



Care Partner Support Group Newsletter

Supporting Families. Empowering Caregivers

=====S. Parker===Program Coordinator



April 2026

What Is Dementia?

Dementia is a collection of symptoms resulting from certain brain disorders where two or more functions have significant impairment, such as memory and language skills.

Experts believe that many factors contribute to Dementia, and it often presents as a combination of progressive symptoms affecting personality, behavior, memory, language, mood, and motor skills.



What Dementia Is Not

Dementia is not a specific disease; it is a syndrome. Rather, it describes a wide range of medical conditions that affect the brain, including Alzheimer's disease (AD), Vascular Dementia, Lewy Body Dementia, Frontotemporal Dementia (FTD), Huntington's disease, and

<https://www.dementiasociety.org/dementiahelp?msckid=1a0d488e351a1e09b67c2144b34d2c>
db

<https://www.dementiasociety.org/aware-share-card>

Creutzfeldt-Jakob disease, and more.



Dementia is not characterized by memory loss alone. While it is one of the common symptoms of Dementia, memory loss by itself does indicate Dementia.

Healthcare providers may diagnose Dementia if two or more brain functions have significant impairment without loss of consciousness, and there are declines in cognitive performance over time.

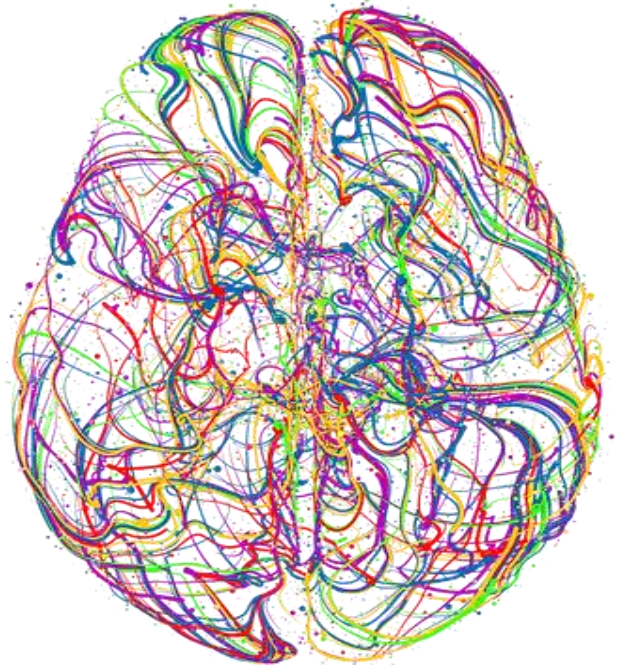
Dementia is not widely considered a “normal” part of aging. While mild changes in cognition are common to experience as people mature, Dementia is different in its ability to cause a severe disruption in daily life and functioning.

While certain conditions can masquerade as Dementia and may be treatable, the pathologies that cause Dementia are not considered curable. While no cure exists for Dementia today, several symptom management techniques are available for consideration, including medications, non-medical therapies, and even alternative medicine.

Types of Dementia

As referenced in this useful Dementia help infographic, the major types of Dementia include:

- **Alzheimer's disease (AD)** – A progressive **brain disorder** that typically begins slowly destroys short term memory and other mental functions
- **Vascular Dementia** (multi-infarct) – The **loss of cognitive function** caused by multiple mini-strokes
- **Lewy Body Dementia (LBD)** – A **progressive condition** that is sometimes accompanied by hallucinations that may cause a decline in reasoning, mobility (slight tremors, falls), and function due to damaging microscopic deposits on the brain.
- **Frontotemporal Degeneration (FTD)** – An umbrella term for **brain disorders that affect the nerve cells in the frontal and/or prefrontal lobes**, causing the lobes to shrink, which most affects executive functions like decision making.
- **Traumatic Brain Injury (TBI)** – A disruption of brain function usually caused by a violent blow, bump, or jolt of the head (concussion).



- **Wernicke-Korsakoff Syndrome (WKS)** – A neurological disorder caused by a deficiency in thiamin (vitamin B1).
- **Creutzfeldt-Jakob disease** – A rapidly degenerative brain disorder experts believe caused by an abnormal isoform of a cellular glycoprotein called prion protein.
- **Huntington's disease** – A rare and inherited condition that causes a breakdown of the brain's nerve cells, triggering movement, cognitive, and psychiatric symptoms.
- **Multiple Sclerosis (MS)** – A brain and spinal cord disease where the immune system attacks the protective covering of nerves, disrupting communication between the brain and body.
- **AIDS Dementia complex** – A loss of mental skills in people with late-stage AIDS affecting thinking, reasoning, learning, understanding, and moving.

Chronic Traumatic Encephalopathy (CTE) – A neurodegenerative disease thought to be caused by repeated concussions

<https://www.dementiasociety.org/dementiahelp?msclkid=1a0d488e351a1e09b67c2144b34d2c>
db

<https://www.dementiasociety.org/aware-share-card>

How to Help Someone with Dementia

If you're helping to care for a person living with Dementia, there are many tips and resources to guide your journey. The following are a few helpful suggestions for how to care for someone with Dementia:

1. **Learn post-diagnosis steps.** a written diagnosis, considering a second opinion, and creating a plan of care.
2. **Make it legal.** Responsible ensure you have the proper legal rights to do so by becoming the designated Power of Attorney (POA) or conservator or guardian.
3. **Educate yourself on the diagnosis.** Learn as much as you can about the diagnosis to help you understand the person living with Dementia with compassion and empathy.
4. **Think about the future.** Determine the amount and type of long-term care your loved one will need, such as a caregiving service or assisted living facility, and begin researching the options early so that you're prepared.
5. **Reference resources.**
6. **Make home safe.** Make the home environment Dementia-friendly with simple adjustments to noise levels, lighting, color schemes, labeling, safety measures to prevent accidents, etc.
7. **Rely on routines.** Develop and adhere to predictable routines to help reduce confusion and frustration.

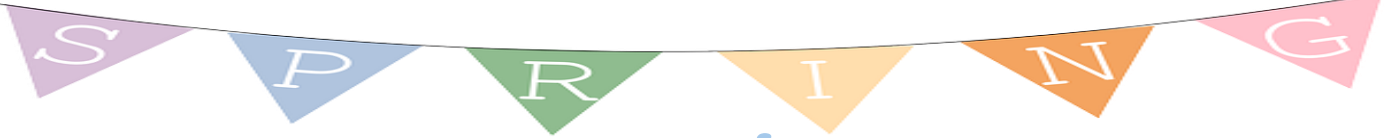
<https://www.dementiasociety.org/dementiahelp?msclkid=1a0d488e351a1e09b67c2144b34d2c>
[db](https://www.dementiasociety.org/aware-share-card)

<https://www.dementiasociety.org/aware-share-card>

8. **Use technology.** Helpful Dementia technologies can bring joy to a person living with Dementia. including Wander device and Joy for All Companion Pet toys.
 9. **Communicate with care.** When talking to a loved one living with Dementia, use their name to get their attention, offer simple phrasing with short sentences, and take care not to talk to them as a child.
 10. **Use patience and compassion.** Be patient by allowing plenty of time to speak to avoid startling, confusing, or agitating, and avoiding correcting things they may not remember correctly.
 11. **Follow medical advice.** Adhere to your loved one's healthcare provider's advice for daily exercise and activities, dental care, nutrition, bathing and skincare, and medications.
 12. **Get a DSA Aware & Share card.** Request a complementary Aware & Share Card that you or your loved one can present to people in hotels, restaurants, hospitals, stores, and elsewhere to quietly request extra TLC for communicating with respect and dignity.(Link Below)
- **Request Cards**
[Please click here to complete our Contact form](#) provide the request in the Optional Message section to receive two complimentary cards.

Happy Easter





April

Care Partner Support Group Meetings

In-Person Meeting

4.10.26 Denham Springs 12pm

4.2.26 Greenwell Springs 11am

4.9.26 First Baptist, Zachary 12pm

4.9.26 Gonzales 1:30 pm

4.20.26 Parkview Baptist 1pm

4.20.26 New Roads 4pm

Virtual Zoom Meeting

4.7.26 Alzheimer's Services 10 AM

4.10.26 In the Beginning 2:30 PM

4.21.26 (PM) Night 7 PM

**Facilitator: Shyrell Parker, Program
Coordinator Alzheimer's Services
(225) 408-3101**



**Just Listen to Yourself:
Louisiana's Poet Laureate
Presents Louisiana Poets**

State Library of Louisiana

701 North 4th St. Baton Rouge, LA 70802

Price: Free

Time: 12:00 PM



Live After 5: Spring Concerts

Presented By: Downtown Business Association

Dates: 4/10/2026, 4/17/2026, 4/24/2026,
5/8/2026, 5/15/2026, 5/22/2026

Resource of the Month

Care Partner Support Groups

Alzheimer's SERVICES of the Capital Area

Charlie's PLACE BATON ROUGE GONZALES - BAKER

CARE PARTNER SUPPORT GROUPS

Please contact Shyrell at programs4@alzbr.org or 225-334-7494 for the link needed to join an online meeting or for more information.

The meetings are open to all care partners of persons affected by Alzheimer's or a related dementia and typically last one hour.

ONLINE GROUPS

1st TUES at 10:00 AM 3rd TUES at 7:00 PM

2nd FRI at 2:30 PM
"In the Beginning"

*This group is specific to younger-onset care partners

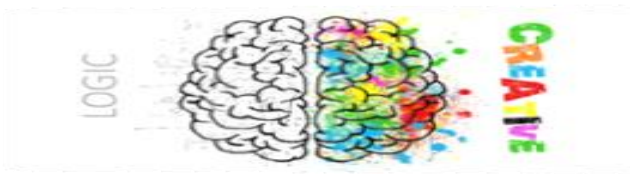
IN PERSON GROUPS

<u>TBA at 12:00 PM</u> Denham Springs-Walker Branch Library 8101 US Highway 190, Denham Springs, 70726	<u>2nd MON at 1:30 PM</u> Gonzales Senior Center 526 South Irma Boulevard, Gonzales, LA 70737
<u>2nd MON at 12:00 PM</u> First Baptist Church 4200 Main Street, Zachary, 70791	<u>1st THURS at 11:00 AM</u> Greenwell Springs Baptist Church 19421 Greenwell Springs Rd, Greenwell Springs, 70739
<u>3rd MON at 4:00 PM</u> Pointe Coupee Home Health & Hospice 350 Hospital Road, New Roads, 70760	<u>3rd MON at 1:00 PM</u> Parkview Baptist Church - Missions Café 11795 Jefferson Hwy, Baton Rouge, 70816

*Free *Mutual Care Partner Support
*Practical Caregiving Techniques *Trained Facilitators

Why attend care partner support group meetings?

1. To be able to say how you feel and have others understand.
2. To be angry and others will not say you should not feel like that.
3. To find help on how to handle difficult behavior problems.
4. To learn that you cannot and should not be the only one responsible for caring for a loved one who has the disease.
5. To learn where to go for help in caring for a loved one.
6. To realize it is possible to laugh at some of the impossible, crazy things that happen during a day with an Alzheimer's patient.
7. To learn to stop trying to teach, or reason, with your loved one and instead accept that the way she/he sees things is very real for her/him.
8. To discover that it is important to have some time for yourself and not feel guilty about it.
9. To become aware of how much it helps to know you are not the only one in the world going through this nightmare.
10. To discover that coping is easier with the support and caring understanding of the others present.



Brain teaser



Hoppy Easter



S S Y E Q S A S P R I N G B R E A K E X S E H K
 T E A M G W K S Y V F F U T Y T T T D G K G U V
 I G A G U C H D W H X U K X U A N E V C C X Y V
 B F E X D C N I F E T S T V L L U D Y M A M V N
 B S C M W E P K T E E D E L I O B D R A H F G E
 A E Z Z E B O N N E T T H R I C E J D E X H H D
 R A E R Y T B N G U D E S K D O L P L B D F A D
 S S G B H S E E P K Z P Q B F H P T C Y X K P I
 R T U Z O O P S T A H B O I W C R O Z E J P P H
 E E I Y D E C O R A T E S S V N U R G L U L Y O
 W R Z Z X C Z X B L H N L A I O P R T L R A O E
 O B Y D N A C U J T B U Q M Z E B A T O Q S E R
 L A G P P S N A E B Y L L E J A S C N W K T H S
 F S W U O N F W J N T A L Y S Y P J G C S I O W
 A K E Z Y I U A Y W H M V K X P K D P R A C P O
 R E L I A T N O T T O C E I H D I G U S Z E P L
 J T S Q U K D X I Z F T Y D X D A N B C B G I L
 X E C L C E H B P C K G L Q Y X N F K F K G T A
 I J B S U L P B P U H B I Y K E D L F S V S Y M
 O X A L J B G X I Y Z I L G Q S D A P O W L P H
 Z Q B E O H U V H V J L C X C F V E D D D J M S
 H C U S L E T S A P P U S K X Z E X G S F I C R
 B X G R A S S B T U L I P S S P G M G G Z B L A
 R F T U M C C O L O R I N G E N U I T T S H W M



- | | | | | | |
|---------|--------------|---------------|------------|----------|--------------|
| Basket | Blue | Bonnet | Bunny | Candy | Carrot |
| Chicks | Chocolate | Tulips | Cottontail | Daffodil | Decorate |
| Ducks | Dyed Eggs | Easter Basket | Eggs | Flowers | Grass |
| Green | Happy | Hard Boiled | Hats | Hidden | Hippity |
| Hoppity | Jelly Beans | Lily | Yellow | Pastel | Peeps |
| Sweets | Plastic Eggs | Posies | Purple | Rabbits | Spring Break |