

# Caregiver Communiqué

*Supporting Arkansas Families since 1984*

Volume 31 Issue 8

August / September 2016

## Mother Do You know My Name

Mother Do You know My Name

Mother do you know me Oh Mother who am I

You knew me in your womb with every move, you cherished  
You knew me as I entered into this world so very, very scary

With your warm smile so dear and the love I felt so near  
As they placed me upon your heart I gave out a great cheer  
Mother, I know you know me because you calmed all my fears

When I kept you up late at night singing, praying and pleading  
That the lord will hear your prayers just for little oh me....he

You knew me when I left your arms the very first time for school  
As I raised my hand to say goodbye Oh Mother please don't cry  
I saw a tear run down your face Mother I know it's hard but don't  
Forget how I kept you up praying to our God

You knew me when it was time to let go; oh boy that was hard  
But you taught me the most important thing of all  
To put your trust in God

You knew my children; you shared the same with them  
Mother you knew all your children's, children, children and  
I know you know their names

Now you are old and walking with a cane Alzheimer's has crept  
in your veins, trying to steal your flame let nothing steal your joy  
That is what you taught me thus far

You don't have to know my name still I will cheer you on  
Praying and singing to ease your pain together we will fight  
To the bone letting Alzheimer's know that we are strong  
And God is never wrong

I love you Mother and face to face we will win this race.

By Dora Jones Fisher of Little Rock, Arkansas



## August

**8/15**  
Park Hill Baptist Church,  
NLR

**8/17**  
Memory Café,  
Alzheimer's Arkansas  
10 am

**8/17**  
Family Caregiver Grant  
Carelink Workshop  
Lonoke County  
Senior Center  
11 am

**8/18**  
Family Caregiver Grant  
Carelink Workshop  
Cabot Senior Center  
11 am

**8/20**  
River Valley Alzheimer's  
Walk  
L.V. Williamson Boys &  
Girls Club  
8 am

**8/20**  
Night Out with the  
Travelers  
Dickey Stephens Ball Park  
6 pm



**8/27**  
LR Parrotheads  
Pancake Breakfast,  
Applebee's, LR  
8 am



See Page 3 for  
more details on  
the Family  
Caregiver  
Support  
Program

Sign up your for the  
walks at [www.alzark.org/  
alzheimers-arkansas-  
walks/](http://www.alzark.org/alzheimers-arkansas-walks/)



## September


**9/5**  
Labor Day,  
Alzheimer's  
Arkansas  
Office Closed

**9/9**  
Helena/ West Helena  
Hope for the Future  
UAMS - East  
8 am

**9/10**  
Faulkner County  
Alzheimer's Walk  
Conway West High  
8 am

**9/12**  
1st Monday Support Group  
(Rescheduled  
due to Labor Day)  
Alzheimer's Arkansas  
12 pm

**Volunteer for us**



Email:  
[elise.stuart@alzark.org](mailto:elise.stuart@alzark.org)  
to learn how to get  
involved with us!

**9/16**  
Support Group  
Facilitator Training  
Alzheimer's Arkansas  
Offices  
9 am


To start a support group in  
your area please email  
[Priscilla.pittman@alzark.org](mailto:Priscilla.pittman@alzark.org)  
for more information.



**9/17**  
Hot Springs Downtown  
Alzheimer's Walk  
Exchange Parking Plaza  
9 am

**9/21**  
Memory Café,  
Alzheimer's Arkansas  
Offices  
10 am

**9/24**  
Little Rock Alzheimer's  
Walk  
Little Rock Zoo  
7:30 am



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We are looking for  
Caregiver stories to share on  
Caregiver Wednesdays,  
please share yours and use  
**#caregiverwednesday #cgw**  
on Facebook, twitter,  
and Instagram!!



We are here for you 24/7!  
After hours, weekends and  
holidays caregiver help line  
Toll Free: (800) 689-6090

If you would prefer to  
have this newsletter by  
email and not by mail,  
please email  
[elise.stuart@alzark.org](mailto:elise.stuart@alzark.org).

## ADVOCATE

**DO YOU NEED HELP CARING FOR  
YOUR LOVED ONE?**

**WE HAVE AN APP FOR THAT!**



## FAMILY CAREGIVER SUPPORT PROGRAM

### FINANCIAL ASSISTANCE GRANTS FOR RESPITE CARE

Respite care is any service that gives the primary caregiver relief from caregiving to rest or finish other tasks that are difficult to complete while actively caregiving. Examples of such services include:

- In-home care provided by private caregivers
- In-home agency with professional caregivers
- Adult day care
- Or a short-term stay in a long-term care facility, such as an assisted living or nursing facility



**Care Link**  
Resources for Older People and Their Families

The person needing care **must**:

- Be at least 60 years old
- Have a chronic illness (not limited to Alzheimer's or related dementia)
- Live in Pulaski, Faulkner, Saline, Prairie, Monroe, or Lonoke County

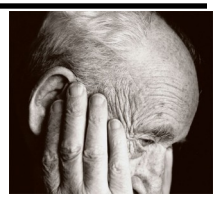
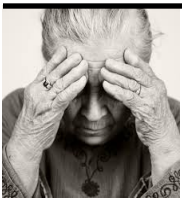
Grants are a 1 time per year award of \$500 to be used within 3 months of approval.



For an application or more information, please call  
501-224-0021 or 800-689-6090  
(outside of Pulaski County)

**Alzheimer's Arkansas Programs and Services**  
201 Markham Center Drive, Little Rock AR 72205  
[www.alzark.org/caregivers/grants](http://www.alzark.org/caregivers/grants)

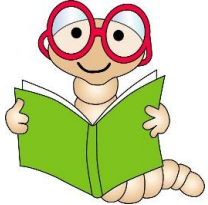
Call us at 800-689-6090, 501-224-0021 or  
24/7 after-hours emergency number,  
501-913-1878.





SUPPORT

# DEHYDRATION



# Word of the Month

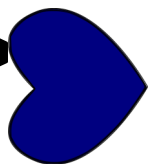
The process of losing or removing water or moisture. A condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels.

Since dehydration is most often caused by excessive sweating, vomiting, or diarrhea, water loss is usually accompanied by a deficiency of electrolytes.

“When you feel thirsty, you are already dehydrated.”



# Volunteer of the month



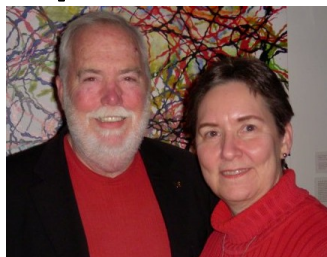
## August



Thomas & Thomas Volunteers  
(Left to right) Taylor Crow, Taylor McKnight, and Bo Stitch.

Our good friends at Thomas & Thomas have helped volunteer as well as given financial support to many of our events. Our volunteers are not just one person – but 40! Since 1953 Thomas & Thomas has served the Little Rock and Texarkana communities with outstanding service. Thomas & Thomas is a locally owned and managed certified accounting firm that supports countless nonprofit organizations including Alzheimer's Arkansas! Our long-lasting relationship and mutual trust helped us to form a friend partnership that now includes manpower with setting up walks and other events. Our thanks to Randy Mullikin and all the folks at Thomas & Thomas for your faith and friendship!

## September



Ret. Hon. Buddy & Beverly Villines

Beverly Villines is a constant friend and advocate for her Support groups members, she is a great friend to not only Alzheimer's Arkansas but also to countless organizations she has been apart of over her lifetime. She currently leads two support groups at Pulaski Heights United Methodist Church and serves as the Door Prize/Entertainment chair for the Little Rock Walk.



## I AM NOT ALONE By Priscilla Pittman, MSW, MA

“I am not alone” is a phrase we hear often following a person attending their first support group meeting or Hope workshop. Caregivers are often isolated because many friends and family members abandon them when they notice a personality change or hear the dementia diagnosis. The caregiver may be reluctant to reach out and include others. In addition, the person living with dementia may become depressed or confused and prefer to avoid the company of others in order to feel more comfortable.



Support groups offer a wide range of assistance. For many the opportunity to express themselves is the most important. Others may sit, listen and learn before wanting to talk. The struggles faced by many can be shared and personal insight can provide much needed guidance. Quitting your job, understanding sun-downing, managing family conflict, balancing or juggling the lengthy list of

tasks you've assumed...the topics are numerous. And the assurance that confidentiality is primary makes the group a safe place.

We assist facilitators with some information and they farm their local resources to help families create a plan or check list we affectionately refer to as Plan B. The journey with dementia can be more easily traveled if we have our legal information in place. The living will and durable power of attorney will make decision making easier to manage.

Similarly, it pays to look ahead, and in these groups we often find a diverse population; from the newly diagnosed to the person seeking advice regarding hospice, most have learned a great deal about navigating through the often rocky terrain of dementia. Looking down the road and making inquiries about adult day programs, home care, assisted living or long-term-care and having an idea of what we might choose is valuable information. But don't just store these thoughts and ideas in your head, share them with your family and document them in case needed in an emergency.

In any event, our financial support can smooth out a few pot holes in the journey. Check out our website, [www.alzark.org](http://www.alzark.org) and print a copy of the grant that applies to you. Contact Belinda Pedigo at our office for answers to your questions. This money is designed to give caregivers a much needed break; call Belinda and ask for some ideas if you are unsure about using the grant. Each Area Agency on Aging in the USA has received grant money; if you are not in the counties served by CareLink check with your Area Agency on Aging for grant information.

Bear in mind, this disease can be fatal to caregivers! Stress and stress-related illnesses can take you down before the person you are providing care; is your family prepared to provide care for you and the person with dementia? According to The National Alliance for Caregiving, we have more than 34 million caregivers in our nation who often neglect their own health. Look in the mirror, please take time for you! (<http://thenationshealth.aphapublications.org/content/46/5/1.4.full>)

You are not alone; reach out and let us help you find what you need. We can also help you with a grant, workshop or support group!

DEVELOPMENT NEWS

# Talk the Walk

For all information about our upcoming Walk, Rally and Strolls, go to: [www.alzark.org/alzheimers-arkansas-walks](http://www.alzark.org/alzheimers-arkansas-walks)

## 2016 Save The Dates

**8/13 - Yard Sale - Conway**

[www.alzarkconway.weebly.com](http://www.alzarkconway.weebly.com)  
[www.facebook.com/AlzArkConway](http://www.facebook.com/AlzArkConway)

**8/20 - River Valley Alzheimer's Walk**

[www.alzark.org/alzheimers-arkansas-walks/](http://www.alzark.org/alzheimers-arkansas-walks/) or  
[www.facebook.com/alzheimers.arkansas](http://www.facebook.com/alzheimers.arkansas)

**9/10 - Faulkner County Alzheimer's Walk**

[www.alzarkconway.weebly.com](http://www.alzarkconway.weebly.com)  
[www.facebook.com/AlzArkConway](http://www.facebook.com/AlzArkConway)

**9/17 - Hot Springs Alzheimer's Walk**

[www.alzark.org/alzheimers-arkansas-walks/](http://www.alzark.org/alzheimers-arkansas-walks/) or  
[www.facebook.com/alzheimers.arkansas](http://www.facebook.com/alzheimers.arkansas)

**9/24 - Little Rock Alzheimer's Walk at the Zoo**

[www.alzark.org/alzheimers-arkansas-walks/](http://www.alzark.org/alzheimers-arkansas-walks/) or  
[www.facebook.com/alzheimers.arkansas](http://www.facebook.com/alzheimers.arkansas)

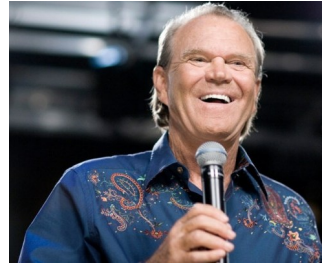
**10/8 - Van Buren County Alzheimer's Walk**

[www.alzark.org/alzheimers-arkansas-walks/](http://www.alzark.org/alzheimers-arkansas-walks/) or  
[www.facebook.com/alzheimers.arkansas](http://www.facebook.com/alzheimers.arkansas)

For information or questions contact Barbara Jensen at [barbara.jensen@alzark.org](mailto:barbara.jensen@alzark.org) or 501-224-0021.



## Glen Campbell's Family Honorary Statewide Chairmen of the Walks



Angela Frazier, niece  
Shane Frazier, nephew  
Barbara Frazier, sister  
Sandy Brink, sister

The Campbell family be at all the Walks this year to talk about their Uncle and Brother and what the family is facing with his illness.

### A Night OUT to Remember with the Arkansas Travelers on August 20th

Alzheimer's Arkansas will be at the game to hand out information on our programs and services for caregivers. Come out and cheer on the Travelers!



The first 500 people who donate a Senior Food Item - Peanut Butter, Canned Soup (meat or vegetable) or Ensure or Boost will receive a BRAIN!

Tickets can be bought on the Travelers website [www.travs.com](http://www.travs.com) or at the box office the day of the game.

Remember & honor your friend or loved one by adding their photograph to our **Memory Wall**, call Barbara at 501-224-0021 for information.



**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. The Consolidated Appropriations Act of 2016 made permanent qualified charitable deductions (QCDs) from individual retirement accounts of up to \$100,000. This provision will allow all of us to make up to \$100,000 a year in contributions directly from our IRAs to charity. From and after January 1, 2016, you and your spouse can each give up to \$100,000 per year in qualifying charitable distributions from your IRA to public

charities if you have reached age 70 1/2. To become a member of the Rosemary Society, contact Elise or Barbara at 501-224-0021.



## SUPPORT GROUPS AND CONTACT PERSONS THROUGHOUT ARKANSAS

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

**** <b>BATESVILLE</b> - 2nd Thurs @ 5:30 pm Ken Harper (870) 751-9002	**** <b>JACKSONVILLE</b> - 2nd Mon. @ 7:00 pm Priscilla Pittman (501) 224-0021	**** <b>N. LITTLE ROCK</b> - 1st Wed. @ 9:30 am Ashley Meggers (501) 257-3335
**** <b>BEEBE</b> - 3rd Thurs. @ 3:00 pm Sandra Garrett (501) 882-3969	**** <b>JONESBORO</b> - 1st Tues. @ 10:00 am Jana Wineland (870) 565-5033 Amber Bass (870) 932-2462	**** <b>N. LITTLE ROCK</b> - 3rd Thurs. @ 11:30 am C.J. Shane (501) 681-3531
**** <b>BENTON</b> - 3rd Tues. @ 7:00 pm Richard Mills (501) 315-0087	**** <b>JONESBORO</b> - 2nd Tues. @ 10:00 am Cheryl Hamm (870) 930-2226 Shirley Crawford (870) 935-4672	* <b>PARAGOULD</b> - 2nd Thurs. @ 3:00 pm <b>MEMORY CAFE</b> Jana Wineland (870) 565-5033
**** <b>BENTON</b> - 3rd Thurs. @ 2:00 pm Azy Crabb (501) 778-6260 Diana Ferrell (501) 315-0160	**** <b>LITTLE ROCK</b> - 1st Mon. @ 12:00 pm Priscilla Pittman (501) 224-0021	* <b>PARAGOULD</b> - 3rd Thurs. @ 2:00 pm <b>CAREGIVER SUPPORT GROUP</b> Jana Wineland (870) 565-5033
**** <b>BERRYVILLE</b> - 3rd Thurs. @ 10:00 am Rebecca Davis (870) 423-6114 Renee Gonzales (870) 423-6114	***** <b>LITTLE ROCK</b> - 4th Mon. @ 6:00 pm Janet Nelson (501) 412-5683	*** <b>PINE BLUFF</b> - 3rd Mon. @ 11:00 am Carolyn Ferguson (870) 543-6300
***** <b>CAMDEN</b> - 3rd Wed. @ 1:00 pm Nancy Bailey (870) 234-7410	***** <b>LITTLE ROCK</b> - 1st Tues. @ 10:30 am Beth Allen (501) 686-6219	** <b>RISON</b> - 1st Friday @ 5:00 pm Nadia Owen (870) 220-1152
***** <b>CAMDEN</b> 2nd Tues @ 5:00 pm Traci Caldwell (870) 866 - 7589	***** <b>LITTLE ROCK</b> - 1st Thurs. @ 1:00 pm Janet Nelson (501) 412-5683 Rev. Karen Akin (501) 227-0000	* <b>RUSSELLVILLE</b> - 4th Tues. @ 2:00 pm Shelly Jones (479) 498-2050 Jerry England (479) 498-2050 Rhonda Horton (479) 264-3109
**** <b>CHEROKEE VILLAGE</b> - 3rd Wed. @ 1:30 pm Misty French (870) 994-2341	***** <b>LITTLE ROCK</b> - 1st Tues. @ 6:00 pm Debbie Rawn (501) 952-4182	* <b>SEARCY</b> - 2nd Tues. @ 3:00 pm Marjorie Ryan (501) 268-6490
* <b>CLARKSVILLE</b> - 4th Thurs. @ 5:30 pm Nicholle Dorn (479) 264-5833	***** <b>LITTLE ROCK</b> - 1st & 3rd Tues. @ 6:00 pm Doug Ballinger (501) 253-1238	* <b>SEARCY</b> - 1st & 3rd Mon. @ 6:30 pm Martha Vendetti (501) 266-8613
* <b>CLINTON</b> - 1st Wed. @ 2:00 pm DK Olmstead (501) 745-9495	***** <b>LITTLE ROCK</b> - 2nd Tues. @ 5:30 pm Beverly Villines (501) 350-5053	***** <b>STUTT GART</b> - 2nd Thurs. @ 12:00 pm Charles Proctor (870) 830-1170
* <b>CONWAY</b> - 1st Tues. @ 7:00 pm Kathy Jette (501) 450-7528	**** <b>LITTLE ROCK</b> - 2nd Tues. @ 11:00 am <b>PARKINSON'S SUPPORT GROUP</b> Priscilla Pittman (501-224-0021)	* Barbara Jensen, Support Group Liaison ** Charlene Hooten, Support Group Liaison *** Belinda Pedigo, Support Group Liaison **** Priscilla Pittman, Support Group Liaison ***** Elise Siegler, Support Group Liaison ***** Elise N. Stuart, Support Group Liaison
* <b>CONWAY</b> - 2nd Thurs. @ 7:00 pm Kenneth Priest (501) 730-3582	***** <b>LITTLE ROCK</b> - 3rd Tues. @ 1:00 pm Beverly Villines (501) 350-5053	For other Support Groups meeting in Arkansas, please call our offices at 501-224-0021. We will get you in touch with those groups.
* <b>DARDENELLE</b> - 3rd Thurs. @ 2:00 pm Billie Holsomback (501) 321-2811 Lori Kamerling (501) 321-2811	***** <b>LITTLE ROCK</b> - 2nd Wed. @ 12:30 pm Rene Simmons (501) 256-1461	
**** <b>EL DORADO</b> - 3rd Thurs. @ 12:00 pm Nancy Bailey (870) 234-7410	**** <b>LITTLE ROCK</b> - 3rd Wed. @ 10:00 am <b>MEMORY CAFÉ</b> Priscilla Pittman (501) 224-0021	
* <b>FAIRFIELD BAY</b> - 3rd Wed. @ 2:00 pm Ron Henson (501) 745-7004 Lise Neave (501) 253-4698	***** <b>LITTLE ROCK</b> - 3rd Thurs. @ 1:00 pm Janet Nelson (501) 412-5683	
** <b>FORREST CITY</b> - 2nd Thurs. @ 12:00 pm Felisa Stewart (870) 270-6219 Janis Waddy (494) 870-3300	**** <b>LITTLE ROCK</b> - 4th Tues. @ 7:00 pm Priscilla Pittman (501) 224-0021	
***** <b>HARRISON</b> - 1st Wed. @ 11:30 am Michelle Byler (870) 743-1623	***** <b>LITTLE ROCK</b> - 4th Thurs. @ 1:00 pm <b>CURE PSP</b> Randi Haley (870) 703-6417	
**** <b>HEBER SPRINGS</b> - 4th Tues @ 3:30 pm Nicki Stacy (501) 362-3185	*** <b>MALVERN</b> - 3rd Wed. @ 11:00 am Ruth Ann Crites (501) 332-5248 June Haynes (501) 332-5248	
*** <b>HENSLEY</b> - 1st Thurs. @ 7:00 pm Tereasa Holmes (501) 626-4529	***** <b>MARSHALL</b> - 2nd Tues. @ 2:00 pm Martina Timmons (501) 745-7004 ext. 2	
* <b>HOT SPRINGS</b> - 2nd Mon. @ 2:00 pm Dian Masingill (501) 623-2881	** <b>MONTICELLO</b> - 3rd Tues. @ 1:00 pm Pam Leeper (870) 367-6852	
***** <b>HOT SPRINGS</b> - 2nd Tues. @ 11:00 am <b>LEWY BODY SUPPORT GROUP</b> Nancy Rogers (501) 760-8495 Elise Siegler (501) 224-0021	***** <b>MT. HOME</b> - 4th Fri. @ 3:00 pm Diahanne VanGulick (870) 508-3880	
* <b>HOT SPRINGS</b> - 3rd Tues. @ 4:00 pm Amy Thomason (501) 209-1950	***** <b>MT. VIEW</b> - 1st Monday @ 6:00 pm Teresa Cheatham (870) 368-4522	
* <b>H.S.V.</b> - 4th Thurs. @ 3:00 pm Amy Thomason (501) 209-1950	** <b>NEWPORT</b> - 1st Wed. @ 5:30pm Courtney Snow (870) 219-3745	



## Looking for a Support Group in your area?

**Support Group Facilitator  
Training will be  
September 16, 2016  
from 9 am till 4 pm.**

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

The newsletter is a bi-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.



## Helena / West Helena HOPE for the Future Registration September 9, 2016

Seating is limited. Please register early!  
No refunds after August 29, 2016 will be given.  
**NO CHARGE** for family caregivers, unless requesting CEUs.  
ALL professionals and family caregivers please enclose  
payment or credit card payment.

Name: \_\_\_\_\_

Organization/Company: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Check as appropriate:  **FREE** Family or Friend Caregiver  
 Caregiver Funds  
 \$ 30 (CEUs/Certificate)  
 \$30 Professional - (Includes CEUs/Certificate)  
 \$30 Student -(Includes CEUs/Certificate)  
 Sponsor / 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: \_\_\_\_\_

The 3rd Annual Helena/West Helena Hope for the Future Education workshop will be held on Friday, September 9, from 8:00 am to 1:00 pm. The Workshop will be held at the UAMS East Campus in West Helena and will include professionals in the field of Alzheimer's presenting information on the disease, challenging behaviors, nutritional needs, and stress relief. This FREE event for family and friend caregivers and Continuing Education credits (CEUs) will be offered to professional caregivers. Light breakfast and lunch will be provided at no cost. Immediately following lunch, caregivers are invited to attend "Coffee and Conversation" gathering hosted by Priscilla Pittman, MA, MSW, Program Director at Alzheimer's Arkansas. The Helena/West Helena community is showing their support. Many THANKS to the residents and Businesses sponsoring the Helena/West Helena Hope for the Future:

- Presenting Sponsor: Cooke Family**
- Gold Sponsor: Pafford's Medical Supplies**
- Silver Sponsor: Southern Bancorp**
- Bronze Sponsors: Hickory Hills Pharmacy and Rotary Club**
- Facility Sponsor- UAMS East**

# Register for Walks



Tag Ellie at your walk by using #EllieTheCarvingElephant

**Check the Walk (s):**

- River Valley Walk - August 20th**  
Early Registration: 8/17 at Area Agency on Aging from 1 - 5 pm
- Faulkner County Walk - September 10th**  
Early Registration: 9/6 at The Carpet Center from 2 - 7 pm
- Hot Springs Walk - September 17th**  
Early Registration: 9/14 at Area Agency on Aging from 11 - 6 pm
- Little Rock Walk - September 24th**  
Early Registration: 9/19 - 9/21 at Alzheimer's Arkansas Offices from 9-5 pm
- Van Buren County Walk - October 8th**  
Early Registration: 10/5 at Wal-Mart Parking Lot from 1 - 6 pm

Walk Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Employer/School: \_\_\_\_\_

I will be walking as (circle one)

Team Captain      Team Member      Individual

Team Name: \_\_\_\_\_

Team Captain's Name: \_\_\_\_\_

You can mail this page back to Alzheimer's Arkansas at 201 Markham Center Drive, Little Rock 72205 to register yourself or your team or you can go to [www.alzark.org](http://www.alzark.org) for online registration.

**FOLLOW US!**



[www.twitter.com/alzark](http://www.twitter.com/alzark)



[www.facebook.com/alzheimers.arkansas](http://www.facebook.com/alzheimers.arkansas)



[www.instagram.com/alzarkansas](http://www.instagram.com/alzarkansas)