



Friends News

1960 Nantucket, Richardson, TX 75080

(972) 437-2940

Fax (972) 437-2953

www.friendsplaceads.com

Friends Staff

Pam Johnson

Jane Kovacs

Claire Iwuoha

Jackie Coalter

Trudy Honore

Malissa Cestari

Leanne Yarrow

Lisa Bonner

Jocelyn Gulley

Joel Lindemeier

Teri Everett

Chris Laudon

Paula Rzomp

Kha Luu

Mary Dennison

AD Chowdhury

Jenn Lumpkin

Jane Tucker

Shirley Wilson

Sandy Kniffnen

Danielle Yarde

Friends Place Volunteers Participate in a Local "Back the Blue" Initiative

Recently, several of our kind-hearted members jumped at the opportunity to lend a helping hand to a local community service project. Some of the ladies of Altrusa Richardson, a philanthropic organization, spearheaded a blue ribbon campaign to bring awareness, gratitude, encouragement & support for the men and women of our local police forces.

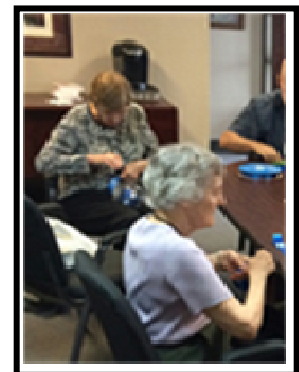


Working as a team, our volunteers measured and cut hundreds of blue ribbons, and then prepared packets containing ten ribbons each. These packets were distributed by an organization made up of large group of churches, called "The Faith Based Alliance," as a part of this community outreach effort. At local faith communities, members will receive the packages of ribbons. They, in turn, handed out ribbons to friends and family members for displaying on car antennae, hand rails, etc. or to be worn on lapels.

These blue tokens are a simple way to show the appreciation, respect and esteem that we have for members of the local police departments and for their hard work keeping our community safe. Such a thoughtful gesture during what has been an especially challenging time for police officers.



Thank you, Friends Place volunteers, for your time and efforts in making our community safe and proud! Blue ribbons are available for our families in the foyer. If you would like to participate in this venture, take some extra ones and pass them on! Back the Blue!



“All Sorts of Fabulous” This Fall at Friends Place!

A peek ahead at fun fall features. Be sure to “save the dates” for these exceptional events!

Ladies Autumn Afternoon Tea

Wednesday, October 21, 2:15 pm
Simply divine!

FP Halloween Spooktacular

Friday, October 30, 1:45 pm

Complete in our costume contest! Seasonal Snacks! Dance to tunes spun by the DJ, “My Music Guy.”

Friends Place Veteran’s Day Salute

Wednesday, November 11th at 2:00 pm

A heartfelt recognition of our FP military veterans. In preparation, we may ask for help in obtaining your vet’s biographical info. Also, you are invited to participate in our extensive military artifact display.

More info coming soon.

Friends & Family Thanksgiving Luncheon

Wednesday, November 25

Reservations are required for this event, in order to seat family groups together.

RSVP to the front office in November.

Tickets are \$5 each for persons attending as guests of our regular members.

Closed Thursday & Friday, November 26 & 27

Cookies with Mrs. Claus

Tuesday, December 22, 11:00 am

Holiday stories, songs, treats & eats, enjoying Christmas through the eyes of little children. Staffer grandchildren here as special guests!

***Friends Place will be closed:
Thursday, December 24
through
Monday, January 4***

Michael Casey, Volunteer of the Month

We would like to recognize a man with a huge “servant’s heart” for others. Mr. Michael Casey is the go-to fellow for helping out wherever there is a need at FP. One of five children from a loving Nebraska family, he and his siblings still love to get together and laugh over childhood tales. Michael married his beautiful bride, Sara, on April Fool’s Day in 1967, no joke! Their two children are now grown and married, and he is pretty crazy about his five grandchildren. They are a very close-knit family.

Michael has always been a man who reaches out to people in his family, church, and community. He volunteered with Plano Helpers, a group who assists seniors and people in need with handyman projects. Those skills also came in handy when he built a room onto his own home, added a fence, and did “fixer upper” projects. Deeply faithful, Michael has also given much of himself as a scout leader, and to his church family, as a teacher, youth leader, and LEM-one who travels to hospitals, nursing homes and shut-in’s homes to offer holy communion to those unable to attend regular services. With his easy-going nature and gift of knowing no strangers, Michael has made and continues to make a truly positive difference in the lives of others. We are delighted to extend a hand of gratitude to him!

Meet Our Staff Member - Jane Tucker

One of our newest staff members is a longtime colleague and Altrusa sister of FP Founder Pam Johnson. Like Michael Casey, Jane has a huge heart for others. She has thoroughly enjoyed getting to know everyone here and working with our FP folks. Jane facilitates our large & small discussion groups, heads up hands-on projects, and helps to keep the day running smoothly. Always ready to go above and beyond the call of duty, Jane has brought great connections, new ideas such as the “Back the Blue” effort, and positive energy to our regular program.

Jane hails from a small German town in Illinois. She and her husband, Don, met and married at Park Cities Baptist Church here in Dallas. They have two adult daughters, Kathryn and Stacy. Both live in Austin and are University of Texas grads-“Hook ‘em!” Jane is proud of their close-knit family, and we are proud to call her “friend.” Welcome to the Friends Place staff!

Happy October Birthdays!!!

1	Betty Archer
9	Betty Dryer
15	Kay Young
19	Bill Mangham
23	DeeDee Pitman
24	Daisy Watts
31	Tom Kohutek

A warm welcome to our newest members...

Ray Glivinski
Tom Daughtery
Betty Dryer
Faith Sourber

Alzheimer's Assoc. Caregiver Support Groups

Held monthly the 2nd & 4th Thursdays, 2:00-3:30 pm in our Caregiver Resource Room. September dates are the 8th & 22nd. Meetings are open to the public. Activities & day services are available for family members at no charge with a reservation. Call 972-437-2940.

Thursday, October 22th 2:00-3:30 pm

Action Workshop for Managing Guilt and Other Emotions

Pam Johnson will lead this workshop to help us discuss, plan, and use techniques for coping

Lewy Body Caregiver Support Group

LBD Caregiver Support Group meetings are held on the 1st Wednesday of each month. The next meeting will be **Wednesday, October 7th, from 5:00-7:00 pm** and is open to anyone caring for someone with Lewy Body dementia. Thank you to Arden Courts for providing last month's refreshments. Highland Springs will provide sandwiches and cookies this month.

Spousal and Caregiver Guilt

Pam Johnson

Feelings of guilt typically occur when a person believes that they have done something wrong or have violated a certain personal code of conduct. For a multitude of reasons, it is rare to find a family caregiver that is not consumed with guilt about something. Some guilty feelings can be avoided by accepting some basic realities and taking positive action steps.

Some common sources stem from the desire to be the perfect caregiver and/or the "I should be able to do more" syndrome. It might seem like a "36 Hour Day" at times, but it's not. Even if the days were twice as long, it would still not be long enough to do all the things that we think should be done. Are all of these tasks really necessary? Focus on the ones that are truly a priority.

Caregivers experience feelings of guilt about making mistakes, losing their patience, hating the tasks of caregiving or spending any time away from loved-ones. They feel guilty about their decisions. And when that time comes for a decision involving placement, the intensity of guilt can be emotionally overwhelming.

Seldom are these decisions made without a great deal of consideration. Writing down all the reasons allows families to review them later when feelings of guilt arise or they start second-guessing those choices. Usually it is the totality of many concerns that led them to make these difficult conclusions in the first place.

Actions steps for coping begin with modifying what can be changed—including your own personal expectations. Find the right person to share your feelings with. This is often another caregiver or professional that can offer honest empathy, support and direction. Give yourself permission to be "good enough" and recognize that every day you can only do the best you can do – that day.

Friends Place Adult Day Services
1960 Nantucket Dr.
Richardson, TX 75080

Awesome October Events

Th	1 st	Midway Day at the Fair! Clown, Juggler & Balloon Artist	10:15 am
		Midway Games	10:30 am
		Heart of Texas Therapy Dogs Perform	11:45 am
F	2 nd	Hillbilly Jug Band Singalong	11:00 am
		"Rhinstone Cowgirl" Rhonda Medina	1:45 pm
T	6 th	Accordianist/Singer Matt Tolentino	1:45 pm
F	9 th	Heart of Texas Therapy Dogs	11:45 am
		Tommy Ray sings your favorites	1:45 pm
T	13 th	Dance & Sing w/ performer Norris Perry	1:45 pm
Th	15 th	Heart of Texas Therapy Dogs	11:45 pm
F	16 th	Favorite Team Friday! Wear a favorite high school, college or pro team jersey, t-shirt or hat!	
M	19 th	Crooner Toney Walsh entertains	1:45 pm
W	21 st	Ladies Autumn Afternoon Tea	2:15 pm
F	23 rd	Heart of Texas Therapy Dogs	11:45 pm
		Singer Cherie Watson	1:45 pm
W	28 th	October Birthday Party w/Larry Johnson	1:45 pm
F	30 th	Halloween Party with My Music Guy Come dressed for the occasion!	1:45 pm

Fun 2015 Fall Friends Fair

What a fun week this will be! The member photos, midway games, country crafts, poetry, exhibit hall, fun fair foods, blacksmith demo and fantastic entertainers (to name a bit of the excitement of the week) are all simply

FANTASTIC!

Many hours of hard work and extra efforts went into making our 4th annual fair another super success. Our dedicated staff and volunteers make all the difference.

We want to express tremendous gratitude and appreciation for making this event so special.

THANK YOU FRIENDS PLACE STAFF!!!

Specialized High-Interest Programs at FP

Announcing a change of day for **Book Club**; this will now be meeting every TUESDAY morning at 11:00 am. As we peruse the classics, you are invited to read along or just listen & enjoy the engaging discussions. We have **Art Appreciation** on Wednesday afternoon, based on outreach programs from the DMA/Dallas and the MOMA/NYC. An interesting program which features different aspects of the art world, we also explore different world destinations, and have fun with humorous or high-interest subjects, as well. **Sewing Circle** meets on Tuesday & Wednesday between 10:00 am and 2:00 pm. Our sewing team of volunteers make and donate pillows to local hospitals for post-surgical patients. **Garden Club** is about to start the fall season. And each Thursday, our **Spanish Made Simple** group polishes & maintains your bilingual skills, or you can learn basic Spanish words & phrases in our relaxed, no pressure, fun class. These groups are all great way to keep mentally "fit" and have a wonderful time!

"October's Party"

October gave a party;
The leaves by hundreds came,
The Ashes, Oaks, and Maples,
And leaves of every name.
The sunshine spread a carpet,
And everything was grand;
Miss Weather led the dancing;
Professor Wind, the band....
The sight was like a rainbow
New-fallen from the sky.

George Cooper
