

Quotes from Alzheimer's Day Club Volunteers and Caregivers

“Wednesdays are
“Family Days” for me.”
-a Volunteer –

“I spent 4 peaceful hours at
Barnes & Noble for the first
time in 3 years.”
- a Caregiver –

“I was able to enjoy a quiet lunch
out with my daughter
for the first time in a
very long time.”
- a Caregiver -



The Alzheimer's Alliance of
Northeast Texas is a non-profit
organization dedicated to supporting
individuals and families affected by
Alzheimer's disease or related
dementias by offering services,
education, advocacy and supporting
research. The Alzheimer's Alliance
serves 16 counties in Northeast Texas
where there are an estimated 18,000
people diagnosed with Alzheimer's
disease.

Alzheimer's Alliance of
Northeast Texas
3613 S. Broadway, Ste. 401
Tyler, Texas 75701
(903) 509-8323
1-800-789-0508
www.alzalliance.org

Alzheimer's Day Clubs

**Longview
&
Tyler**

**For Alzheimer's and
Other Related Dementia's**




**Alzheimer's
Alliance**
of Northeast Texas, Inc.

WHY ALZHEIMER'S DAY CLUB?

Caregiver, do you:

- ❖ Need an appointment with the doctor or the beauty shop?
- ❖ Need to shop or have lunch with a friend?
- ❖ Need to have some time to yourself just to soak in the tub or read a good book uninterrupted?

Enrollment Requirements:

The following criteria are recommended

- Participant has Alzheimer's disease or related dementia.
- Participant is able to walk and requires minimal assistance with self care skills (eating and toiletry)
- Participant requires minimal dietary adjustments.
- Participant requires no medication administration by the staff during the hours of operation.
- Participant demonstrates no behavior that is harmful to self or others.

Would you like your loved one affected by Alzheimer's to:

- ❖ Reminisce and Socialize with staff who are there to encourage and uplift?
- ❖ Participate in non-aerobic exercise?
- ❖ Share in simple and creative arts and crafts?
- ❖ Get involved in special sensory stimulation activities?
- ❖ Go on field trips to such places as museums, the zoo and the Rose Garden?
- ❖ Do simple cooking activities?

Then an Alzheimer's Day Club is for you. It is designed to meet the needs of both the person affected by Alzheimer's and their Caregiver, YOU!



Day Club Locations:

Longview:

Tuesdays, 10 a.m.-2 p.m.,
Greggton United Methodist Church, 1101 Pine Tree Rd.

Tyler:

Wednesdays, 10 a.m.-2 p.m.,
Shiloh Road Church of Christ,
1801 Shiloh Road. Entrance is in back of the main building.

For enrollment, call the Alzheimer's Alliance office (903) 509-8323 or (800) 789-0508.

Alzheimer's Day Clubs are staffed with a paid director, trained community volunteers, and nursing students from local universities.

Alzheimer's Day Club participant fees are \$20 per session (sliding fee scale available) including lunch.

For more information call the Alzheimer's Alliance at (903)509-8323 or toll free at 1-800-789-0508.