



# Friends News

3300 W. Eldorado Parkway, Suite 500 McKinney TX 75070 (972) 569-9000 [www.friendsplaceads.com](http://www.friendsplaceads.com)

## Friends Staff

Alex Nameth  
 Barb Nameth  
 Mike Johnston  
 Linda Villarreal  
 Michelle Stoneking  
 Angela Watts  
 Ginger Bain – RN  
 Tina Scott  
 Pam Dunn  
 Manny Zendejas

&

Volunteers Extraordinaire!

## Welcome New Members

Tom Linstrum  
 Helen Yonce  
 Alma Ricciardi  
 Mary Fleming  
 Marge Nickel

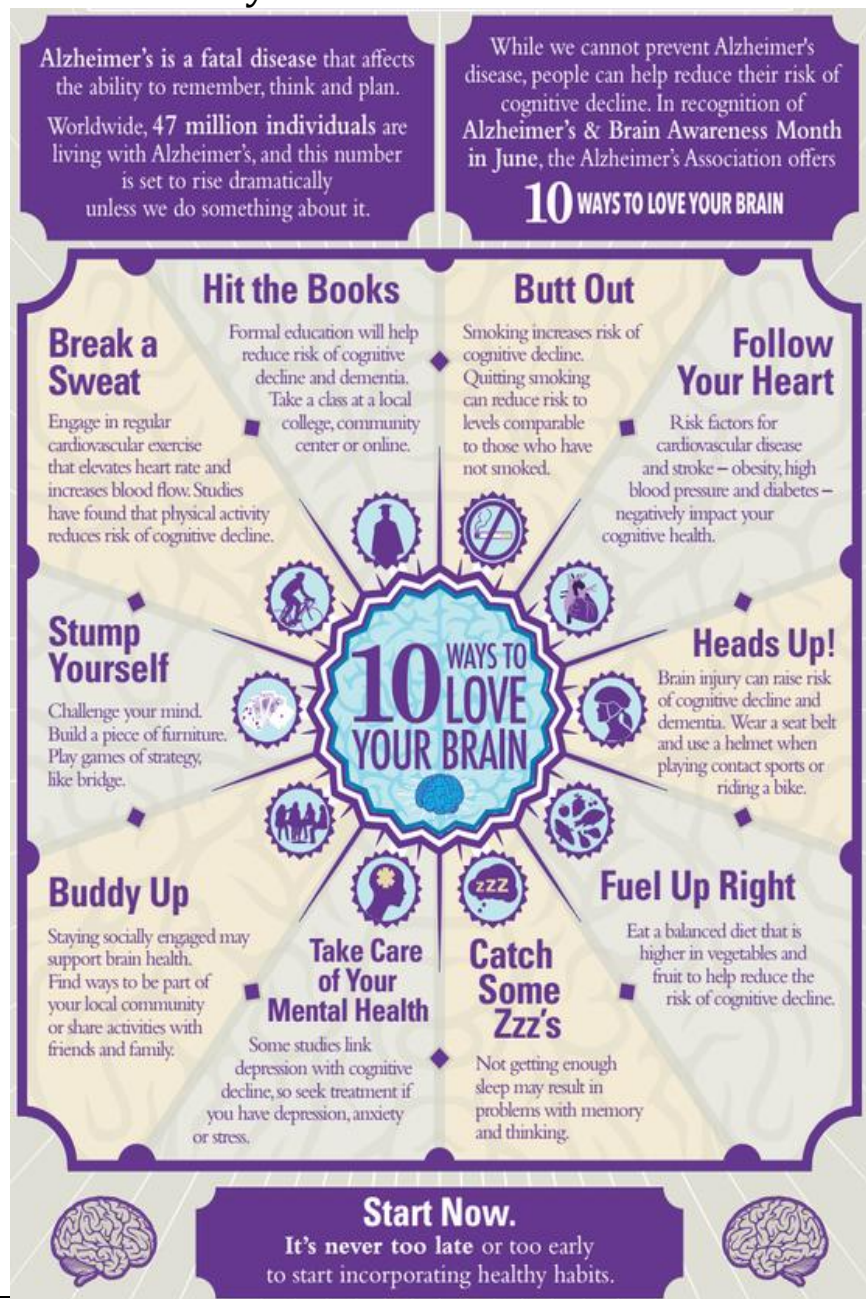
## Birthday Celebrations

Ginger Bain 8/14  
 Angela Watts 8/24  
 Bob Coe 8/28



## In Addition to Bringing Your Loved One to Friends Place Here Are:

### 10 Ways to Love Your Brain!!!!



## Member of the Month – Les Datesman

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Les Datesman Jr. was born on May 2, 1930 in Philadelphia, PA to Leslie Sr. and May Datesman. Les' mom was a quiet woman who loved and doted on her only child. Les' dad worked as a banker. Les grew up in Philadelphia and spent his summers at the Jersey Shore with his aunt and uncle. He received an American Legion Award in the 8<sup>th</sup> grade. He attended Central High School. After Les graduated, he worked for Penn Mutual Insurance Co. and then went into the service for two years.

Les served in the Army for two years. Basic training was at Fort Bliss TX, before being sent overseas to Germany. After his tour of duty, he worked for Mobil Oil Company where he met his lovely bride, Marian. They married in 1961. They moved several times during their married life, while working for Mobil Oil Co. They have three children and five grandchildren. Les retired from Mobil after almost 40 years. He then sold Real Estate in South Padre Island until he retired in 2012.

Les was most happy while working. He attended night school for his B.A. Degree while working full time at Mobil. He also received commendations as top sales person in Real Estate.

Les enjoys watching sports, especially the Philadelphia Phillies and Eagles. He also enjoys playing tennis and spending time at the beach. Les & Marian took several cruises including Alaska, Europe and the U.K. but the Caribbean was his favorite.

When it comes to sports trivia you want to have Les on your team! You name the sport and Les has the answer. We are proud to have Les as one of our members at Friends Place of McKinney.



## Pictures Say a Thousand Words!

In the month of July we celebrated Independence Day, did the hula with Kal and Barbarba Wong, and made minature gardens with the Master Gardners of Collin County!





## Caregiver's Corner

### When Hoarding is a Problem

by Pam Johnson

The type of hoarding associated with dementia is quite different from what is depicted on television as a result of a serious mental health disorder. Hoarding as a disease-related behavior of dementia tends to more of a collecting and/or a gathering activity. And, there is a tendency to not only "pack-rat" the items but also to carry them around throughout the day and/or hide these things. All can be particularly frustrating and challenging to caregivers and families.

Rather than ask, "How do we stop this?" a better question might be, "Why is this a problem?" Hopefully, it's not just because it is annoying. It is a genuine concern if they are hoarding things like the mail, food, or soiled eating utensils. However, instead of trying to stop the behavior, it is often advisable to simply permit it in a manner that will allow for both the person's safety as well as the sanity of the caregiver.

Hoarding – like many other AD behaviors – is often the result of an unmet need. Understanding the possible reasons can enable us to meet their needs in another way and prevent or minimize undesired behaviors.

Sometimes people are "gathering" because they are feeling insecure, paranoid about their belongings being stolen, or feel a huge loss of control over their life. Feeling lonely, isolated or bored can also be a trigger.

Much like a child's need to carry around a soft blanket for a sense of security, a woman might find it soothing to possess certain objects or stacks of soft tissues. Men might create a feeling of control by carrying or stashing away bills, books, papers or tools. It might even become necessary to sort mail before it comes into the house or keep valuable items locked away.

Together you can create a personal Treasure Box that is large enough to provide a safe place to keep things that are essential to their well-being and can be carried. It would be theirs alone ... and everybody can be content.



## Alzheimer Association's Caregiver Support Groups

Support Group meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> 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.

The support group meeting scheduled for August 27<sup>th</sup> will feature the law firm of:

### Lori A. Leu & Associates

*Certified Elder Law Attorney*

#### ***"Ask the Attorney"***

A wonderful opportunity to ask questions and obtain helpful information about important legal matters

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### VA Program at Friends Place

Many of you know that we have contracted directly with the Veterans Administration to provide our day services at no cost to qualified Veterans (there may be small co-pay). This program is not connected to the Aid & Attendance benefit offered by the VA and is governed by a different set of eligibility rules. Bring in your honorable discharge papers and we can begin the enrollment. Please talk to Alex to help you navigate through the VA process.



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



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### **Event Highlights for August**

August 3 <sup>rd</sup>	Monthly Devotional - Dick Meier
August 5 <sup>th</sup>	Sam Baker – Acoustic Guitar
August 7 <sup>th</sup>	Book Club Every Friday
August 12 <sup>th</sup>	Richard Barry - Keyboards
August 13 <sup>th</sup>	Caregiver Support Meeting
August 14 <sup>th</sup>	Friends Place Goes to the Dogs
August 19 <sup>th</sup>	Jessie Frank – Guitar Favorites
August 20 <sup>th</sup>	Free Manicures – Men and Women!
August 24 <sup>th</sup>	Memories in the Making – Painting Class
August 26 <sup>th</sup>	Robin Oxley on the acoustic guitar

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### **Support The Cause While Having a Great Time!**

Our local baseball teams are teaming up with the Alzheimer's Organization in August!!! Proceeds from your ticket purchase will help fund research to find the cure for Alzheimer's disease.

August 16<sup>th</sup> - Frisco Roughriders

August 28<sup>th</sup> -30<sup>th</sup> Texas Rangers

Go to the Dallas Alzheimer's website for specifics about ticket purchase.




# Monday

# Tuesday



# Wednesday

# Thursday

# Friday

<p>10:15 Who Invented What?/Floral Design Double EE's/Enrichment Activity <b>3</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Devotional/Strengthen Your Mind/ Memory Street/Where is it</p> <p>2:15 Bingo/Horseshoes/All About Weather</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Where Traveled</p> <p>4:30 End to Beginning Words/Quotes</p> <p>5:00 Animals A-Z</p> <p>5:30 Common Place in Your Community</p>	<p>10:15 Presidential Facts/Build A Community Things the Color White <b>4</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Which War was it?/Thing Heard Outside/Words that Start with C</p> <p>2:15 Bingo/TherapyBall/Grown on a Farm</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Colors of Rainbow</p> <p>4:30 Famous Folks/Memory Street</p> <p>5:00 Ultimate Senior Trivia-US History</p> <p>5:30 Opposite Words</p>	<p>10:15 You Be the Judge/Mind Stretchers/ Memory Street <b>5</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>SAM BAKER-GUITAR</b></p> <p>2:15 Bingo/TherapyBall/Enrichment Activity</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Name 5</p> <p>4:30 Agriculture Mining/Last Word</p> <p>5:00 UNO / 5 Second Rule</p> <p>5:30 Places Traveled</p>	<p>10:15 Senior Trivia/Building A House/ Name 5 <b>6</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 State-ography/ Places in your Community/Occupations</p> <p>2:15 Bingo/Bowling/What's Next</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 What Am I?/Children Park Activities</p> <p>4:30 Wheel Of Fortune /Sorting Cards</p> <p>5:00 Mind Stretchers/Extra Activity</p> <p>5:30 Compound Words</p>	<p>10:15 Settings of Famous Events/Taste Trivia/Things the color GREEN <b>7</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>Book Club/Poker/Popular Song Titles</b> Word ladder</p> <p>2:15 Bingo/Therapy Ball/Members Choice</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Things You Hear Outside/Cards</p> <p>5:00 Movie &amp; Popcorn</p>
<p>10:15 Events That Changes History/ Floral Design/EasyTrivia/A or O <b>10</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Heroes &amp; Heroines/Childhood Games Names A to Z</p> <p>2:15 Bingo/Basketball/Opposite Words</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Compound Words</p> <p>4:30 Rhyming Words/Member Choice</p> <p>5:00 Ultimate Senior Trivia</p> <p>5:30 Game of Cards</p>	<p>10:15 Strengthen Your Mind/ Occupations Hardware Store Finds <b>11</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Random Trivia/Word Pyramid Mind Stretchers</p> <p>2:15 Bingo/Bean Bag Toss/Quotes</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Distinguished Women/All About Weather</p> <p>5:00 Memory Street</p> <p>5:30 World of Music</p>	<p>10:15 Strengthen Your Mind/What's Next Occupations <b>12</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>RICHARD BARRY-KEYBOARDS</b></p> <p>2:15 Bingo/TherapyBall/Spring Colors</p> <p>3:30 Sit &amp; Be Fit</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 GrandParents Mining/Missing Letters</p> <p>5:00 Ultimate Senior Trivia-Presidents</p> <p>5:30 Long &amp; Short Trivia/Extra Activity</p>	<p>10:15 American Landmarks/Double EE Touch, Taste &amp; Feel <b>13</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 War Trivia/Name That State/ Walk Through Memory Lane</p> <p>2:15 Bingo/Bowling/Postcards</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 UNO/Memory Street</p> <p>5:00 People Who Come in three's/ Going to a Circus</p> <p>5:30 Presidents</p>	<p>10:15 Presidential Facts/Hearing &amp; Emotions/Where would you find <b>14</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>TEXAS THERAPY DOGS /</b> Breeds of Dogs</p> <p>2:15 Bingo/Horseshoes/A to Z Packing for a trip</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Therapy Ball/Dominoes</p> <p>5:00 Movie &amp; Popcorn</p>
<p>10:15 Strengthen Your Mind/Floral Design Occupations/Summertime <b>17</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Random Trivia/Animals in the wild /My Tool Box</p> <p>2:15 Bingo/Therapyball/MakeYourPoint</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Dominoes</p> <p>4:30 Agriculture Mining/Coins</p> <p>5:00 Main Street, USA</p> <p>5:30 Out in the Cold</p>	<p>10:15 UNO / Word Categories /Seasons Of the Year <b>18</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 U.S. History Trivia/Familiar Sayings/ End to Beginning Words</p> <p>2:15 Bingo/State Plate w/ Questions/What Animals Belong Where</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Compound Words/Cards</p> <p>5:00 Dominoes/Memory Street</p> <p>5:30 Pastimes-Faces &amp; Places</p>	<p>10:15 The West Coast /Opposite Word Meanings/Hot &amp; Cold Things <b>19</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>JESSIE FRANK-GUITAR</b></p> <p>2:15 Bingo/TherapyBall/The Color Blue</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Comedy Laughter&amp; Smiles/Rhyme</p> <p>5:00 Blast From the Past/Cards</p> <p>5:30 History of Music</p>	<p>10:15 Early Homes of Presidents/Going Camping/All About Pets <b>20</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Military Leaders/Animals from A to Z/ Things on a farm</p> <p>2:15 Bingo/BaseBall Dice/Summertime</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Famous Folks/Fruits &amp; Veggies</p> <p>5:00 Things You Hear Outside</p> <p>5:30 Where Were You?</p>	<p>10:15 Who Wants to be a Millionaire/ Vision &amp; Memory/Colors <b>21</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>Book Club/Poker/Double EE/Words</b> Starting with A</p> <p>2:15 BINGO/Therapy Ball/All About Baseball /A Day at the Beach</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 5 Second Rule/Dominoes</p> <p>5:00 Movie &amp; Popcorn</p>
<p>10:15 Athletes of Greatness/ Floral Design <b>24</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>Memories in the Making/Famous</b> Actors/Games of Childhood/Name 5</p> <p>2:15 Bingo/Bean Bag Toss/Seasons of Year</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Famous Couples/Things Found in a School</p> <p>5:00 Mind Stretches</p> <p>5:30 On The Map</p>	<p>10:15 Famous People/Ocean Category/ What's Green <b>25</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Ultimate Senior Trivia/LandMarks Monthly Holidays</p> <p>2:15 Bingo/TherapyBall/SpellingBee</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune</p> <p>4:30 Cities in State of Texas</p> <p>5:00 Touch Feel Taste</p> <p>5:30 The Color of Money</p>	<p>10:15 World of Music/States/ Things Found in/or On <b>26</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>ROBIN OXLEY-GUITAR</b></p> <p>2:15 Bingo/TherapyBall/State Plate/Things Things in or on</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Comedy Laughter&amp; Smiles/Rhyme</p> <p>5:00 Blast From the Past/Cards</p> <p>5:30 Word Pyramid</p>	<p>10:15 Nicknames of the Famous/Plant It Play it Wear it/Seasons <b>27</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Home Sweet Home/I Hear Memories/ Taking a Trip</p> <p>2:15 Bingo/TherapyBall/Name 5</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Person Place or Thing/Sports</p> <p>5:00 Tic-Tac-Toe</p> <p>5:30 Missing Vowel</p>	<p>10:15 Important Dates in History/ Compound Words/Name 5 <b>28</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 <b>Book Club/Poker/Trivia52/Where</b> Were You</p> <p>2:15 Bingo/Bowling/Mind Stretcher</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Color Double/Dominoes</p> <p>5:00 Movie &amp; Popcorn</p>
<p>10:15 You Be the Judge/Double OO's/Finish the Quote <b>31</b></p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Who Invented What/Places You Go/ Color Yellow</p> <p>2:15 Bingo/Therapy Ball/Word Category</p> <p>3:30 Sit &amp; Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Enrichment Activity</p> <p>4:30 Trivia/Dominoes</p> <p>5:00 Where were you</p> <p>5:30 Sounds You Hear</p>	<div>  <h2>AUGUST 2015</h2> <h3>FRIENDS PLACE OF MCKINNEY</h3>  </div>			

Daily: 9:00 – 10:15 am Coffee, Chit Chat, News and Views-All Activities Subject to Change. Breakfast & Morning Snacks until 10:00am. Water & Juice @ 11:00am. Lunch @ 12:30 pm. Afternoon Snack served at 3:00 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
Egg Rolls Stir Fried Chicken Fried Rice Oriental Vegetables Spinach Salad w/Mandarin Oranges Chocolate Chip Cookies <b>3</b>	Meat Loaf w/Gravy Mashed Potatoes Normandy Vegetables Garden Salad Carrot Cake w/Cream Cheese Frosting <b>4</b>	Chicken Nuggets w/Dipping Sauce Sweet Potato Fries Mixed Vegetables Cole Slaw Strawberry Yogurt Parfait <b>5</b>	Cheeseburger Pasta Salad w/Fresh Vegetables Sweet Pea Salad Garden Salad Fruit Pie w/Whipped Cream <b>6</b>	Chilled Salad Plate Chicken or Tuna Fresh Baked Croissant Potato Salad Pineapple w/Cottage Cheese Chocolate Brownies <b>7</b>
Chicago Style Hot Dog w/Sauerkraut German Potato Salad Fresh Fruit Cup Lemon Bars <b>10</b>	Chicken Alfredo over Pasta Peas and Carrots Beets Spinach Salad w/Mandarin Oranges Strawberry Shortcake <b>11</b>	Herb Crusted Tilapia w/ Tartar Sauce and Lemon Rice Pilaf Green Bean Casserole Cole Slaw Cheesecake w/ Toppings <b>12</b>	Beef Lasagna Italian Vegetables Garlic Bread Garden Salad Homemade Snicker Doodle Cookies <b>13</b>	BBQ Chicken Baked Potato w/ Toppings Mixed Vegetables Garden Salad Ice Cream Parfait w/Whipped Cream <b>14</b>
Pasta w/Meatballs Nantucket Vegetables Garlic Bread Spinach Salad w/Mandarin Oranges Cherry Dump Cake <b>17</b>	Quiche With Bacon Hash Brown Potatoes Seasoned Green Beans Garden Salad Orange Sherbet <b>18</b>	<b>Birthday Celebration!</b> Parmesan Crusted Chicken Breast Seasoned Pasta Glazed Carrots Garden Salad Birthday Cake <b>19</b>	<b>Elvis Presley Day!!</b> Ham w/Pineapple Ring Sweet Potato Casserole Southern Okra Cole Slaw Elvis P's Favorite Dessert Banana Pudding! <b>20</b>	Chopped Beef On Wheat Bun Dill Pickle Garnish Baked Chips Chopped Broccoli Garden Salad Pound Cake w/ Topping <b>21</b>
Salisbury Steak w/Gravy Roasted Potatoes California Blend Vegetables Garden Salad Peach Cobbler <b>24</b>	Turkey and Cheese Hoagie Shredded Carrot Salad w/Raisins Fresh Fruit Garden Salad Ambrosia <b>25</b>	Smothered Chicken Seasoned Rice Prince Edwards Vegetables Garden Salad Baked Apples over Vanilla Ice Cream <b>26</b>	Soft Beef Tacos Ranch Beans Mexican Corn Garden Salad w/Avocado Pecan Pie Tartlets w/Whipped Cream <b>27</b>	Lemon Baked Fish Garlic Mashed Potatoes Mixed Vegetables Coleslaw Butterscotch Pudding <b>28</b>
Pepperoni Pizza Pasta Salad Fresh Seasonal Fruit Garden Salad Sponge Cake w/Toppings <b>31</b>	<div>  <h1>AUGUST 2015</h1> <p>Friends Place of McKinney</p>  </div>			

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

Date July 27, 2015

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