lead to flinching when the person is near, avoiding eye contact or even trying to hide from them. It is important to watch how your loved one interacts with his or her caregiver and read the signs, especially if he or she is not willing to or is not capable of describing the abuse.

Continued on next page



Call us at 800-689-6090, 501-224-0021 or
24/7 after-hours emergency number,
501-913-1878.



Sudden Health-Related Issues

When a person is neglected or does not receive the level of care needed, they could face health issues like dehydration, malnutrition or untreatable bedsores. This could affect their appearance and overall health. If your loved one has been healthy, but suddenly is battling issues like this, it could be an indicator that he or she is not receiving the best care possible.

Long-term issues also can develop if the person is not receiving proper care or has been neglected entirely. If your loved one is not getting the level of assistance he or she needs regarding personal hygiene, health issues could arise. For instance, if the caregiver does not help them maintain positive dental health, this could lead to oral diseases, cavities or tooth decay.



Changes in Caregiver Actions or Attitude

Changes in caregiver attitude or behavior also could be indicators of abuse. Of course, this does not mean minor adjustments in a person's day-to-day life. This could include things like changes in the way he or she feels or talks about your loved one, such as talking about your family member as though he or she is a burden.

Also, if a caregiver who once was open and cooperative with the person's family no longer wants to allow them to visit or speak with the loved one, he or she could be attempting to hide something. This is one of the most significant signs that something is not right. If you feel as though you are being kept from your loved one, you should take action immediately.

When you choose a professional caregiver for a loved one, you should do ample research to ensure the person has a credible history of working with people who need assistance and that he or she is a good match for your situation. You should get to know the person you choose and learn more about his or her attitude and personality. This can help you know when something is different or when something has changed with his or her behavior.

Conclusion

Not all caregiver abuse can be prevented, but knowing the warning signs can help you detect and stop it. These are only some of the things that may indicate harm, so it is important to communicate with the caregiver frequently and to be open. You should take an active approach to ensuring the care is adequate, including speaking with the caregiver and visiting your loved one as often as possible. Being involved can help your loved one feel more comfortable, and it can help you to recognize something that may be out of the ordinary.

**Office of Long Term Care
Abuse Complaint Section
P.O. Box 8059, Slot 400
Little Rock, AR 72203-8059
(501) 682-8430**

**Statewide Long-Term Care Ombudsman
Division of Aging and Adult Services
1417 Donaghey Plaza South
Little Rock, AR 72201
(501) 682-8952**

About the Author

Sarah Blanchard is the marketing manager for [Winburn Bequette](#), a plaintiffs law firm that represents victims of nursing home abuse and neglect in Arkansas and Missouri. Follow her on [Google+](#) and [YouTube](#) or contact her firm at (501) 291-0064.

ANGER: A powerful emotion that can produce positive or negative results

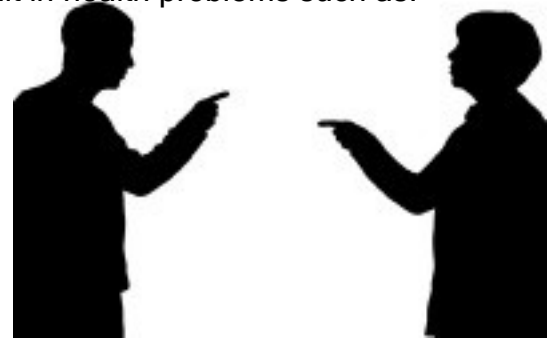
Priscilla Pittman, MSW, MA

Anger is a warning sign that something is wrong and resolution is needed. When the warning signs are ignored others may not know what has bothered us and we are likely to respond with self-destructive behaviors such as over-eating, spending, etc.

Stuffing anger can also be destructive and can lead to stress and stress related illnesses. Why? When we are angry the adrenal glands flood the body with stress hormones that include adrenaline and cortisol. Anger initiates the "flight or fight" syndrome by limiting the blood flow to the gut and using this blood to prepare the leg and arm muscles to run or take a fighter's stance. Additional preparation accelerates the breath, heart rate, blood pressure, and body temperature.

When the anger or stress response is infrequent the body recovers and levels return to normal. But a constant demand on the body's defense mechanisms can result in health problems such as:

- Headache
- Digestive problems, abdominal pain
- Insomnia
- Increased anxiety
- Depression
- High blood pressure
- Eczema or other skin problems
- Heart attack or stroke



Why are you so angry?

- Sidestep the temptation to vent until time has allowed us to evaluate our anger.
- Was this a response to danger? Was someone's welfare threatened? Hesitancy is not warranted here. This situation requires a swift response.
- Was this an effort to have a problem recognized, diagnosed and solved? Are your questions or concerns going unanswered?
- Did anger occur because of a rule or law violation? Is the problem due to our expectations? Unclear rules?
- Were we angry because of our misperceptions? Are we a one-person mafia making our "truth" heard?
- Be aware, anger may be used as a coping device to protect us from the truth.
- We may have learned our anger management skills from our parents.

What can we do? Reacting appropriately to anger is a learned behavior designed to keep from hurting yourself or others with words or actions that may have long-term implications. Fortunately, we can learn new responses and with practice can manage to produce healthier, happier relationships. Continue to remind yourself that anger is not bad it does have a purpose; the problem with anger is our response.

Try these coping tools:

- Count to 10 slowly.
- Take a prayer or meditation break.
- Use breathing exercise. Inhale through the nostrils, deeply into the diaphragm for the count of four, hold it for the count of seven and release slowly by exhaling through your mouth for the count of eight. Do this three times.
- Go to a quiet spot. Close your eyes and visualize yourself in a calm and peaceful place.
- Listen to music.
- Later journal the event and record your feelings. It is interesting to read these later, but the biggest reward is the peace obtained when you write about it.

Does anger continue to delete healthy expressions? Make an appointment with your physician or therapist.

DEVELOPMENT NEWS

2016 Save The Dates

- 4/9 - AMP OUT ALZ 5 in Little Rock
www.ampoutalz.com or
www.facebook.com/AMP.OUT.ALZ
- 4/19 - Advocates for Care
Volunteer Appreciation Luncheon
 If you are interested in attending the luncheon please call Stuart at (501) 224-0021.
- 8/1 - **Deadline** for Individual(s) and Team(s) to register for all Walks to receive 1 (one) extra door prize ticket per person that is present on walk day.
- 8/20 - **River Valley Alzheimer's Walk**
www.alzark.org/alzheimers-arkansas-walks/
 or www.facebook.com/alzheimers.arkansas
- 8/27 - **Stoby's Pancake Fundraiser - Conway**
www.alzarkconway.weebly.com
www.facebook.com/AlzArkConway
- 9/10 - **Faulkner County Alzheimer's Walk**
www.alzarkconway.weebly.com
www.facebook.com/AlzArkConway
- 9/17 - **Hot Springs Alzheimer's Walk**
www.alzark.org/alzheimers-arkansas-walks/
 or www.facebook.com/alzarkwalks
- 9/24 - **Little Rock Alzheimer's Walk at the Zoo**
www.alzark.org/alzheimers-arkansas-walks/
 or www.facebook.com/alzheimers.arkansas
- 10/8 - **Van Buren County Alzheimer's Walk**
www.memorystroll.com or
www.facebook.com/alzheimers.arkansas

For information or questions contact Barbara Jensen at barbara.jensen@alzark.org or 501-224-0021.

Don't forget to be
 a part of
ArkansasGives.com
 April 7th!



Volunteers are paid in 6 figures
S—M—I—L—E—S
 ~Gayla LaMire



AMP OUT ALZ 5
 Benefiting
 Alzheimer's Arkansas

Saturday, August 9, 2015
 7:00 to 11:00 pm
 The Rev Room
 Live Music by Roxx

General Admission Tickets \$30 at the door
www.ampoutalz.com Reserved Seats \$75 each,
 (min. 2) and Event Sponsorships Available
 Contact Stephenie A. Cooke at
steph@anurturingtouch.com or 501-920-7729



SPECIAL THANKS TO THE FOLLOWING FOR IN-KIND SUPPORT



The Rosemary Society ~

Leave a Legacy ~

Be a Legacy ~



The Rosemary Society will allow you to combine your charitable giving goals with your estate and financial planning goals. Your gift will provide lasting benefits through our programs and services for caregivers. We offer planned giving arrangements that are feasible for donors of all income levels. To become a member of the Rosemary Society, contact Elise or Barbara at 501-224-0021.

Talk the Walk

For information about ALL our upcoming Walk, Rally and Strolls, go to: www.alzark.org/alzheimers-arkansas-walks/



SUPPORT GROUPS AND CONTACT PERSONS THROUGHOUT ARKANSAS

Support groups are free to attend and confidential. Financial Assistance is available if needed.

*****BATESVILLE** - 2nd Thurs @ 5:30 pm
Ken Harper (870) 751-9002
Deanna Greene

*****BEEBE** - 3rd Thurs. @ 3:00 pm
Sandra Garrett (501) 882-3969

*****BENTON** - 3rd Tues. @ 7:00 pm
Richard Mills (501) 315-0087

****BENTON** - 3rd Thurs. @ 2:00 pm
Azy Crabb (501) 778-6260
Diana Ferrell (501) 315-0160

****BERRYVILLE** - 3rd Thurs. @ 10:00 am
Rebecca Davis (870) 423-6114
Renee Gonzales (870) 423-6114

*****CAMDEN** - 3rd Wed. @ 1:00 pm
Nancy Bailey (870) 234-7410

***CHEROKEE VILLAGE** - 3rd Wed. @ 1:30
Misty French (870) 994-2341

***CLARKSVILLE** - 4th Thurs. @ 5:30 pm
Nicholle Dorn (479) 264-5833

***CLINTON** - 1st Wed. @ 2:00 pm
DK Olmstead (501) 745-9495

****CONWAY** - 1st Tues. @ 7:00 pm
Kathy Jette (501) 450-7528

****CONWAY** - 2nd Thurs. @ 7:00 pm
Kenneth Priest (501) 730-3582

*****DARDENELLE** - 3rd Thurs. @ 2:00 pm
Billie Holsomback (501) 321-2811
Lori Kamerling (501) 321-2811

*****EL DORADO** - 3rd Thurs. @ 12:00 pm
Nancy Bailey (870) 234-7410

***FAIRFIELD BAY** - 3rd Wed. @ 2:00 pm
Ron Henson (501) 745-7004 X2
Lise Neave (501) 253-4698

****FORREST CITY** - 2nd Thurs. @ 12:00 pm
Felisa Stewart (870) 270-6219
Janis Waddy (494) 870-3300

*****HARRISON** - 1st Wed. @ 11:30 am
Michelle Byler (870) 743-1623

*****HEBER SPRINGS** - 4th Tues @ 3:30
Nicki Stacy (501) 362-3185

****HENSLEY** - 1st Thurs @ 7 pm
Tereasa Holmes (501) 626-4529

***HOT SPRINGS** - 2nd Mon. @ 2:00 pm
Dian Masingill (501) 623-2881

***HOT SPRINGS** - 3rd Tues. @ 4:00 pm
Amy Thomason (501) 209-1950

****H.S.V.** - 4th Thurs. @ 3:00 pm
Amy Thomason (501) 209-1950

****JACKSONVILLE** - 2nd Mon. @ 7:00 pm
Priscilla Pittman (501) 224-0021

***JONESBORO** - 2nd Tues. @ 10:00 am
Cheryl Hamm (870) 930-2226
Shirley Crawford (870) 935-4672

***LITTLE ROCK** - 1st Mon. @ 12:00 noon
Priscilla Pittman (501) 224-0021
Lynn Akdamar (501) 224-0021

***LITTLE ROCK** - 4th Mon. @ 6:00 pm
Janet Nelson (501) 412-5683

****LITTLE ROCK** - 1st Tues. @ 10:30 am
Beth Allen (501) 686-6219

***LITTLE ROCK** - 1st Tues. @ 6:00 pm
Debbie Rawn (501) 952-4182

***LITTLE ROCK** - 2nd Tues. @ 5:30 pm
Beverly Villines (501) 350-5053

***LITTLE ROCK** - 3rd Tues. @ 1:00 pm
Beverly Villines (501) 350-5053

****LITTLE ROCK** - 4th Tues. @ 7:00 pm
Priscilla Pittman (501) 224-0021

****LITTLE ROCK** - 2nd Wed. @ 12:30 pm
Rene Simmons (501) 256-1461

****LITTLE ROCK** - 3rd Wed. @ 10:00 am
MEMORY CAFÉ

Priscilla Pittman (501) 224-0021
Lynn Akdamar (501) 224-0021

*****LITTLE ROCK** - 1st Thurs. @ 1:00 pm
Janet Nelson (501) 412-5683
Rev. Karen Akin (501) 227-0000

***LITTLE ROCK** - 3rd Thurs. @ 1:00 pm
Janet Nelson (501) 412-5683

*****MONTICELLO** - 3rd Tues. @ 1:00 pm
Pam Leeper (870) 367-6852

****MT. HOME** - 4th Fri. @ 3:00 pm
Debbie Love (870) 508-3880

****MT. VIEW** - 1st Monday @ 6:00 pm
Teresa Cheatham (870) 368-4522

****NEWPORT** - 1st Wed. @ 5:30 pm
Courtney Snow (870) 219-3745

****N. LITTLE ROCK** - 1st Wed. @ 9:30 am
Ashley Meggers (501) 257-3335

*****N. LITTLE ROCK** - 3rd Thurs. @ 11:30
C.J. Shane (501) 681-3531

***SHERWOOD** - 2nd & 4th Mon @ 6:00 pm
Kathey Green (501) 864-7452

****PARAGOULD** - 2nd Thurs. @ 1:00 pm
MEMORY CAFE
Jana Wineland (870) 565-5033

****PARAGOULD** - 3rd Thurs. @ 2:00 pm
Caregiver Support Group
Jana Wineland (870) 565-5033

****PINE BLUFF** - 3rd Mon. @ 11:00 am
Carolyn Ferguson (870) 543-6300

****Rison** - 1st Friday @ 5:00 pm
Nadia Owen (870) 220-1152

***RUSSELLVILLE** - 4th Tues. @ 6:30 pm
Shelly Jones (479) 498-2050
Jerry England (479) 498-2050

***SEARCY** - 2nd Tues. @ 3:00 pm
Marjorie Ryan (501) 268-6490

****SEARCY** - 1st & 3rd Mon. @ 6:30 pm
Martha Vendetti (501) 266-8613

****STUTT GART** - 2nd Thurs. @ 12 Noon
Charles Proctor (870) 830-1170

*** Elise Siegler, Support Group Liaison
** Priscilla Pittman, Support Group Liaison
* Lynn Akdamar, Support Group Liaison



**Looking For a Support Group
in your area??**

**Support Group Facilitator Training
on April 22, 2016
Alzheimer's Arkansas Offices
9 am till 4 pm**

**For more information
call Priscilla Pittman at
(501) 224-0021.**

****CURE PSP SUPPORT GROUP - LR**
4th Thursday @ 1:00 pm
Randi Haley (870) 703-6417

****PARKINSON'S SUPPORT GROUP
ALZHEIMER'S ARKANSAS
TAYLOR CENTER**
2nd Tuesday @ 11:00 am
Priscilla Pittman (501) 224-0021

****YOUNG PARKINSON'S S/G**
2nd Tuesday @ 11:00 am
Kathy Rayburn (501) 663-3900

The newsletter is a monthly publication of Alzheimer's Arkansas Programs and Services, 201 Markham Center Drive, Little Rock, AR 72205. All members and donors receive the newsletter. Contact the office for membership or other information. Alzheimer's Arkansas cannot endorse or recommend any provider, program or product.

2016 HOPE For the Future



- April 1st - River Valley Hope for the Future (1/2 Day)
- April 29th - Van Buren County Hope for the Future (1/2 Day)
- May 26th - Mountain Home Hope for the Future (Full Day)
- June 10th - North West Arkansas Hope for the Future (Full Day)
- June 17th - Hot Springs Hope for the Future (Full Day)
- July 29th - Conway Hope for the Future (1/2 Day)
- September 9th - Helena Hope for the Future (1/2 Day)
- September 29th - Fort Smith Hope for the Future (Full Day)

HOPE for the Future Registration

1/2 Day Hopes - 3 CEUs

Full Day Hopes - 6 CEUs

Please register by as soon as possible.

Seating is limited. Please register early! No refunds after registration deadline.

NO CHARGE for family caregivers, unless requesting CEUs. ALL professional and family caregivers please enclose payment or credit card payment.

- | | | |
|--|---|---|
| <input type="checkbox"/> (4/1) River Valley Hope | <input type="checkbox"/> (4/29) Van Buren County Hope | <input type="checkbox"/> (5/26) Mt. Home Hope |
| <input type="checkbox"/> (6/10) NW AR Hope | <input type="checkbox"/> (6/17) Hot Springs Hope | <input type="checkbox"/> (7/29) Conway Hope |
| <input type="checkbox"/> (9/9) Helena Hope | <input type="checkbox"/> (9/29) Ft. Smith Hope | |

Name: _____

Organization/Company: _____

Mailing Address: _____

Phone: _____ Email: _____

- Check as appropriate: Family Caregiver
- Caregiver Funds Requested
 - CEUs/Certificate Requested
 - Professional - (Includes CEUs/Certificate)
 - Student - (Includes CEUs/Certificate; Must present Student ID)
 - Vendor Booth

Method of payment:

Check (Make payable to Alzheimer's Arkansas) Credit Card: V MC DSCV AMEX

Credit Card #: _____

Expiration date: _____ CVC: _____

Signature of Card Holder: _____