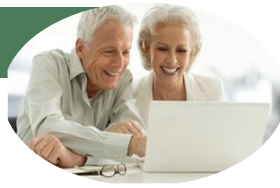


## CompU.Talk



For people diagnosed with MCI or Alzheimer's and related dementias, the Gathering Place CompU.Talk initiative offers four hours of virtual class time over two mornings each week. The program's goals are to slow cognitive decline and improve short term memory and mood in a stimulating and fun format.

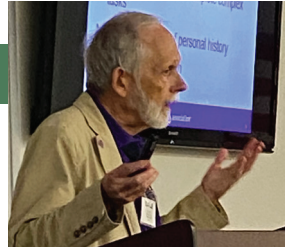
The six-week curriculum includes current events, exercise, music, art and memory retrieval activities drawn from established observational studies supporting their effectiveness in delaying symptoms of the diseases. The activities that lower risk factors for Alzheimer's are the same

slowing progression of the disease at any stage.

Classes are free, limited in size, and all materials are provided at no cost. Applicants must register into the program, be able to read and write and provide a doctor's diagnosis. They must also have a computer or a hands-free device with a camera and microphone. In most cases, a caregiver is needed to help access the virtual Zoom classroom online.

## Speakers' Bureau

To spread awareness, the Gathering Place Speaker's Bureau has speakers available to address various dementia topics for community groups.



## Memory Care Alliance

Memory Care Alliance Facebook group is a caregiver-provider network sharing resources, information, support and encouragement for those wanting to learn and anticipate changes. Members share the latest studies and trials about dementia and caregiver support.

MCA is a collaboration of the Brazoria County Gathering Place

Interfaith Ministries, Inc. and Early Stage Coaches, Inc., a nonprofit offering free 1:1 lifestyle coaching to people with MCI and early stage Alzheimer's.

Contact **Brenda Maust** for more information at 979-849-55051.

Find us on 

## Caregiver Registry

Caregiver Registry is a free referral for independent providers looking for caregiving jobs.

Call the office at 979-308-4525 to have registration forms sent to you.



Pictured above, Pastor Tim Landers leads an activity at their social for memory-impaired adults at Alvin Lutheran Church.

## LEADERSHIP

### Dale Libby

CEO, Chairman of the Board  
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### Eva King

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979-665-5359

### Erika Longoria

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Brain Camp and Meta Camp  
elongoria10@comcast.net  
979-235-9195

### Peggy Krampota

Alvin Advisory Council  
pkrampota@hotmail.com  
281-468-0088

## LOCATIONS

### Brazoria County Gathering Place Interfaith Ministries, Inc.

200 E. Mulberry  
Angleton, TX 77515

979-308-4525

Mon - Thu, 10 am - 3 pm

### Support Group and Early Stage Coaches, Inc.

1212 S. Durant  
Alvin, TX 77511

Inside First Christian Church

979-849-5051

By appointment

[office@gatheringplacebrazoria.org](mailto:office@gatheringplacebrazoria.org)

Brazoria County Gathering Place Interfaith Ministries, Inc. is a non-profit 501c3 which serves Brazoria County families affected by dementia and provides education about prevention, diagnosis and treatment of Alzheimer's disease.

Summer 2022

# The Gathering place



15<sup>th</sup>  
ANNIVERSARY

## Help and Hope

For Families Affected By  
Alzheimer's And Related  
Dementias

[gatheringplacebrazoria.org](http://gatheringplacebrazoria.org)

## THE GATHERING PLACE

Gathering Place Interfaith Ministries is a non-profit 501c3 which serves Brazoria County families affected by dementia and provides education about prevention, diagnosis and treatment of Alzheimer's disease. The original Brazoria County Gathering Place social for Alzheimer's patients started at Most Holy Trinity Catholic Church in Dec. 2007. Founder Brenda Maust and 8 other volunteers entertained 9 Alzheimer's patients for four hours while their caregivers took that time off.

Over the past 15 years, a hard-working, determined group of retired business executives, engineers, educators, social

workers, nurses, therapists, ministers, marketers and home makers have created a comprehensive program of caregiver resources and education for Brazoria County individuals and families affected by dementia.

The Gathering Place won the 2015 Vision Award from the Texas Department of Aging and Disability. This statewide honor is given annually to one volunteer organization which has created the most outstanding wellness program.



## Caregiver Respite and Support

### FREE SOCIALS

Gathering Places are 4-hour activity-based socials offered by eight area congregations in Alvin, Angleton and Lake Jackson.

Trained volunteers host each social from 10 am to 2 pm once each month at each church. Caregivers may leave their family members who have memory disorders and use that time to rest.

Participants enjoy reminiscing, exercise, music, dance, arts and crafts, games, and a hot lunch. There is no charge to attend the socials, but the caregiver must complete a registration form and provide a letter from a doctor specifying the type of memory impairment.

For additional information, call Eva King at 979-665-5359.

### SUPPORT GROUPS

Caregivers support is offered the first Thursday in Angleton at 6 pm and the first Friday from noon to 2 pm in Alvin — includes lunch and day care.

1st Thursday  
**Younger Onset Group**  
6:00 pm to 7:30 pm  
Gathering Place Office  
200 E Mulberry, Angleton

1st Friday  
**Lunch, Adult Day Care**  
Noon to 2:00 pm  
First Christian Church  
1212 S Durant, Alvin



## BCAAP

The Brazoria County Alzheimer's Awareness Project began as a result of a June 14, 2012 Town Hall meeting held in Commissioner's Court which addressed the looming crisis our communities are facing caused by the effects of dementia in our aging populations.

More than two dozen Gathering Place volunteers, healthcare companies and social service and government agencies met in August, 2012 to plan activities and events that would educate our citizenry about Alzheimer's disease and related dementias.

Since 2012, with BCAAP, our Speakers' Bureau, the Brain Fair and community fair participation, we have provided education for more than 10,000 people in Brazoria County. These education opportunities have included 16 conferences, 7 First Responder trainings, 7 Brain Fairs, over 200 community presentations and 2 support groups with 20 members in each group.

Our conference keynote speakers have included:

**Dr. Forbes Barnwell**  
Total Neurology of the Gulf Coast

**Dr. Leanne Burnett**  
Methodist Neurology Associates

**Dr. Kelly Dineley**  
UTMB Galveston

**Dr. Mark Kunik**  
Baylor College of Medicine

**Dr. Elizabeth Jaramillo**  
UTMB Angleton Danbury

**Dr. Paul Schulz**  
UT Health

**Dr. Enrique Leal**  
Sweeny Community Hospital

**Dr. Agenor Limon**  
UTMB Galveston

**Dr. Howard LaRoche**  
UTMB Angleton Danbury



Since 2012, BCAAP has hosted the largest community-based Memory Screening Project in the United States each year, according to the Alzheimer's Foundation of America. In partnership with the Brazoria County Library System, we have screened over 2,000 people in the past nine years. These screenings have resulted in more than 350 referrals to doctors for further tests.

In addition to the library screenings during National Alzheimer's Disease Awareness Month (November), we also provide screenings at our caregiver conferences community health fairs and our "Memory Matters" events (held at senior living facilities in September and October).

### Many thanks to our donors:

Community Foundation  
Lowrey Fund

United Way Brazoria County

Sponsors of our annual  
Brain FAIR



## BRAIN CAMP

Building optimum cognitive reserve starts early in life. However, research indicates that it's never too late to begin the lifestyle changes that may result in delaying symptoms of dementia. Those changes also result in better physical, mental and emotional health.

At Brain Camp, you will learn the difference between dementia and Alzheimer's and how to create a personal plan to build your cognitive reserve. Brain Camp will explain the 13 triggers and six subtypes of AD, the effects of stress and diet along with the minimum amount of exercise for brain health. You will learn the benefits of brain plasticity, what mental activities are most beneficial and why 8 hours of sleep is critical to brain health.

The last 17 years have produced hundreds of significant studies on the most effective ways to avoid having symptoms of Alzheimer's. Brain Camp sorts out the data and presents the lifestyle proven to prevent Alzheimer's disease in large populations.

During the Nun's Study which began in 1986, Dr. David Snowdon and his associates discovered that many of the elderly nuns who had been teaching right up to their deaths had severe Alzheimer's disease. They were still functioning cognitively with absolutely no symptoms of the disease. After years of study, researchers concluded that most of the nuns had maintained good vascular health through exercise and nutrition and that they were life-long learners.

## META CAMP

Metabolic syndrome is a group of conditions that put people at increased risk of cardiovascular disease, stroke, and Type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. Up to one-third of our population has metabolic syndrome.

The Gathering Place offers Meta Camp, a series of lectures and support groups to help people lose significant weight to reduce their use of drugs and insulin.

At least one study has indicated that metabolic syndrome may be a higher risk factor for Alzheimer's disease than even age. That's why the Gathering Place got into the weight loss business.

At Meta Camp, you'll review and choose one of three diets that are low carbohydrate. You'll also find out why our obesity rate has gone from 10% to 43% in three generations.

You will discover why you put on pounds around your belly and how you can take the weight off and keep it off.

For information, contact Erika Longoria at 979-235-9195.

