

Caregiver Communiqué

Supporting Arkansas Families since 1984

Volume 31 Issue 3

March 2016

My Third Husband Karen Hayes



But I kept seeing Bob. Not as often. Sometimes I thought I would never see him again. Then habit would make me use some old joke from our marriage and Bob would finish it. Some old joke. That's what we had left. That and my promise when we married. I didn't want the promise anymore. Oh, I wanted it for me. Take care of me. Stand by me. In sickness and health for me. I didn't promise to love a man who didn't brush his teeth. I didn't promise to never take a shower alone again. I didn't promise to never argue again, even though it was abundantly clear smart people do not argue with a person who has Alzheimer's. Ever. It doesn't pay. Ever.

My bargains with God became more ridiculous everyday. The terms were ridiculous. The thought that God bargains was ridiculous. If I get up at 3:00 am, will you keep Bob asleep while I run? If I find a Saturday caregiver for two hours, can I meet my girlfriends for our monthly lunch? If someone stays with Bob until 4:00 pm, will you keep him safe until I get off work at 5:00 pm? Our back fence neighbor Rand saw Bob walking down the road at 4:30 pm, talking and searching, his hands flapping in agitation. Randy took him home and called me. I told my boss I needed to go home. Now.

Suddenly it changed. On Monday Bob went to adult daycare at the VA as usual. On Wednesday, he checked into D1, the residential dementia unit. Their kindness and sensitivity were overwhelming. I answered hair-raising questions, keeping my voice light and even. If you only caught the tone, you might think we were chatting about vacation trips to pass the time. Bob got bored, his attention wandered. A nurse asked if he would like to go meet some of the guys. I turned to watch him go. He never came home again.

My third marriage stretches in front of me like a road in the desert. Things I know are far away seem near. I move toward them interminably but come no closer. I visit my third husband at the nursing home and he is thrilled to see me. *Let's go*, he says. *Okay*, I answer. We take a little tour of the hall, or move to a couch. He doesn't call me by my name, but he knows I'm his person. Sometimes Mama. Sometimes Donna, his first wife. Once he slyly called me Mrs. Hayes. That covered it.

I married him because I had loved him once and I was sure I would again. ❖

March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|--|--|--|---|
| | | 1 | 2 | | 4 LR HOPE For the Future 201 S. Shackelford Road, LR 7:30 till 4:30pm | 5 Crusin' 4 Alzheimer's Care 5 till 9pm  |
| 6 | 7 | 8 Parkinson Support Group @ Alz Ark Offices 11:30 till 1:30 pm | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 Memory Café @ Alz Ark Offices 10 till 12 pm Free Starbucks Coffee  | 17  | 18 | 19 |
| 20 | 21 | 22 | 23  | 24 Advocate of the Year Dinner Clinton Presidential Center 6 till 9pm | 25 | 26  |
| 27  | 28 | 29 | 30 | 31 | <div style="background-color: #555; color: white; padding: 10px; text-align: center;"> <p>April 9th AMP OUT ALZ April 19th Advocates for Care Volunteer Appreciation Luncheon</p> </div> | |

Next Month.. 

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wish list

Every Gift is appreciated!

- New "Memory Wall" for health exhibits and booths.
- Video Projector for educational training
- Your Time!

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

SUPPORT

Harness Your Power!

Mentally, there are huge returns on volunteering for a charity or church. Folks feel more socially connected and less likely to feel depressed or lonely. According to studies at Carnegie Mellon and Harvard, adults **over the age of 50 who volunteered on a regular basis were 65% less likely to develop high**

blood pressure that contributes directly to heart disease, stroke and premature death. In addition, people who volunteer are more likely to eat a healthier diet and exercise. Volunteering often involves some degree of physical activity. Activities like setting up for special events like a fishing for golf tournament, or participating a Walk or Run can help get you get up off the couch and get outdoors.

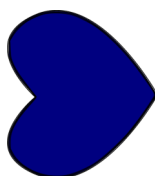
Volunteers at Alzheimer's Arkansas enjoy a wide variety of opportunities:

- **Support Group Facilitators** enjoy listening and helping fellow family and friend caregivers.
- **Professionals** give their time and expertise to ensure our caregivers have the correct information they need to make mindful decisions.
- **In-House Volunteers** help keep our library stocked and easy to use, and assist in our monthly newsletter mail outs.

Here's the best news - a study released by Johns Hopkins revealed that volunteers actually increased their brain functioning! Ready to start experiencing these health benefits? Call Alzheimer's Arkansas AARP, Arkansas Hospice or the Area Agencies on Aging and they will guide you on your volunteer journey.



Volunteer of the month




River Valley Walk Chair,
Tara Dollar and her pup, Teddy.
Could they be any cuter !?!

OOPS!!
Our February
Volunteer of the Month,
Lois Looney started volunteering in
1997!! (That's 19 Years, WOW!!)

March

Tara Dollar

Started Volunteering: Tara started the walk **5 years ago** in memory of her grandfather Glen Taylor. This year's Walk will be on **August 20, 2016** at the **Boys and Girls Club of the AR River Valley**.

She's a Local: She is a graduate of Russellville High School and UCA. Tara is a local realtor in Russellville.

Betcha' ya' didn't know: Has a Yorkie named Teddy!



ADVOCATE

Volunteering & Your Health



Regardless of the type of volunteer work we do, Researchers at Carnegie Mellon University in Pennsylvania discovered that, those participants volunteering **200 hours a year** had a **40% less** chance of developing high blood pressure than those who did not volunteer. The survey included 1,163 people between the ages of 51 and 91 who possessed normal blood pressure when first interviewed in 2006. In 2010, the study culminated in an interview and blood pressure check. The data suggested that older Americans can have a role in their healthy aging.

Volunteering is good medicine; you donate your time and energy to benefit another and the end result is beneficial to you as well. Dr. Andrew Weil believes our health is positively affected by a genuine relationship with another. He also believes the lack of this relationship results in the...”risk of developing spiritual, mental and ultimately, physical illness.”

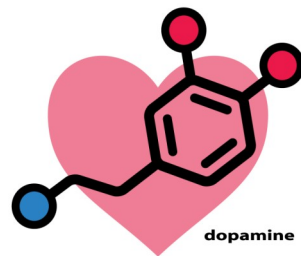
Too often retirees discover most friendships were work related, and people have neglected to develop friends outside of the work place. Volunteering can create new friendships and frequently this action will be one among the most enjoyed healthy habits pursued.

Reference:

http://www.cmu.edu/news/stories/archives/2013/june/june13_volunteeringhypertension.html
Surprising Way to Control Blood Pressure-Dr. Weil’s Weekly Bulletin



Word of the Month



DOPAMINE

“Dopamine is a neurotransmitter that helps control the brain’s reward and pleasure centers. Dopamine also helps regulate movement and emotional response. It enables us not only to see rewards, but to take action to move toward them.”

Reference:

www.psychologytoday.com/basics/dopamine

CARE



We are Alzheimer's Arkansas

There are two Alzheimer's organizations in Little Rock, and we often receive questions about the difference between the two. It is our hope that the following explanation will answer those questions.

Alzheimer's Arkansas Programs and Services (Alzheimer's Arkansas) is an independent non-profit 501 (c)(3) organization, incorporated in Arkansas. We are very proud of the fact that ALL money raised in Arkansas will stay in Arkansas. Our services include 62 caregiver Support Groups, early-stage patient Support Groups, 24-hour LOCAL telephone support, seminars, workshops, annual educational workshops, monthly newsletter, and financial assistance to family caregivers. Our programs are supported by individual contributions such as annual events such as *Alzheimer's Arkansas Walks, The Advocate of the Year Dinner, Chilirhea, AMP OUT ALZ, as well as grants, bequests, memorials, and other gifts.*

On January 10, 1984 a group of caregivers, who had been meeting together for mutual support, incorporated themselves with the Arkansas Secretary of State's office as the "Alzheimer's Support Group of Central Arkansas." Two years later the group paid a membership fee to join the national Alzheimer's Association and became the "Central Arkansas Chapter of the Alzheimer's Association." We remained a member in good standing until June 2002 when our local volunteer Board of Directors voted to "disaffiliate" our organization from the National Association.

Why did Alzheimer's Arkansas leave the National Organization in June 2002?

- As a result of the National Association's reorganization plan, we would be required to merge our office with another state and move our administrative office to that state, probably Oklahoma or Texas.
- In such a merged organization, the Board of Directors, who are the policy-makers, would be composed of approximately 30 individuals, but only 5 seats would be allotted to the Arkansas office. Locally, we would have only a non-policy making "Leadership Council." That would mean a loss of control over both funding and programming.
- For many years the chapter paid dues to the National Office in Chicago, averaging over \$13,000 per year for the last five years of membership. In 2003 we would have paid \$20,000 to the National Office. In addition, another portion of our funds would have to be sent to the new out-of-state office for "administrative costs." Funds that were raised in Arkansas would be going out-of-state..
- Arkansas was not the only chapter to leave the National Organization. There have been approximately 20 others including Alaska, Northern Indiana, Cape Cod, Palm Beach, Baton Rouge, Texarkana, Tyler (TX), North Carolina, Wisconsin and Eastern Tennessee as well as several chapters in Florida, Alabama, and Mississippi.

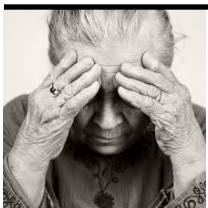
What causes the confusion?

The former Oklahoma Chapter changed its name to the Oklahoma/Arkansas Alzheimer's Association and opened a branch office (Central Arkansas Regional Center) in Little Rock. Also, the Association holds similar fundraising events, such as our walks. Key to understanding the primary difference between our two organizations are these two factors:

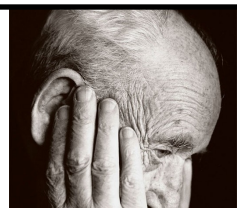
- Alzheimer's Arkansas supports the needs of the caregivers and their families in Arkansas and all funds stay in here in Arkansas.
- Alzheimer's Association supports Alzheimer's Research.



alzheimer's association®



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



DEVELOPMENT NEWS

2016 Save The Dates

- 3/5 - **Cruisin' 4 Alzheimer's Care - Conway**
www.alzarkconway.weebly.com
www.facebook.com/AlzArkConway
- 3/24 - **Advocate of the Year Award Dinner**
www.alzark.org/advocacy/advocates-of-the-year/
- 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**
 Second Presbyterian Church
 600 Pleasant Valley Road, LR
- 8/1 - Deadline for Individual and Teams 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 or
www.facebook.com/alzheimers.arkansas
- 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 or
www.facebook.com/alzheimers.arkansas
- 9/24 - **Little Rock Alzheimer's Walk at the Zoo**
www.alzark.org or
www.facebook.com/alzheimers.arkansas
- 10/8 - **Van Buren County Alzheimer's Walk**
www.memorystroll.com or
www.facebook.com/alzheimers.arkansas

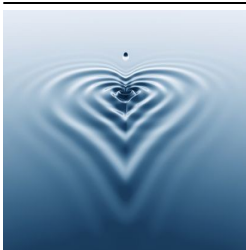
2016 Advocates of the Year Dinner March 24th at 6:00 to 9:00 pm Clinton Presidential Center

Mark your calendars now because the Advocate of the Year Dinner will be an event you will not want to miss. See our website for sponsorship and ticket information.

The Outstanding Advocate for 2016 is Sissy Clinton. She has served as President of the Board of Directors for 12 years. She is also serves as a board member at the Donald W. Reynolds Center on Aging Foundation, and the Mount Holly Cemetery Association. Sissy was a diligent, compassionate and loving caregiver for her mother and father and knows the challenges and heartaches associated with Alzheimer's disease.

The Outstanding Volunteer Advocate is Mark Pippenger, M.D., Behavioral Neurologist, 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. He went on to medical school and residency in Neurology at UAMS. He has a special interest in neurological diseases affecting memory, thinking and behavior. This includes Alzheimer disease, Dementia with Lewy Bodies and Fronto-Temporal Dementia.

The Outstanding Support Group Facilitator is Amy Thomason, with Arkansas Hospice in Hot Springs. She devotes not just her time and talents, but her heart and soul to helping others. She has a special affection for caregivers and manages support groups- 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.



Know that
 your kindness
 has a ripple
 effect

**ArkansasGives.org is a 12-hour
 online giving event April 7, 2016
 sponsored by the
 Arkansas Community Foundation.**



ArkansasGives.org
 GROW THE LOVE

I GIVE

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.



SUPPORT GROUPS AND CONTACT PERSONS THROUGHOUT ARKANSAS

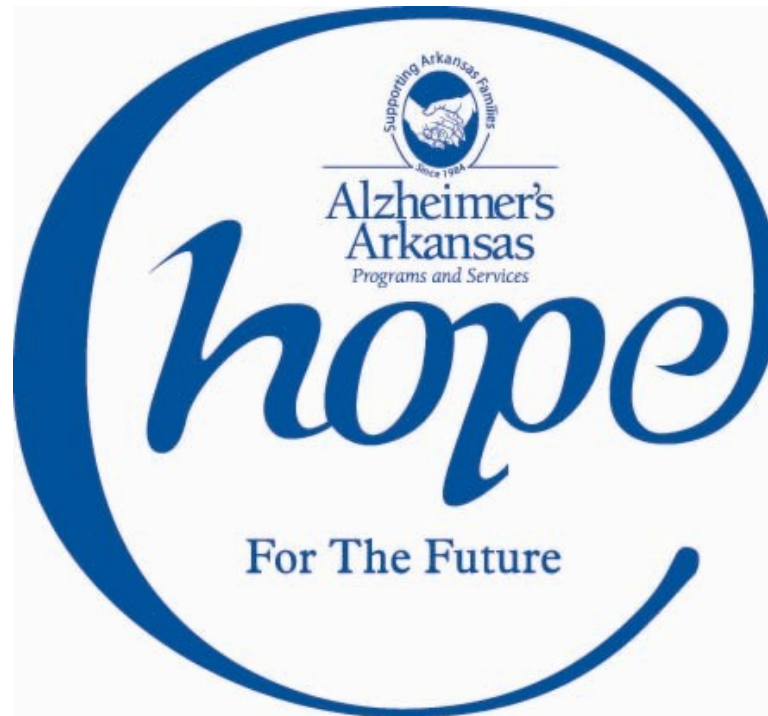
Support groups are free to attend and confidential. Financial Assistance is available if needed.

- | | | |
|--|---|---|
| <p>***BATESVILLE - 2nd Thurs @ 5:30 pm Ken Harper (870) 751-9002 Deanna Greene</p> <p>***BEEBE - 3rd Thurs. @ 3:00 pm Sandra Garrett (501) 882-3969</p> <p>***BENTON - 3rd Tues. @ 7:00 pm Richard Mills (501) 315-0087</p> <p>**BENTON - 3rd Thurs. @ 2:00 pm Azy Crabb (501) 778-6260 Diana Ferrell (501) 315-0160</p> <p>**BERRYVILLE - 3rd Thurs. @ 10:00 am Rebecca Davis (870) 423-6114 Renee Gonzales (870) 423-6114</p> <p>***CAMDEN - 3rd Wed. @ 1:00 pm Nancy Bailey (870) 234-7410</p> <p>*CHEROKEE VILLAGE - 3rd Wed. @1:30 pm Misty French (870) 994-2341</p> <p>*CLARKSVILLE - 4th Thurs. @ 5:30 pm Nicholle Dorn (479) 264-5833</p> <p>*CLINTON - 1st Wed. @ 2:00 pm DK Olmstead (501) 745-9495</p> <p>**CONWAY - 1st Tues. @ 7:00 pm Kathy Jette (501) 450-7528</p> <p>**CONWAY - 2nd Thurs. @ 7:00 pm Kenneth Priest (501) 730-3582</p> <p>***DARDENELLE - 3rd Thurs. @ 2:00 pm Billie Holsomback (501) 321-2811 Lori Kamerling (501) 321-2811</p> <p>***EL DORADO - 3rd Thurs. @ 12:00 pm Nancy Bailey (870) 234-7410</p> <p>*FAIRFIELD BAY - 3rd Wed. @ 2:00 pm Ron Henson (501) 745-7004 X2 Lise Neave (501) 253-4698</p> <p>** FORREST CITY - 2nd Thurs. @12:00 pm Felisa Stewart (870) 270-6219 Janis Waddy (494) 870-3300</p> <p>***HARRISON - 1st Wed. @ 11:30 am Michelle Byler (870) 743-1623</p> <p>***HEBER SPRINGS - 4th Tues @ 3:30 pm Nicki Stacy (501) 362-3185</p> <p>**HENSLEY - 1st Thurs @ 7 pm Tereasa Holmes (501) 626-4529</p> <p>*HOT SPRINGS - 2nd Mon. @ 2:00 pm Dian Masingill (501) 623-2881</p> <p>*HOT SPRINGS - 3rd Tues. @ 4:00 pm Amy Thomason (501) 209-1950</p> <p>**H.S.V. - 4th Thurs. @ 3:00 pm Amy Thomason (501) 209-1950</p> | <p>**JACKSONVILLE - 2nd Mon. @ 7:00 pm Priscilla Pittman (501) 224-0021</p> <p>*JONESBORO - 2nd Tues. @ 10:00 am Cheryl Hamm (870) 930-2226 Shirley Crawford (870) 935-4672</p> <p>*LITTLE ROCK - 1st Mon. @ 12:00 noon Priscilla Pittman (501) 224-0021 Lynn Akdamar (501) 224-0021</p> <p>*LITTLE ROCK - 4th Mon. @ 6:00 pm Janet Nelson (501) 412-5683</p> <p>**LITTLE ROCK - 1st Tues. @ 10:30 am Beth Allen (501) 686-6219</p> <p>*LITTLE ROCK - 1st Tues. @ 6:00 pm Debbie Rawn (501) 952-4182</p> <p>*LITTLE ROCK - 2nd Tues. @ 5:30 pm Beverly Villines (501) 350-5053</p> <p>*LITTLE ROCK - 3rd Tues. @ 1:00 pm Beverly Villines (501) 350-5053</p> <p>**LITTLE ROCK - 4th Tues. @ 7:00 pm Priscilla Pittman (501) 224-0021</p> <p>**LITTLE ROCK - 2nd Wed. @ 12:30 pm Rene Simmons (501) 256-1461</p> <p>**LITTLE ROCK - 3rd Wed. @ 10:00 am MEMORY CAFÉ Priscilla Pittman (501) 224-0021 Lynn Akdamar (501) 224-0021</p> <p>***LITTLE ROCK - 1st Thurs. @ 1:00 pm Janet Nelson (501) 412-5683 Rev. Karen Akin (501) 227-0000</p> <p>*LITTLE ROCK - 3rd Thurs. @ 1:00 pm Janet Nelson (501) 412-5683</p> <p>**MALVERN - 3rd Wed. @ 11:00 am Ruth Ann Crites (501) 332-5248</p> <p>***MONTICELLO - 3rd Tues. @ 1:00 pm Pam Leeper (870) 367-6852</p> <p>**MT. HOME - 4th Fri. @ 3:00 pm Debbie Love (870) 508-3880</p> <p>**MT. VIEW - 1st Monday @ 6:00 pm Teresa Cheatham (870) 368-4522</p> <p>** NEWPORT - 1st Wed. @ 5:30pm Courtney Snow (870) 219-3745</p> <p>**N. LITTLE ROCK - 1st Wed. @ 9:30 am Ashley Meggers (501) 257-3335</p> <p>***N. LITTLE ROCK-3rd Thurs. @ 11:30 am C.J. Shane (501) 681-3531</p> <p>*SHERWOOD - 2nd & 4th Mon @ 6:00 pm Kathey Green (501) 864-7452</p> | <p>**PARAGOULD - 2nd Thurs. @ 1:00 pm MEMORY CAFE Jana Wineland (870) 565-5033</p> <p>**PARAGOULD - 3rd Thurs. @ 2:00 pm Caregiver Support Group Jana Wineland (870) 565-5033</p> <p>**PINE BLUFF - 3rd Mon. @ 11:00 am Carolyn Ferguson (870) 543-6300</p> <p>**Rison - 1st Friday @ 5:00 pm Nadia Owen (870) 220-1152</p> <p>*RUSSELLVILLE - 4th Tues. @ 6:30 pm Shelly Jones (479) 498-2050 Jerry England (479) 498-2050</p> <p>*SEARCY - 2nd Tues. @ 3:00 pm Marjorie Ryan (501) 268-6490</p> <p>**SEARCY - 1st & 3rd Mon. @ 6:30 pm Martha Vendetti (501) 266-8613</p> <p>***SPRINGDALE - Last Tues. @ 6:30 pm Melissa Northington (479) 756-1600 Teshema Woodfork (479) 756-1600</p> <p>**STUTT GART - 2nd Thurs. @ 12 Noon Charles Proctor (870) 830-1170</p> <p>*** Elise Siegler, Support Group Liaison ** Priscilla Pittman, Support Group Liaison * Lynn Akdamar, Support Group Liaison</p> |
|--|---|---|
- New Caregiver Support Group in Malvern!!**

3rd Wednesday 11:00 AM at Baptist Health Medical Center in Hot Springs County
Room: Rehab Dining Room

Ruth Ann Crites
501-332-5248
- **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
- 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.



April -

4/1/16 - Russellville HOPE for the Future
River Park Church of Christ
1010 Lock and Damn Road
Russellville, AR 72802
7:30 am - 1:30 pm

4/29/16 - Clinton HOPE for the Future
Fairfield Bay Conference Center
110 Lost Creek
Fairfield Bay, AR 72088
7:30 am - 1:30 pm

May -

5/26/16 - Mt. Home HOPE for the Future
Christ Community Church
759 HWY 62 E # 450
Mt. Home, AR 72653
7:30 am - 4:30 pm

June -

6/10/16 - NWA HOPE for the Future
Embassy Suites of NWA
3303 S Pinnacles Hills Parkway
Rogers, AR 72758
7:30 am - 4:30 pm

TBA - Hot Springs HOPE for the Future
7:30 am - 4:30 pm

July -

7/27/16 - Conway HOPE for the Future
The Ola and John Hawks Senior Center
705 Siebenmorgen Road
Conway, AR 72032
11:00 am - 4:30 pm

September -

9/9/16 - Helena HOPE for the Future
UAMS - EAST
1393 HWY 243 South
West Helena, AR 72390
7:30 am - 1:30 pm

TBA - Fort Smith HOPE for the Future
7:30 am - 4:30 pm

Sponsorship and Vendor booths are available for each HOPE for the Future workshops. Please contact Lynn Akdamar at (501) 224-0021 or email at lynn.akdamar@alzark.org.

Visit our website at
www.alzark.org/hopeforthefuture



www.twitter.com/alzark



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www.instagram.com/alzarkansas