

Friends Staff

Alex Nameth
Barb Nameth
Mike Johnston
Delores Johnston
Marsha MacDonald
Melisa Johnson - RN
Joan Oakes
Linda Villerreal
Michelle Stoneking
Christine Langlois
Barbara Duncan - LVN
Ginger Bain – RN

Welcome New Members

Linnie Brown
Floyd Davis
Carl Lindstrom
Ron Wiemann
Jim Balitz
Barry Beeson
Percy Sawyer
Pandora Frazier
AV Bell
Emily Hardin

April Birthday Celebrations

11th Marta Alarcon
16th Carl Lindstrom
21st Mike Reynolds

You Touched Our Heart!!

On Saturday, March 1st Friends Place hosted a brunch to benefit FP member, Jason Manthe, who at the young age of 36 was diagnosed with Alzheimer's disease. Jason and his lovely wife, Kam, live in McKinney with their four young children. The love shown to the Manthe family at the brunch was overwhelming. Our dining room was packed with over 70 attendees! When nearby local merchants heard Jason's story they were anxious to lend their support to one of McKinney's own. Market Street, Kroger's, Benny's Bagels, Nothing Bundt Cakes, Dunkin Donuts, and others made sure there was plenty of delicious food for all. Additionally, Paper Lion provided donation cards and Thank you cards. The nursing students from Collin College were there to make the pancakes, plate the food and graciously helped serve and clean up after the event.

Having the Manthe family in attendance was a special treat. Kam shared her thankfulness for all the love and support her family has received throughout this very difficult journey. At the conclusion of the benefit, more than 107 individuals searched their hearts, generously donating over \$18,000.

Thank you doesn't seem adequate enough to express the gratitude we feel for the kindness shown to Jason and his family. Jason's bright blue eyes and infectious smile say it all!



Member of the Month

Lucille Elston was born on June 2, 1934 in Talladega Alabama to Grady and Mary Davis. Her parents were both very involved in their church, the Greater Ebenezer Baptist Church, and Lucille was also an active member for many years. Lucille is from a very large family consisting of 10 children, 5 boys and 5 girls and was the 9th oldest sibling, being the eldest with her twin brother Carseal.

When Lucille was only 2 years old she had an accident causing her to lose her sight in one eye but that didn't slow her down. She worked for 25 years at the Alabama Institute for Deaf and Blind making brooms, pillow cases and wash cloths for military personnel living on a local base. She also loved to read and spend time with family and friends. She did a lot of cooking, enjoyed taking care of her pets and completing craft projects. Travel was also a priority, traveling and visiting family and friends in Niagara Falls, N.Y and Talladega, Alabama.

Lucille's favorite TV show (of course) is "I Love Lucy" and she collects lots of memorabilia about Lucy such as calendars, dolls, Christmas ornaments and refrigerator magnets. Her favorite color is purple, loves Gospel music and enjoys the company of her two cats Charlie and JB.

Lucille has lived with her daughter Gloria in Frisco for the last 12 years and has been at member of Friends Place since May of 2013. We really enjoy having her at Friends Place and hearing her say each evening as she walks out the door with a big smile on her face "see ya tomorrow baby!"



Early Stage Programs

Literary Club

Join us for a Literary Club meeting this month where we will continue to read and discuss classic literature, including poetry and novels. The Literary Club meets on Friday in the Friends Place conference room. Stop by the club in April to see what famous works of literature we will be discussing.

Art Project

Friends Place members always enjoy doing our monthly art project. All the necessary supplies are provided and members bring their creative abilities to make the best pieces of art possible. Be sure to visit our art gallery where we already have more than 20 of our member's unique pieces on display. It is always a fun project, and the best part....no artistic skills are required to participate.

Other Monthly Activities

Board Games & TV Shows

We are discovering a lot of members really enjoy playing the board games they played in the old days and the TV shows they watched. We have created our own "interactive and fun" versions of these timeless TV shows and games. Please check out the activity calendar to see when we will be playing:

- Monopoly – remember the "shoe & iron"
- Dominos – match the numbers
- Poker – 5 card stud is really fun
- Jeopardy – Alex Trebek (Nameth) will host
- Price is Right – remember Bob Barker
- Wheel of Fortune – look for Vanna

The good news, prizes are awarded and there is no money required to play! Meet you in the game room!

Caregiver Monthly Support Group

Support Group meetings are held on the 2nd and 4th Thursdays of the month, 2:00 p.m. – 3:30 p.m. in the Friends Place Resource Room. Activities and day services are provided free of charge for family members of those attending Support Group Meetings. Please call the office at 972.569.9000 to make your reservation to attend. We are continuing the series of “ask the expert” and this month we are proud to have Gary Crooms with Senior Information Services. More about his company:

Senior Information Services

Too often, individuals and families are not aware of all of the options for funding the cost of long term health care. Because of this, money is spent unnecessarily, and a lifetime of savings can be spent in a very short time. SIS has been providing planning and advisory services to aging and disabled Texans for over 20 years and maintains a great reputation for quality and attentiveness to our clients' needs. You can also check out his website before the meeting to learn more about his services:

<http://www.seniorinformation.com/>

***April showers bring May flowers,
That is what they say.
But if all the showers turned to flowers,
We'd have quite a colorful day!
I want to send you lots of happy thoughts
And prayers for God to bless you every day,
With the softest of April showers
To bring you the loveliest flowers in May.***



Realistic Expectations for Caregivers

One of the best ways to reduce stress, feelings of inadequacy and guilt as a caregiver is to have realistic expectations for yourself. Here are some tips for healthy expectations:

1. You can only do your best. You will make the best decisions you can based on what you know at any given moment. Give yourself credit for trying.
2. You are only one person. And, most of the time you are on duty 24/7. Even fire fighters, our heroes, work 3 days on and 3 days off.
3. Some days, our actions, words & deeds will simply have to be “good enough.” Don’t doubt yourself. It is what it is.
4. You are not perfect. You cannot walk on water. Give yourself permission to make mistakes.
5. Accept that caring for you is a necessity in order to continue caring for another. Take time to play, pray, be pampered or relax.
6. Find a good listener. Consider clergy, a support group or friends.
7. Become educated about the disease. You can’t understand what you don’t know.
8. Stay away from all the “shoulds”—“I should be more patient, I should not get angry, I should do better, I should...”
9. Remember the best mothers in the world are the ones without children. Family members & friends tend to offer advice, caring comments and “helpful” suggestions, even when they don’t have clue how difficult it is to be the full-time caregiver. It can be hurtful and overwhelming. Appreciate their good intentions and refer back to rule #1.
10. Attend a support group for information, resources & emotional support. Contact the Greater Dallas Chapter of the Alzheimer’s Assoc. at 1.800.272.3900 or www.alz.org to find one in your area that fits your needs.

Friends Place of McKinney
3300 W Eldorado Pkwy Ste 500
McKinney, TX 75070

Postage
Information

Entertainment Highlights for April

April 4 th	Mike Frankel – Accordion Supreme
April 9 th	Spring Fling Luncheon
April 9 th	Richard Barry - Keyboards
April 10 th	Caregiver Support Meeting
April 11 th	Texas Therapy Dogs
April 14 th	Free Manicure Day!
April 16 th	Jessie Frank – Guitar Favorites
April 23 rd	Robin Oxley - Acoustic Guitar
April 24 th	Caregiver Support Meeting
April 24 th	Ladies Afternoon Tea
April 30 th	Special Entertainment

*Friends Place cordially invites
you, your loved ones & carepartners
to our much-anticipated annual
“Mother’s Day Tea”*


*Held in honor of motherhood, this delightful
event takes place on:*

*Friday, May 9th
Two o’clock in the afternoon
Please arrive by 1:45 pm*

*The “Friends Place Staff”
will be our featured models for a
fabulous fashion show!*



Light refreshments served

**Kindly RSVP by Monday, May 5th
972.569.9000**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY EASTER</p> <p>Wheel Of Fortune Month at 4:30 Daily!</p> <p>Open on Good Friday, Apr. 18th</p>	<p>April Fool's Day 1</p> <p>10:15 April Ad Lib/Build a Kitchen / Best Foods 11:15 Chair Yoga 11:45 Sing Along 1:30 5 Senses/Double Letter Words/Sorting 2:15 BINGO – Bean Bag Toss 3:30 Sit & Be Fit 4:00 Places that are Things/Zoo Animals 4:30 Wheel of Fortune 5:00 Beverages Throughout History 5:30 Regional Foods/Extra Activity</p>	<p>2</p> <p>10:15 Tri-Try Again/Brain Drain/Springtime 11:15 Chair Yoga 11:45 Sing Along 1:30 April Trivia/Build A Car/ Square Objects 2:15 BINGO – Horseshoes/ Concentration 3:30 Sit & Be Fit 4:00 The West Coast/Dominos 4:30 Wheel of Fortune 5:00 Famous Recipes/ Extra Activity 5:30 Shoes</p>	<p>3</p> <p>10:00 Arts & Crafts/Rhyming Picture Story 11:15 Chair Yoga 11:45 Sing Along 1:30 You be the Judge/ Dominos/ Double EE's 2:15 BINGO – 3:30 Sit & Be Fit 4:00 American Business / Farming Words 4:30 Wheel of Fortune / Extra Activity 5:00 Where on Human Body/Name US States 5:30 People with food in their name</p>	<p>4</p> <p>10:15 Chair Yoga 11:15 Finish the Phrase 11:30 Mike Frankel - Entertainment 1:30 Sing Along -5 Card Stud 2:15 BINGO –Finishing Words/Yummy Dessert 3:30 Sit & Be Fit 4:00 Red, White & Blue/ A to Z Foods 4:30 Wheel of Fortune / Extra Activity 5:00 - 6:00 Movie and Popcorn</p>
<p>7</p> <p>10:15 Kings & Queens/ Flower Arranging 11:15 Chair Yoga 11:45 Sing Along 1:30 Famous Brand Names/Brain Drain/Games 2:15 BINGO /Opposites /Hoola Hoop & Dice 3:30 Sit & Be Fit 4:00 Finishing Words / Desserts You Love 4:30 Wheel of Fortune / Extra Activity 5:00 Fabulous Fives/ Occupations 5:30 Songs with Geographical Name Title</p>	<p>8</p> <p>10:15 State-ography/SunnyPlaces/What's Next 11:15 Chair Yoga 11:45 Sing Along 1:30 FamousFolks/Flower Colors/Finish Quote 2:15 BINGO –Do You Remember/Horseshoes 3:30 Sit & Be Fit 4:00 Pastimes / Rainbow Colors 4:30 Wheel of Fortune / Extra Activity 5:00 Dominos / Build a House 5:30 Presidential Facts</p>	<p>SPRING FLING LUNCHEON 9</p> <p>10:15 Terms for Groups/Brain Drain/Clothing 11:15 Chair Yoga 11:45 Sing Along 1:30 Richard Barry – Keyboard Classics 2:15 BINGO –Black & White Things/Bean Bags 3:30 Sit & Be Fit 4:00 Word Pyramid / Dominos 4:30 Wheel of Fortune / Extra Activity 5:00 Jiminy Cricket & Friends/ ST Words 5:30 The Eyes Have It</p>	<p>10</p> <p>10:15 Baseball Dice/Build a House/Person Place & Thing 11:15 Chair Yoga 11:45 Sing Along 1:30 ChildhoodGames/GroceryScavengerHunt 2:15 BINGO –I Hear Memories/Sorting 3:30 Sit & Be Fit 4:00 Underground Life/ Pets of Fame 4:30 Wheel of Fortune / Extra Activity 5:00 Vacation Destinations/ What's Next 5:30 Long & Short Trivia</p>	<p>11</p> <p>10:15 Poker/ Clue Trivia/ Picture Story 11:15 Chair Yoga 11:45 Sing Along 1:30 Texas Therapy Dogs, Book Club, Poker 2:15 BINGO –Bowling/Brides & Grooms 3:30 Sit & Be Fit 4:00 X-tremes of the World/Soft & Fluffy Thing 4:30 Wheel of Fortune / Extra Activity 5:00 - 6:00 Movie & Popcorn</p>
<p>14</p> <p>10:15 Main Street, USA/Flower Arranging 11:15 Chair Yoga 11:45 Sing Along 1:30 Eyes Have It/ Brain Drain/School Days 2:15 BINGO – Horseshoes/Finishing Words 3:30 Sit & Be Fit 4:00 Places Animals Live/ Sorting 4:30 Wheel of Fortune / Extra Activity 5:00 Ultimate Senior Trivia /Girl's Names 5:30 Radio's Golden Years</p>	<p>15</p> <p>10:15 On the Map/"INK" words/Transportation 11:15 Chair Yoga 11:45 Sing Along 1:30 Finishing Words/Make your Point/All Circles 2:15 BINGO – Parachute/Picture Story 3:30 Sit & Be Fit 4:00 US Cities Nicknames/Around the House 4:30 Wheel of Fortune 5:00 Clues Book 1-US Geo/Rhyme Time 5:30 Mixed-Up Words</p>	<p>16</p> <p>10:15 Which Continent Is It/Make Your Point/ 5 Second Rule 11:15 Chair Yoga 11:45 Sing Along 1:30 Jessie Frank – Guitar Favorites 2:15 BINGO – Bean Bag/ Postcards 3:30 Sit & Be Fit 4:00 Dropped Letter Puzzle /At the Beach 4:30 Wheel of Fortune / Extra Activity 5:00 Baseball Dice/Word Category 5:30 Slogans Dealing with Vision</p>	<p>17</p> <p>10:15 Arts & Crafts/ Famous People's Occupations Things Found in an Ice Cream Store 11:15 Chair Yoga 11:45 Sing Along 1:30 Poker / What's Next /5 Second Rule 2:15 BINGO –Opposite Words/Finish the Word 3:30 Sit & Be Fit 4:00 Ultimate Senior Trivia-History / SpringTime 4:30 Wheel of Fortune 5:00 Make Your Point / Yummy Fruit 5:30 End to Beginning</p>	<p>18</p> <p>10:15 Ultimate Senior Trivia-Roaring 20's/ Mixed-Up Words/ Jungle Animals 11:15 Chair Yoga 11:45 Sing Along 1:30 Clues US Geography/ Things Found at a Carnival , Poker 2:15 BINGO – Professions/ Best Dessert 3:30 Sit & Be Fit 4:00 Entertainers / Going on a Picnic 4:30 Wheel of Fortune / Extra Activity 5:00 - 6:00 Movie & Popcorn</p>
<p>21</p> <p>10:15 Dominos/ Floral Design 11:15 Chair Yoga 11:45 Sing Along 1:30 Who Wrote What/5 Second Rule/Autumn 2:15 BINGO –Hoola Hoop Dice/Walk in Park 3:30 Sit & Be Fit 4:00 "Agriculture Mining"/Colors in a Rainbow 4:30 Wheel of Fortune / Extra Activity 5:00 Spectrum of Color/ School Days 5:30 Places & Things named for People</p>	<p>22</p> <p>10:15 You Be the Judge/What's Next/Sorting 11:15 Chair Yoga 11:45 Sing Along 1:30 People & Occupations/Parachute/Finish The Quote 2:15 BINGO –Outside Sounds/Bowling 3:30 Sit & Be Fit 4:00 Famous Recipes /Sorting 4:30 Wheel of Fortune / Extra Activity 5:00 Presidential Trivia/What Comes in Pairs 5:30 Mixed-Up Words</p>	<p>23</p> <p>10:15 What's American Business/Things Found In Ocean/ Concentration 11:15 Chair Yoga 11:45 Sing Along 1:30 Robin Oxley – Acoustic Guitar 2:15 BINGO –Bowling/ Packing for a Trip 3:30 Sit & Be Fit 4:00 Important History Dates/Finishing Words 4:30 Wheel of Fortune / Extra Activity 5:00 Things That are Square/Drawing 5:30 Spelling Puzzle</p>	<p>24</p> <p>10:15 Memories In Making/Poker/Square Shape 11:15 Chair Yoga 11:45 Sing Along 1:30 Ladies HIGH TEA/Horseshoes 2:15 BINGO – Sort & Match / Ring Toss 3:30 Sit & Be Fit 4:00 Things with Letter in Name/ Rhyming 4:30 Wheel of Fortune / Extra Activity 5:00 Bean Bag Toss 5:30 Ultimate Senior Trivia</p>	<p>25</p> <p>10:15 Middle of Things/Nice Smells/Pretty Color 11:15 Chair Yoga 11:45 Sing Along 1:30 Price Is Right , Poker 2:15 BINGO –Things in Your Neighborhood/ Parachute 3:30 Sit & Be Fit 4:00 You Be the Judge/ Places Animals Live 4:30 Wheel of Fortune / Extra Activity 5:00 – 6:00 Movie & Popcorn</p>
<p>28</p> <p>10:15 Places with Seasons /Decorate w/Flowers 11:15 Chair Yoga 11:45 Sing Along 1:30 Journey thru 20th Century/Finishing Words/What's in a Western Town 2:15 BINGO –Senior Trivia pg33/Ball Trivia 3:30 Sit & Be Fit 4:00 States & Capitals Competition/Lucky Dice 4:30 Wheel of Fortune / Extra Activity 5:00 Ultimate Trivia States/ Double OO's&EE's 5:30 Brain Drain</p>	<p>29</p> <p>10:15 The Universe/ Transportation/ Colors of Vegetables 11:15 Chair Yoga 11:45 Sing Along 1:30 5 Second Rule/Farm Animal/Child's Toy 2:15 BINGO –T-Words /Sorting 3:30 Sit & Be Fit 4:00 President Trivia/Musical Instrument 4:30 Wheel of Fortune / Extra Activity 5:00 Clues-Landmarks/Trivia Long 5:30 Ultimate Senior Trivia (Sports)</p>	<p>30</p> <p>10:15 Military Leaders/Basketball/ Make Your Point 11:15 Chair Yoga 11:30 Sing Along 1:15 Special Entertainment!!!! 2:15 BINGO-Horseshoes/Finishing Words 3:30 Sit & Be Fit 4:00 Famous Folk/Things Found Trivia 4:30 Wheel of Fortune/Extra Activity 5:00 Journey thru 20 Century/Eat Healthy 5:30 Easy Does It Trivia</p>	<p>Friends Place of McKinney</p> <p>APRIL 2014</p> 	

Daily 9:00 – 10:15 Coffee, Chit Chat, News & Views - All Activities are Subject to Change

Breakfast & Morning Snacks Served until 10:00 a.m. Water & Juice 11:00 a.m. Lunch 12:30 p.m. Afternoon Snack served at 3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Easter 	1 Ham Sweet Potato Casserole Prince Edward Vegetables Garden Salad Pound Cake w/Topping	2 Meat Loaf Scalloped Potatoes Lima Beans Spinach Salad w/Mandarin Oranges Sherbert	3 Turkey Tetrazzini Green Beans Beets Garden Salad Orange Fluff	4 Baked Fish w/Tartar Sauce & Lemon Garnish Seasoned Fried Carrots Cole Slaw Baked Apples over Vanilla Ice Cream
7 BBQ Chicken Baked Sweet Potato Scandinavian Vegetables Garden Salad Pound Cake w/Topping	8 Beef Lasagna Chopped Broccoli Garlic Bread Spinach Salad w/Mandarin Oranges Ice Cream w/Toppings	9 Spring Celebration Chicken Pesto Salad Pasta Salad Cucumber/Tomato Medley Fresh Fruit Caesar Salad Chocolate Cake Catered by Max Cafe	10 Stir Fry Over Rice Oriental Vegetables Vegetable Egg Roll Spinach Salad w/Mandarin Oranges Peanut butter Cookie	11 Tomato Soup Grilled Cheese Sandwich On W/W Bread Carrot Raisin Salad Garden Salad Peach Cobbler
14 Salisbury Steak w/Gravy Mashed Potatoes Lima Beans Spinach Salad w/Mandarin Oranges Ambrosia	15 Smothered Chicken Rice Pilaf Corn Garden Salad Chocolate Pudding w/Topping	16 Chopped Beef on a Whole Wheat Bun Baked Potato Salad Scandinavian Vegetables Spinach Salad w/Mandarin Oranges Pound Cake w/Topping	17 Teriyaki Chicken Pineapple Slice Parsley Potatoes Chopped Broccoli Garden Salad Strawberry Cake/Frosting	18 Baked Fish w/Tartar Sauce & Lemon Garnish Macaroni & Cheese Mixed Vegetables Cole Slaw Orange Fluff
21 Vegetable Lasagna California Vegetables Garlic Bread Garden Salad Brownies	22 Meat Loaf Baked Potato w/Toppings Italian Vegetables Garden Salad Carrot Cake w/Icing	23 Chicken Nuggets w/Honey Mustard Macaroni & Cheese Green Beans Cole Slaw Brownie	24 Roasted Pork Loin Mashed Potatoes Mixed Vegetables Spinach Salad w/Mandarin Oranges Oatmeal Raisin Cookie	25 Chicken Alfredo Over Rice Green Beans Beets Garden Salad Chocolate Cream Pie
28 Cheeseburger on a Whole Wheat Bun Roasted Potatoes Italian Vegetables Spinach w/Mandarin Oranges Cheese Cake w/Blueberry Topping	29 Chicken Parmesan Pasta w/Red Sauce California Vegetables Garlic Bread Garden Salad Fruit Cup	30 Ham Baked Beans Corn Cole Slaw Vanilla Pudding w/Topping	<div>  </div>	

Menus approved by: Julie Pan M.S.R.D.

Date: March 24, 2014

For NCS diets- fresh fruit, ½ portion regular dessert or sugar free cookie/ pudding. For no added salt- table salt not available