

# Caregiver Communiqué

*Supporting Arkansas Families since 1984*

Volume 31 Issue 1

January 2016

## My Third Husband Karen Hayes

My first marriage was so long ago, it's hard to remember my first husband's middle name. Lee.

He grew up to be an anesthesiologist, an unsurprising outcome. He put me to sleep. I married him because I had loved him once and was sure I would again. I didn't.

My second husband was the love of my life. A very surprising husband, he announced early in our relationship he would never, ever marry again.

In 1985, we were in Houston, enjoying the un-honeymoon of a couple who has been together for a few years, but were now sharing a house hold for the first time. We went to markets and festivals, took overnight motorbike trips, cooked elaborate food, had furniture and a bathroom in common.

One evening, a few days before his 48th birthday, we went out for dinner. We rode home on his bike, me on the back holding tight.

"Do you want to get married on my birthday?" he said.

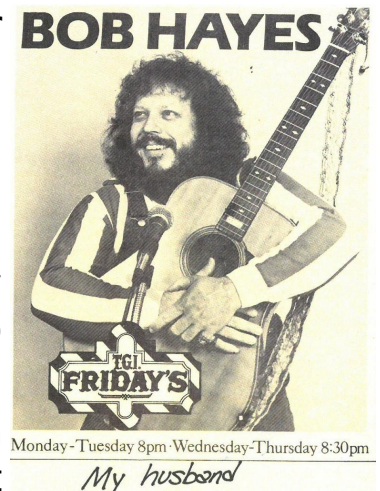
"Pull over," I said.

We had planned a birthday camping trip to Mustang Island near Galveston. It seemed unlikely we could navigate the legalities of getting married in only a few days, but Texas isn't fussy about ceremony. I bought a lavender Mexican dress and bought a bottle of Cordon Rouge. The wedding was on. My second husband was an unromantic musician who bought me jewelry, cooked Chinese for me, and loved my cats. He took me to New Orleans and Brazil.


I could tell him anything.

I met my third husband when I was still married to my second husband.

*To be Continued in February 2016 Caregiver Communiqué*



## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Alz Ark Offices Closed	1 Alz Ark Offices Closed	2
						
3	4 1st Monday S/G @ Alzheimer's AR Offices	5	6	7	<p style="text-align: center;"><b>2016 Program Dates</b></p> <p style="text-align: center;"><b>3/4</b> Little Rock Hope for the Future at The Crowne Plaza, 200 S Shackleford Road, LR 72212</p> <p style="text-align: center;"><b>4/1</b> Hope for the Future, Russellville AR</p>	
10	11 Jacksonville S/G @ Ester D. Nixon Library 703 W Main at 7	12 Parkinson's S/G @ Alzheimer's AR Offices	13	14		
17	18 Art Together at Arkansas Arts Center, 501 E 9th St, @ 10 am <b>Alz Ark Offices Closed</b>	19	20 Memory Café S/G @ Alzheimer's AR at 10 am	21 "Is That Ethical? Ethics and Dementia" Time Out Workshop, LR	22	23
24	25	26 4th Tues S/G @ Alzheimer's AR Offices	27	28	29	30
						31

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Every Gift is appreciated!

- Installation of a chair lift to utilize the upstairs room.
- New "Memory Wall" for health exhibits and booths.
- Video Projector for educational training and your time!

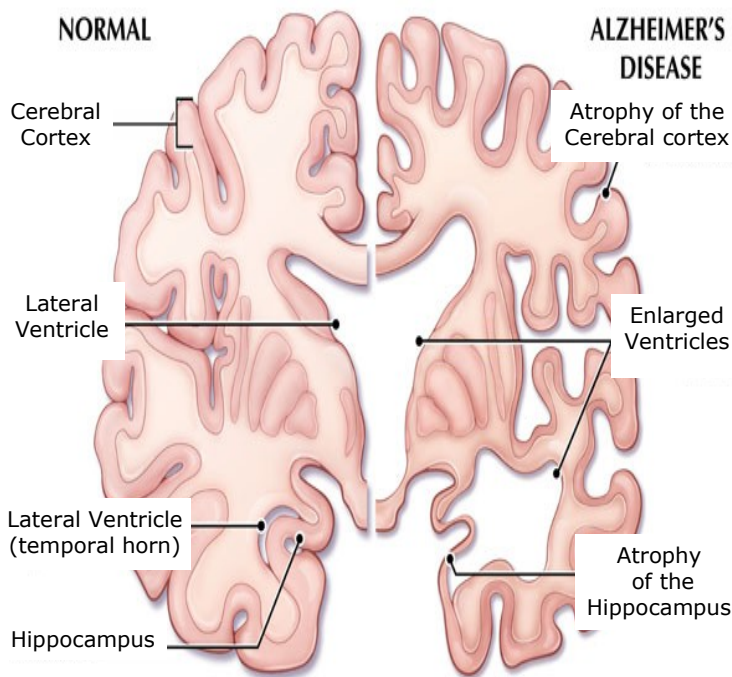
**We are here for you 24/7!**  
 After hours, weekends and holidays caregiver help line  
**Toll Free:**  
**(800) 689-6090**

## ADVOCATE



Sue Griffin, PhD, the head of the Alzheimer's disease research team at the Reynolds Institute on Aging at the University of Arkansas for Medical Sciences, says, "In our new work, we are aiming toward the development of strategies, including therapeutics, for stalling the progression of Alzheimer's disease, which, interestingly, starts decades before memory loss is apparent. These strategies include development of specific drugs aimed at the brain's immune response. This is important in laying down the tangles of proteins within the neurons and the poisonous plaques between the neurons — these are the two features responsible for the memory loss in Alzheimer's. Therefore, we are developing compounds that

have beneficial effects when used in animal models of Alzheimer's disease which could prevent the formation of plaques and tangles. If these or similar compounds are also effective in humans, then the age of onset could be delayed, or in the best case, prevented."

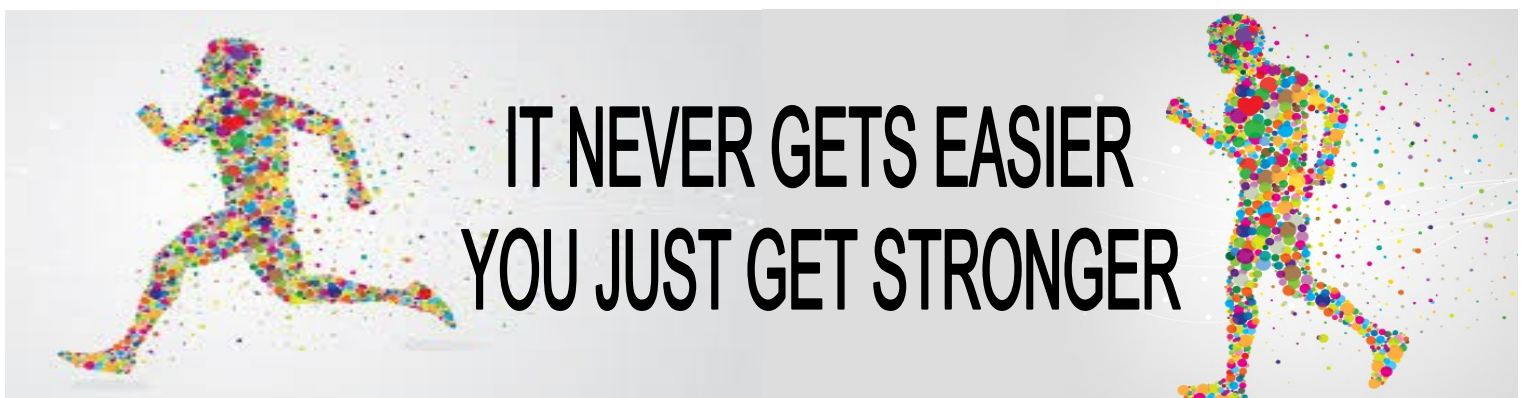


Obesity and its companion type II diabetes are preventable risk factors for development of Alzheimer's disease. One of the things we could do right now is to put the brakes on this obesity epidemic that we have here in Arkansas. You know that we here in Arkansas are #1 in obesity and #5 in type II diabetes.

The changes in the brain leading to Alzheimer's start decades before memory loss. It is particularly important that we change our eating habits, and at the same time increase our physical activity. Toward this connection between obesity, type II diabetes and the risk of Alzheimer, our research group is working to discover the reasons for this increased risk and the role that the brain's immune response plays. We are also studying the development of therapeutic strategies to help prevent the onset of memory loss.

Image Source:

<http://news.sciencemag.org/biology/2014/03/blood-test-ALZHEIMERS-disease>



## SUPPORT



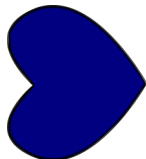
## PHYLLIS WATKINS FAMILY ASSISTANCE PROGRAM GRANT

Phyllis established this program to provide respite care services, home care supplies, home modification, legal services and mental health counseling for those diagnosed with Alzheimer's, family members and caregivers.

**REQUIREMENTS** for receiving the Phyllis Watkins FAP Grant:

- The "Care Recipient" (patient), of any age, must be certified by his/her physician as having been diagnosed with Alzheimer's disease or a related dementia
- Reside in Arkansas
- Live at home with family
- Not be receiving the same type of service funded by any other source including, but not limited to, private insurance, Medicaid, ElderChoices, Supplemental Security Income, Medicare or Hospice
- One grant per Care Recipient per Fiscal Year

Volunteer  
of the month




Left: Program Director Priscilla Pittman and right: Volunteer of the Month, Martha Maguire

# January

**Martha Maguire**

**Started Volunteering:**

December 27, 2013

**Favorite Things:** Her Grandchildren Mason (4) & Morgan (2)

**From:** Pine Bluff, AR

**Bet ya' didn't know:** Retired from Entergy in 1993

"Martha is an amazing, hardworking, and devoted volunteer. She is always willing to stay late and do the jobs no one else wants to do. We could not do what we do with out volunteers like her," said Alzheimer's Arkansas Executive Director, Elise Siegler.



## CARE

## The Nitty-Gritty on



**Medicare** is an insurance program. According to the U.S. Department of Health and Human services, Medical bills are paid from two types of funds, Hospital Insurance (HI), commonly referred to as Part A and Supplementary Medical Insurance (SMI), commonly referred to a Part B and D. It primarily serves people over 65, whatever their income. It also serves younger disabled people and dialysis patients. Patients pay the part of the costs through deductibles for hospital and other expenses. Small monthly premiums are required for non-hospital coverage.

**Medicaid** is an assistance program for low-income people of every age. Patients usually pay no part of costs for covered medical expenses. A small co-payment is sometimes required. Medicaid is run by the state and local governments within federal guidelines so it varies from state to state.

The Arkansas Division of Human Services hired The Stephens Group, an outside consultant, to take an in-depth look at the Arkansas Medicaid System. They were to advise the Governor's Health Reform Legislative Task Force about options for the future. Key findings from The Stephens Group include:

- Arkansas' program is not sustainable in its current form.
- Compared with other states, Arkansas provides more care in institutional settings (nursing homes and Human Development Centers) than in home or community settings.
- About **34%** of Arkansas' Medicaid spending in 2013 was on long-term care, compared with **28%** of Medicaid spending nationally.
- Almost **70%** of the state's long-term care spending is on nursing homes.
- Arkansas has a striking lack of affordable assisted living.
- **Nursing home per-person costs are over 3 times the cost for home and in community-based services.**

Nursing home staff members conduct assessments that are used to determine the type and level of care a Medicaid recipient needs. "Your front door can't be driven and controlled and directed by providers, Your front door has to be accountable to taxpayers as well as the program. It is not today," said the Stephens group.

Written by Gloria Gordon and adapted by Elise Siegler

## ACTIVE

**These legs were made for Walkin'!**

We frequently read or hear about the positive effects of exercise. Now a study researched at King's College London suggests our aging brains are positively impacted by our leg strength. The study included 324 healthy female twins with an average age of 55, studied over a ten year period.

A measurement of thinking, learning and memory was recorded before and after the study was completed. Researchers compared the brain of the twin with the greatest leg strength in the beginning, and at the end of the study; the strong legged

twin had fewer brain changes associated with aging. This study links strong leg muscles to fewer changes in cognitive capabilities in normal people, exceeding comparative rat based studies.

Future studies will focus on the benefits associated with the older population, men, as well as those living with Alzheimer's disease.

This study may be offering us a way to protect our brain from the effects of aging, so go for a walk every day. By the way, regular physical exercise will offer positive benefits for the rest of your body as well!

Adapted by Priscilla Pittman, MSW, MA

[www.kcl.ac.uk/newsevents/news/newsrecords/2015/November/Filter-legs-linked-to-a-fitter-brain.aspx](http://www.kcl.ac.uk/newsevents/news/newsrecords/2015/November/Filter-legs-linked-to-a-fitter-brain.aspx)

**HELP! How do I Know When I Need Help?**

Priscilla Pittman, MSW, MA

How do we know when it is no longer feasible for us to maintain our role as the caregiver for someone with dementia without the assistance of others? The needs will increase as the disease progresses and even with the support of family and friends the needs may exceed the resources.

Most caregivers have no idea how much they are doing and are amazed when they list their responsibilities. Their role may entail:

- Home care-laundry, cooking, cleaning, grocery shopping
- Transportation-appointments, shopping
- Personal care-bathing, toileting, shampooing and hair care
- Medical care-appointments, monitoring medications, dressing wounds
- Friendship-reminisce, photos, personal history
- Safety management-doors, chemicals, tools, guns, knives
- Banking and business management-checking, savings, investments, bills
- Case management-PLAN B, planning ahead

Pay attention to the changes in your capabilities and be honest with yourself.

*Continued on next page*

## CARE

*Continued from pg 6 HELP!*

Measure frequently and answer your list with:

1. I can do this on my own
2. I need help to do this
3. I am no longer able to do this



Some people really want to help; they just don't know what to do.

**Tell them!**

Accepting assistance is often misconstrued as weakness or debt. But caregiving requires courage. Use your courage to ask for help. We are reluctant to ask for help, but think of how many times you have rushed to help someone else. Don't allow fear to keep you from asking for assistance.

Safety is a primary concern. As a long-distance caregiver assessing the person's capabilities is difficult. Depending on a telephone conversation can lead to erroneous decisions. Confabulation is frequently spoken in dementia conversations, but embroidered answers to questions aren't useful.

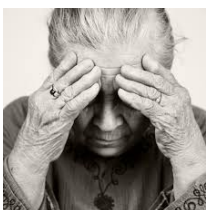
A personal visit is the best way to measure status. Determining safety can be difficult if the person lives alone, but at Alzheimer's Arkansas we have a check list that might help. Activities of daily living provide a good measure of capabilities. A face to face conversation may reveal identifiable changes in a person's communication skills, their mental function, mood changes, unusual behaviors, their ability to walk and navigate in their home, medication management, their ability to shop and prepare meals, the use of alcohol, their ability to manage their housekeeping and financial obligations, transportation, good hygiene, toileting, grooming, laundry and telephone communication skills. Only a personal visit or hiring an eldercare case manager will provide an accurate assessment.

Helping the person with dementia maintain an active social life is vital to their quality of life. Senior centers, adult day programs, church activities and community resources are useful, but many communities lack most of these advantages. Depending on their disease stage, persons at home alone are apt to sleep, or stay in front of the television set, and just deteriorate.

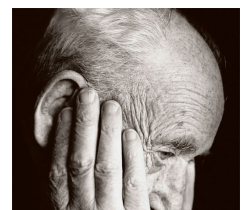
Occasionally, the personality changes that occur and other aspects of these degenerative diseases result in dangerous situations. What will you do if the person you are assisting becomes aggressive? What do you need to know to maintain your safety and theirs?

Attending a support group can provide fresh insight. Frequently, someone in the group is facing or has faced a similar situation, but the sharing and listening can help improve the quality of life for each person.

It is frustrating and heart-breaking for our life plans to be dramatically altered. We are often resolute and not willing to incorporate the help we need. We are determined to manage care on our own. It is this independence that can harm our health and consequently the care recipient. Where do we draw the line? Call Alzheimer's Arkansas for checklists and support during unsettled times.



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



# Word of the Month

**Dementia** isn't a specific disease. Instead, dementia describes a group of symptoms affecting memory, thinking, and social abilities severely enough to interfere with daily functioning.

Dementia indicates problems with at least two brain functions, such as memory loss and impaired judgment or language, and the inability to perform some daily activities such as paying bills or becoming lost while driving.

Though memory loss generally occurs in dementia, memory loss alone doesn't mean you have dementia. There is a certain extent of memory loss that is a normal part of aging.

Many causes of dementia symptoms exist. Alzheimer's disease is the most common cause of a progressive dementia. Some causes of dementia may be reversible.

<http://www.mayoclinic.org/diseases-conditions/dementia/basics/definition/con-20034399>

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## What is Lewy Body Dementia (LBD)?

As the world mourned the death of the beloved actor and comedian Robin Williams, it is important to remember that there are still 1.3 million Americans who are suffering the daily effects of Lewy Body Dementia (LBD). LBD is the second most common form of dementia after Alzheimer's. Unlike Alzheimer's Disease, LBD presents symptoms similar to Parkinson's Disease, which is why Lewy Body is often misdiagnosed as Parkinson's disease.

Symptoms of LBD that are also found in Alzheimer's sufferers include:

- Progressive memory loss
- Visual hallucinations
- Fluctuations in cognition
- Changes in attention, alertness and mental clarity
- Impaired problem-solving skills

LBD sufferers may experience symptoms that resemble Parkinson's, such as:

- Slowness of movement
- A shuffling gait
- Tremor
- Drooling
- Stooped posture
- Frequent falls
- An expressionless face

Autonomic nervous symptoms including blood pressure fluctuations, excessive sweating, urinary incontinence or sexual dysfunction are also symptoms of LBD.

Misdiagnosis can not only delay proper treatment but can also lead to the prescription of medications used to treat Alzheimer's or Parkinson's that can prompt a negative reaction in LBD patients. For example, traditional anti-psychotic drugs are often prescribed to Alzheimer's patients, to treat hallucinations and delusions. But for unknown reasons, the use of anti-psychotic drugs by LBD sufferers can actually worsen symptoms and in some cases, can even be life-threatening, according to the LBDA.

Sources:

[https://www.caring.com/articles/what-is-lewy-body-dementia/?utm\\_content=20150611&utm\\_campaign=website&utm\\_source=suggests&utm\\_medium=email](https://www.caring.com/articles/what-is-lewy-body-dementia/?utm_content=20150611&utm_campaign=website&utm_source=suggests&utm_medium=email)



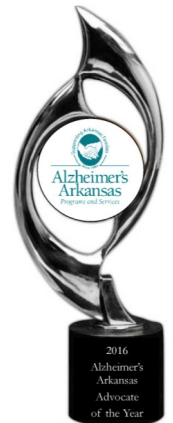
## 2016 ALZHEIMER'S ARKANSAS ADVOCATES OF THE YEAR



### 2016 ADVOCATE OF THE YEAR

**Sissy Clinton** is an icon at Alzheimer's Arkansas Programs and Services. She served as President of the Board of Directors for 12 years. She is also a board member at the Donald W. Reynolds Center on Aging, the Arkansas Aesthetic Club, and the Mount Holly Cemetery Association. Sissy was a diligent, compassionate and loving caregiver for her mother, father and mother-in-law and knows the challenges and heartaches associated with Alzheimer's disease.

Sissy retired her kick boxing shoes in 2014 but is an avid walker and philanthropist in Arkansas.



### 2016 VOLUNTEER ADVOCATE OF THE YEAR

**Mark Pippenger, M.D.**, Behavioral Neurologist and, Associate Professor at UAMS. Dr. Pippenger is a native of Arkansas, born in Jonesboro and graduated from Brookland High School. Most of his education has been in Arkansas, graduating with a degree in Zoology from Arkansas State University (where he developed an interest in dragonflies), then going on to medical school and a residency in Neurology at UAMS. He has a special interest in neurological diseases affecting memory, thinking and behavior. These includes Alzheimer disease, Dementia with Lewy Bodies and Fronto-Temporal Dementia.

Dr. Pippenger is a member of the International Society to Advance Alzheimer's Research and Treatment (ISTAART), a founding member of the Arkansas Celtic Music Society, and a member of the Dragonfly Society of the Americas.



### 2016 SUPPORT GROUP FACILITATOR ADVOCATE OF THE YEAR

**Amy Thomason** is with Arkansas Hospice and is passionate about people. She devotes not just her time and talents, but her heart and soul to helping others. She has a special affection for caregivers those selfless husbands, wives, parents, children, friends and family who find themselves in the position of caring for a loved one with a serious terminal illness. Her passion is to lighten the caregivers' burden through education, self-care and emotional, social and spiritual support, making sure they know they are not alone and to help them connect to each other in a network of caring.

The English novelist E.M. Forster once said "One person with passion is better than forty people merely interested." That describes Amy perfectly.



#### Past Advocate Recipients:

2013 - Phyllis K. Watkins

2014 - Bob Shell

2015 - Advocate of the Year - Sharon Heflin

Volunteer Advocate of the Year - Melissa Longing

Support Group Facilitator of the Year - Jana Wineland

If you would like to be a sponsor or attend Advocate of the Year Dinner, please visit our website at [www.alzark.org/advocacy/advocates-of-the-year/](http://www.alzark.org/advocacy/advocates-of-the-year/)

**DEVELOPMENT NEWS****2016 Save The Dates**

**2/20 - Chilirhea Chili Cook-off in Fayetteville**  
[www.chilirhea.net](http://www.chilirhea.net) or  
[www.facebook.com/ChilirheaCharity](http://www.facebook.com/ChilirheaCharity)

**3/24 - Advocate of the Year Awards and Dinner**  
[www.alzark.org](http://www.alzark.org) or  
[www.facebook.com/AdvocateOfTheYear](http://www.facebook.com/AdvocateOfTheYear)

**4/9 - AMP OUT ALZ 5 in Little Rock**  
[steph@anurturingtouch.com](mailto:steph@anurturingtouch.com) or  
[www.facebook.com/AMP.OUT.ALZ](http://www.facebook.com/AMP.OUT.ALZ)

**TBD - River Valley Alzheimer's Walk**  
[www.alzark.org](http://www.alzark.org) or  
[www.facebook.com/alzarkwalks](http://www.facebook.com/alzarkwalks)

**9/10 - Faulkner County Alzheimer's Walk**  
[www.facebook.com/AlzArkConway](http://www.facebook.com/AlzArkConway)

**9/17 - Hot Springs Alzheimer's Walk**  
[www.alzark.org](http://www.alzark.org) or  
[www.facebook.com/alzarkwalks](http://www.facebook.com/alzarkwalks)

**9/24 - Little Rock Alzheimer's Walk at the Zoo**  
[www.alzark.org](http://www.alzark.org) or  
[www.facebook.com/alzarkwalks](http://www.facebook.com/alzarkwalks)

**10/8 - Van Buren County Alzheimer's Walk**  
[www.memorystroll.com](http://www.memorystroll.com) or  
[www.facebook.com/alzarkwalks](http://www.facebook.com/alzarkwalks)

We are always looking for ways to partner with local communities. If you are interested in hosting a Walk or another fundraising activity, please download our "**Fundraising Policies and Guidelines**" from our website or contact Barbara Jensen at [barbara.jensen@alzark.org](mailto:barbara.jensen@alzark.org) or 501-224-0021.

**The Rosemary Society celebrates a new legacy!**

We recently received an unexpected and generous gift from the late Jane Kinney. She and her husband left several gifts to nonprofits in and outside of Arkansas. The legacy they left us will provide 40 family and friend caregivers with grants of \$250 each to be used for respite care, safety home improvements and much needed non-prescription medical supplies. Our family and friend caregivers are overwhelmed with what the daily challenges of taking care of a loved one with Alzheimer's, entail. These grants are truly a Godsend. If you are interested in establishing your own legacy, please call our office at 501-224-0021 and ask for Elise or Barbara.

**Thank you Jane and John!**

**The Fitbit Challenge**

In keeping with the theme of a new year, a new you and with several people receiving Fitbits for Christmas, Alzheimer's Arkansas has started a challenge. This is to get you motivated for the upcoming walks and have fun competing with friends, family and team members. Go to our website at [www.alzark.org](http://www.alzark.org) to find the instructions and forms you will need to start your challenge.

**Where is your donation going?**

The majority of the donations and funds raised from events like our walks will help grow the Phyllis Watkins Family Assistance Program which provides financial assistance to caregivers of persons living with Alzheimer's disease or another type of dementia. These grants have helped 52 caregivers since July 1st, 2015. We are also planning 12 Hope for the Future educational workshops for family and friends of caregivers for 2016!

**On behalf of the caregivers that benefit from your gifts - Thank You!**

**QR Codes** are computer generated images that are used with your smart phones to connect customers directly with the website or online resources without having to type in the URL/website. Alzheimer's Arkansas will be using them for special events and activities to make it easier for you to register on line. This QR Code will take you to our website at [www.alzark.org](http://www.alzark.org).



## 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 pm  
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 pm  
Nicki Stacy (501) 362-3185
- \*\*HENSLEY** - 1st Thurs. @ 7:00 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. @ 5:30 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  
June Sulfridge (501) 868-6270
- \*\*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 Mon. @ 6:00 pm  
Teresa Cheatham (870) 368-4522
- \*\* NEWPORT** - 1st Wed. @ 5:30pm  
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 pm  
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 CAFÉ**  
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
- \*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
- \*\*\*SPRINGDALE** - Last Tues. @ 6:30 pm  
Melissa Northington (479) 288-5951  
Teshema Woodfork (479) 288-5951
- \*\*STUTTGART** - 2nd Thurs. @ 12 Noon  
Charles Proctor (870) 830-1170  
Sara Proctor (870) 830-1170
- \*\*\* Elise Siegler, Support Group Liaison  
\*\* Priscilla Pittman, Support Group Liaison  
\* Lynn Akdamar, Support Group Liaison

**Harrison Support Group**  
1st Wednesday at  
11:30 to 12:30  
Michelle Byler (870) - 743-1623  
Area Agency of  
Northwest Arkansas  
1510 Rock Springs Road  
Harrison, AR 72601

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

**\*\*PARKINSON'S SUPPORT GROUP**  
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 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.



**FREE**  
For  
Caregivers

An event for those caring for someone with  
memory loss, dementia, or Alzheimer's.

**HOPE for the Future!**

Presenting Program  
Sponsor

**Friday, March 4<sup>th</sup> @ The Crowne Plaza**

Call for more information:  
Alzheimer's Arkansas at 501-224-0021



Making Life Easier™

### What is a Hope for the Future??

**Hope for the Future** are annual caregiver workshops held in Central Arkansas, NW Arkansas, SW Arkansas, and in the Delta through which Alzheimer's Arkansas reaches out to caregivers. These educational workshops provide family, friends, and professional caregivers with general information regarding Alzheimer's disease and its progression, caregiver tools, knowledge and techniques to improve caregiving skills. It also provides information concerning resources available to caregivers and Alzheimer's patients through vendor exhibits. With the assistance of local community partners and the support of Alzheimer's Arkansas Walks, we provide **Hope for the Future** workshops in communities like Jonesboro and Helena/West Helena.

Through programs like **Hope for the Future**, we are able to fulfill our mission statement *which is to provide education and resources so that all Arkansans affected by Alzheimer's are able to live with comfort and dignity until a cure is found.*

Caregivers, both family and professionals, attend from across Arkansas. Family caregivers attend free of charge, unless requesting continuing education credits. Respite grants are available. Continuing education credits (CEU's) are available for nurses, nursing home administrators, occupational therapists and occupational therapy assistants, physical therapists, pharmacists, psychologists, emergency medical services, social workers, and certified nursing assistants.