

hope & help HOUR

**Location: The Bridge @ Mobberly Baptist Church, Rm D115, 625 E Loop 281, Longview
Lunch served @ 12:15pm; 12:30pm-1:30pm**

Our Spring 2026 series will bring you experts on different topics and support for those living with Alzheimer's and other dementias

**FEB
26**

AT WIT'S END!

Beth Godsey, Best Friends Certified Master Trainer & ETAA Executive Director, will talk about common communication issues, navigating difficult behaviors, and how to deal with stress.

**MAR
26**

HOSPICE VS PALLIATIVE CARE

Representatives with hospice and palliative care experience will talk about the differences and questions you should ask when making plans for your loved one. Join Lisa Scrimsher, FNP-C at Pallicare, Inc. and D'Ahn Fowler, ETAA President, for one of our most requested topics.

**APR
30**

HOW TO SAFEGUARD YOUR HOME

Safeguarding your home can be stressful. If someone in your home has dementia, every day challenges come bigger and harder. Occupational Therapist, Jim Chamberland (BeSpoke Rehab) and Physical Therapist, Lori Holyfield (IPE Therapy) will give tips on how to improve strength, mobility, and regain skills for meaningful daily activities.

**MAY
28**

VA BENEFITS

Navigating VA benefits can be complex, but you don't have to do it alone. Kerry Easley, Harrison County Veteran's Services Officer, will be discussing who is eligible for VA benefits, benefits available that might surprise you, and how to get the most out of your VA benefits.

Call ETAA at 903-230-8001 to reserve your seat!

Visit our website: etxalz.org to learn more about our In-Home/Institutional Respite programs, Project Lifesaver, Caregiver Support Groups, and our weekly Hope & Help Day Club.