

# Caregiver Communiqué

*Supporting Arkansas Families since 1984*

Volume 31 Issue 7

July 2016

## The Doll Lady Robbie Poulin



**Robbie Poulin with several of the dolls she is giving away to those who will find comfort in a constant companion, like Mary.**

If you have a loved one with Alzheimer's you may know Robbie Poulin, the Doll Lady. Robbie is the caregiver for her mother, May, now 82, and has been her caregiver for the last five years. Robbie had taken her mother to a Goodwill Store shortly after becoming her caregiver and noticed her attraction to some dolls in the store and thought it would be good for her mother to have one. May now has two dolls, one about the size of a six month old and one that is very, very small, like a preemie. Seeing how much this helped her mother was the beginning of something special.

Robbie began acquiring dolls and making clothes for them, at her own expense, then donating them to Alzheimer's Arkansas (about 50 so far) and to Good Shepherd (about 25).



**Mary and her Baby from the Doll Lady, Robbie Poulin.**

My wife, Mary, received one of the donated dolls from Alzheimer's Arkansas and it has truly been a blessing. Mary's doll quickly became her baby. The baby was named Jane but since Mary could not remember her name she just became Baby.



Baby is Mary's constant companion. She goes wherever we go, to a restaurant, to shop for groceries, to the bank, to estate sales, etc. She also occupies a spot on Mary's pillow at night. Baby has given Mary a purpose and aroused the maternal instinct to have someone to care for. Mary takes a couple of medications to help her mood and calm her anxiety but nothing has helped her struggle with Alzheimer's more than Baby.

There are many good people in this world but some of them are so kind and caring that they stand out. Thank you, Robbie Poulin for being one of those outstanding people. ❖

Homer Feltner

If you would like to get your own Doll from the Doll Lady, please call Alzheimer's Arkansas offices at 501-224-0021.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Art of Life Therapy from 9 am -11 am at Good Shepherd Memory Care
3	4 	5	6	7 Alzheimer's Arkansas Staff Retreat Office Closed	8 Alzheimer's Arkansas Staff Retreat Office Closed	9
10	11	12	13 Art of Life Therapy from 9 am -11 am at Good Shepherd Memory Care	14	15	16
17	18	19	20	21	21	23
24	25	26	27 Conway Hope for the Future at the John and Ola Hawks Senior Center from 12:00 pm- 5 pm	28 		

**Next Month:**  
**8/20 Russellville Walk**  
**8/20 Night out with the Traveler's at Dickey Stephen's Ball Park**

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wish list

Every Gift is appreciated!

- We are looking for volunteers to help with our Statewide Walks across Arkansas. Please Call Barbara at 501-224-0021.
- Volunteer to complete Support Group Facilitator Training books. Please call Belinda at 501-224-0021.



Would you like to join us?  
 Call Belinda at **501-224-0021**  
 to join our Volunteers mail out the next newsletter!

We are here for you **24/7!**  
 After hours, weekends and holidays caregiver help line  
 (800) 689-6090 (toll free)  
 (501) 913-1878 (cell)

## LANGUAGE BREAKDOWN

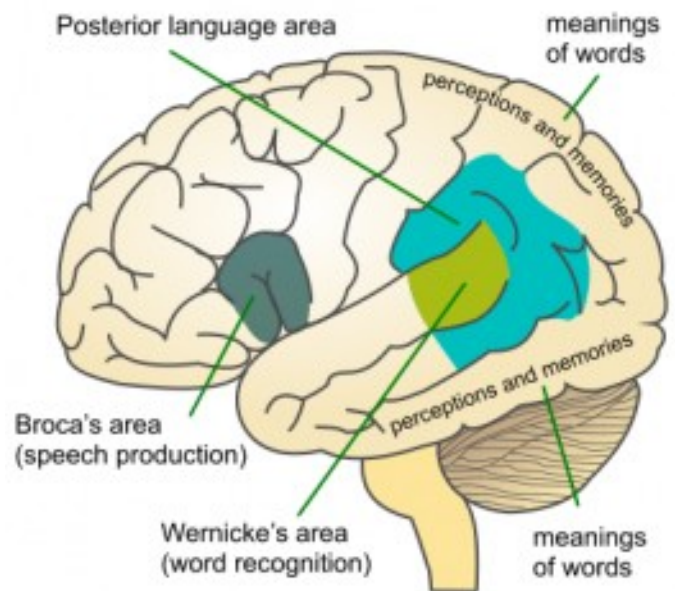
When testing for Alzheimer's disease, language impairment can provide the physician an additional tool to insure an accurate diagnosis which will guide treatment. Understanding the complexity of testing illustrates the importance of seeing the professionals who can assure this accuracy. Failing to observe the deterioration in language can lead to a misdiagnosis.

The term aphasia is often used to explain the word use damage occurring with brain disease. Generally, the change in language caused by stroke is most ordinary. But it will be different for those with Alzheimer's disease; the plaque impairment of cognitive function will include memory loss with the language changes.

The language issues will vary as the disease progresses with some difficulty in word-finding or word-substitutions such as saying brother instead of uncle in the early stages. As the disease progresses word substitutions will result in use of the wrong word, and greater hesitancy in word choice, incorrect pronunciation and the inability to interpret meaning.

<http://www.medscape.com/viewarticle/573859> print

Family caregivers can be understanding of these changes and continue to communicate, but with more patience. Having the memory page information at hand can allow us to maintain communication and comprehend the deterioration. A Memory Page is also helpful for the family and friend caregivers better understand the person with Alzheimer's Disease.



*Everyone  
smiles in  
the same  
language*

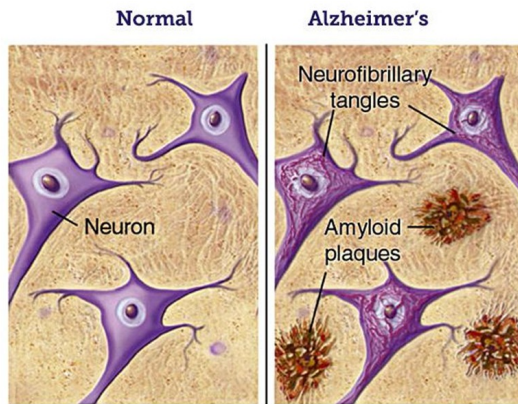
A caregiver once shared her ability to talk to her husband when he was no longer speaking and a resident of long-term-care. She would enter his room wearing his favorite color and a big smile. Seated by his side she would pull a naval orange from her purse and talk about her childhood Christmas treat when she discovered one in her stocking. She said she would "jabber" about the texture of the skin using his hand to feel it. When she pierced the skin she held the orange under his nose and marveled at how delicious it smelled. She would peel and carefully share the segments with him as long as he was able. His eyes eventually lacked the sparkle she once saw when she entered the room, but she persisted loving and sharing with him to the end. ❖

Priscilla Pittman, MSW, MA



# Word of the Month

Normal vs. Alzheimer's Diseased Brain



© 2000 by BrightFocus Foundation

BrightFocus<sup>®</sup>  
Foundation  
Cure in Mind. Cure in Sight.

Beta Amyloid Plaques is a protein fragment snipped from an amyloid precursor protein (APP). In a healthy brain, these protein fragments are broken down and eliminated. In Alzheimer's disease, the fragments accumulate to form hard, insoluble plaques.



## July:

# Casey Hawks

How do you describe Casey Hawks without a huge amount of enthusiasm! You cant! He is a ball of energy from the time he gets up to the time he lays his head on the pillow at night. I think he got this from his grandfather, John Hawks. John believed in giving back to the community not just financially but his time as well.

Casey is the type of committee member you can give a task to and you don't have to worry if it will get done or not, it does! He loves using his resources to help people but especially Alzheimer's Caregivers. You see, that same man that taught him so much also died of Alzheimer's disease. He knows first hand what its does to the family for the Alzheimer's patients. Conway is luck to have Casey Hawks working for the Faulkner County Walk on September 10th, 2016.

Melissa Longing, Faulkner County Walk Chairwoman

# Volunteer of the month



## Traveling with Dementia: Try these Tips for Success

Perhaps your loved one has dementia, you're hoping to travel in a few weeks and you'd like to take her along. Is it doable? Is it wise? Is it worth it for your loved one?

Start with these suggestions and although there's no guarantee, you'll be more likely to experience success.

- **Allow plenty of extra time!** Any excursion-- and especially one involving a person with dementia-- is likely to be more successful without the pressure of this: "Hurry up! You're taking forever to get dressed! We're going to be late! We've gotta go now! Ugh- we keep hitting all the red lights!"
- **If possible, choose a familiar location.** If you have the choice of getting together at your son's home where your mother has been many times prior to her diagnosis of dementia, and your daughter's house which was purchased three months ago, request to go to your son's home. The familiarity may be reassuring to your mother.
- **Pack a special travel bag.** Prepare a travel kit ahead of time that includes your loved one's medications, a list of these medications including the times of administration and doses, something that's reassuring to her such as her favorite book, the slippers she knitted a few years ago, a recording of her favorite songs, her favorite snack, a water bottle, legal documents such as a power of attorney and living will, a recent picture of her and emergency contact information.
- **If you're flying, avoid layovers if possible.** Layovers can trigger additional stress, both because of the need to catch the connecting flight as well as the multiple transitions. It may be well worth a few more dollars to book a direct flight if possible.
- **Ask the most familiar family member to accompany the person with dementia.** Especially in a different location, the presence of the primary caregiver can help reassure and orient the person who has dementia.
- **Enroll her in the Safe Return program.** Because of the new and often disconcerting and confusing setting, your loved one is at an increased risk of wandering. The Safe Return program can offer an additional layer of safety and protection. Even if your mother has not wandered at home and you don't think she'll start when you travel, you should still consider this option since she's in an unfamiliar environment.
- **Prepare small paper notes that inform the reader that your mother has dementia.** This strategy can be helpful if your loved one begins to act out with challenging behaviors or requires additional assistance in a public place. Rather than potentially embarrassing her by verbally stating that she has dementia, you can discreetly hand the slip of paper to the person and ask for additional assistance and understanding for your mother. This can be helpful in many situations, including the airport screening process, the wait for a table at a restaurant, or the large family reunion where others may not be aware of her condition.
- **Give a copy of the itinerary to your loved one.** Especially in the earlier stages of dementia, having a copy of the itinerary to reference can be reassuring and help her have a feeling of control in the unfamiliar routine and setting.
- **If possible, have another person accompany you to assist you.** Having a second person along can be very beneficial, even in the small things like being able to reassure your mother while you use the restroom, take a shower or help make dinner.
- **Know when to skip it.** Conditions such as extreme agitation, aggression, persistent wandering or hallucinations and delusions are warning signs that your trip is unlikely to be wise or productive. ❖

Esther Heerema, MSW

## DEVELOPMENT NEWS

STATEWIDE HONORARY WALK CHAIRS:  
ANGELA FRAZIER AND GLEN CAMPELL'S FAMILY

## 2016 SAVE THE DATE FOR THE ALZHEIMER'S ARKANSAS WALK 'S ACROSS ARKANSAS

Walk Date:	August 20	September 10	September 17	September 24	October 10
<b>Location:</b>	<b>River Valley</b> L.V. Williams Boys and Girls Club 600 East 16th Russellville Registration begins: 9:00 am	<b>Faulkner County</b> Conway High West Campus Gym 2300 Prince Street Conway Registration begins: 8:00 am	<b>Downtown Hot Springs</b> Exchange Street Parking Plaza 128 Exchange Street, Hot Springs Registration begins: 10:00 am	<b>Little Rock at the Zoo</b> 1 Zoo Drive Little Rock Registration begins: 7:00 am Everyone has to be in the Zoo by 8:15am	<b>Van Buren County</b> Memory Stroll and 5K Fun Run "Must Dash" Archey Fork Park Highway 65 North Clinton Registration: 7:30 am
<b>*Pre-Registration:</b>	August 17th 1:00 to 5:00 pm Area Agency on Aging 915 S. Arkansas Ave. Russellville	September 1th 2:00 to 7:00 pm The Carpet Center 810 3rd Street Conway	September 14th 11:00 am to 6:00 pm Area Agency on Aging 905 West Grand Ave. Hot Springs	Sept. 19th - 21st 9:00 am to 5:00 pm Alzheimer's Arkansas 201 Markham Center Little Rock	October 3rd 1:00 to 6:00 pm Wal-Mart Parking Lot 1966 Highway 65 Clinton
<b>Senior Food Donations</b>	Ensure or Boost Main Street Mission, Russellville	Soup (Vegetable or Meat) Soul Food Café Mission 701 Polk Street Conway	Peanut Butter or Soup (Veg. or Meat) or Boost/Ensure Project Hope Food Bank, Hot Springs	Peanut Butter or Soup (Veg. or Meat) or Boost/Ensure Primrose Food Pantry, 3006 Dixon Rd, Little Rock	Peanut Butter or Soup (Veg. or Meat) or Boost/Ensure Choctaw Food Bank, Choctaw

**How to Register:** Go to [www.alzark.org/alzheimers-arkansas-walks/](http://www.alzark.org/alzheimers-arkansas-walks/) and download the forms; either fax to 501-227-6303, email to: [barbara.jensen@alzark.org](mailto:barbara.jensen@alzark.org), mail to: Alzheimer's Arkansas, 201 Markham Center Drive, Little Rock, AR 72205 or call 501-224-0021 and we will mail the forms to you.

**NOTE:** If you register before August 1, 2016, you as an individual or each person on your team that is present on walk day will receive 1(one) extra door prize ticket per person!

\*If you Pre-register your team on Pre-registration day you receive 2 door prize tickets. If you wait to register on Walk Day you will only receive 1 door prize ticket!

# 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/)

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 501-224-0021 or [barbara.jensen@alzark.org](mailto:barbara.jensen@alzark.org).

The Rosemary Society ~

Leave a Legacy ~

Be a Legacy ~



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.

## 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>***JONESBORO</b> - 1st Tues. @ 10:00 am Jana Wineland (870) 565-5033 Amber Bass (870) 932-2462	<b>*PARAGOULD</b> - 2nd Thurs. @ 3:00 pm <b>MEMORY CAFE</b> Jana Wineland (870) 565-5033
<b>***BEEBE</b> - 3rd Thurs. @ 3:00 pm Sandra Garrett (501) 882-3969	<b>***JONESBORO</b> - 2nd Tues. @ 10:00 am Cheryl Hamm (870) 930-2226 Shirley Crawford (870) 935-4672	<b>*PARAGOULD</b> - 3rd Thurs. @ 2:00 pm <b>CAREGIVER SUPPORT GROUP</b> Jana Wineland (870) 565-5033
<b>***BENTON</b> - 3rd Tues. @ 7:00 pm Richard Mills (501) 315-0087	<b>***LITTLE ROCK</b> - 1st Mon. @ 12:00 pm Priscilla Pittman (501) 224-0021	<b>**PINE BLUFF</b> - 3rd Mon. @ 11:00 am Carolyn Ferguson (870) 543-6300
<b>**BENTON</b> - 3rd Thurs. @ 2:00 pm Azy Crabb (501) 778-6260 Diana Ferrell (501) 315-0160	<b>*****LITTLE ROCK</b> - 4th Mon. @ 6:00 pm Janet Nelson (501) 412-5683	<b>*****RISON</b> - 1st Friday @ 5:00 pm Nadia Owen (870) 220-1152
<b>***BERRYVILLE</b> - 3rd Thurs. @ 10:00 am Rebecca Davis (870) 423-6114 Renee Gonzales (870) 423-6114	<b>*****LITTLE ROCK</b> - 1st Tues. @ 10:30 am Beth Allen (501) 686-6219	<b>*RUSSELLVILLE</b> - 4th Tues. @ 2:00 pm Shelly Jones (479) 498-2050 Jerry England (479) 498-2050 Rhonda Horton (479) 264-3109
<b>****CAMDEN</b> - 3rd Wed. @ 1:00 pm Nancy Bailey (870) 234-7410	<b>*****LITTLE ROCK</b> - 1st Thurs. @ 1:00 pm Janet Nelson (501) 412-5683 Rev. Karen Akin (501) 227-0000	<b>*SEARCY</b> - 2nd Tues. @ 3:00 pm Marjorie Ryan (501) 268-6490
<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> - 1st & 3rd Mon. @ 6:30 pm Martha Vendetti (501) 266-8613
<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>****STUTTGART</b> - 2nd Thurs. @ 12:00 pm Charles Proctor (870) 830-1170
<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	* Barbara Jensen, 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> - 1st Tues. @ 7:00 pm Kathy Jette (501) 450-7528	<b>***LITTLE ROCK - PARKINSON'S SUPPORT GROUP</b> 2nd Tues. @ 11:00 am Priscilla Pittman (501-224-0021)	
<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	
<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 CAFE</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>*****MONTICELLO</b> - 3rd Tues. @ 1:00 pm Pam Leeper (870) 367-6852	
<b>*HOT SPRINGS</b> - 2nd Mon. @ 2:00 pm Dian Masingill (501) 623-2881	<b>****MT. HOME</b> - 4th Fri. @ 3:00 pm Diahanne VanGulick (870) 508-3880	
<b>****HOT SPRINGS</b> - 2nd Tues. @ 11:00 am <b>LEWY BODY SUPPORT GROUP</b> Nancy Davis (501) 760-8495 Elise Siegler (501) 224-0021	<b>****MT. VIEW</b> - 1st Monday @ 6:00 pm Teresa Cheatham (870) 368-4522	
<b>*HOT SPRINGS</b> - 3rd Tues. @ 4:00 pm Amy Thomason (501) 209-1950	<b>*****NEWPORT</b> - 1st Wed. @ 5:30pm Courtney Snow (870) 219-3745	
<b>*H.S.V.</b> - 4th Thurs. @ 3:00 pm Amy Thomason (501) 209-1950	<b>***N. LITTLE ROCK</b> - 1st Wed. @ 9:30 am Ashley Meggers (501) 257-3335	
<b>***JACKSONVILLE</b> - 2nd Mon. @ 7:00 pm Priscilla Pittman (501) 224-0021	<b>***N. LITTLE ROCK</b> - 3rd Thurs. @ 11:30 am C.J. Shane (501) 681-3531	

For other Support Groups meeting in the Arkansas, please call our offices at 501-224-0021. We will get you in touch with those groups.



### Looking for a Support Group in your area?

**Support Group Facilitator  
Training will be June 24, 2016  
from 9 am till 4 pm.**

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

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

July 27th -  
Conway Hope for the Future (1/2 Day)  
September 9th -  
Helena Hope for the Future (1/2 Day)

## HOPE for the Future Registration

### Half Day Hopes - 4 CEUs

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

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

(7/27) Conway Hope

(9/9) Helena Hope

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

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

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

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

Check as appropriate:  Family or Friend Caregiver

Caregiver Funds Requested

CEUs/Certificate Requested

Professional - (Includes CEUs/Certificate)

Student - (Includes CEUs/Certificate; Must present Student ID)

Sponsor / Vendor Booth (Cost varies depending on location)

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: \_\_\_\_\_

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