



Friends News

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Jocelyn Gulley

Joel Lindemeier

Teri Everett

Chris Laudon

Paula Rzomp

Kha Luu

Mary Dennison

AD Chowdhury

Debbie Grant

Jenn Lumpkin

Mary Speights

☆ ☆ Proud to be an American! ☆

During July, as we note the birth of our great nation, we want to extend our gratitude to ALL of our military, both veterans and currently enlisted armed forces. It is our honor at Friends Place to serve several United States military veterans. Their commitment to our nation and to securing the core values that established this wonderful country is inspiring. They have remarkable pride in what America is and what it represents. We respectfully salute the service and sacrifices of the following:

AIR FORCE

Willard Baker

Chuck Cisco

Jim Harned

Windell Hildebrandt

Jerry Ryan

Thurman Ray

Frank Milliken

MARINES

Jim Hogan

Dillard Hammett

Chris Laudon (staff)

Coast Guard

Chet Sanders

ARMY

Brad Bradshaw

Jim Healy

Mike Steig

Roy Stretch

Chuck Mercer

Travis Toland

Cliff Schaaf

Bobby Porterfield

George Esterly

Carl Abady

NAVY

Sandy Holszweig

Bill Kraft

Ed Schulte

Michael Casey

Kha Luu

(staff, Future Sailor)

(If anyone was inadvertently omitted, please let us know so we can correct the error!)

Thanks to the spouses, children, parents, and siblings of those who served, who also sacrificed and gave so much toward keeping our country strong and safe.

We are so privileged to be able to “let freedom ring” here in the “good ‘ole USA,” and will celebrate living in “the land of the free,” because of the brave, with patriotic songs, artwork, and activities, all month long. Be sure to wear some red, white, and blue! And take a moment to extend a well-deserved handshake to our veterans. They will appreciate it, and you will be glad you did!

Freedom's Price

Today we celebrate freedom thanks to those who came before.

Those brave men who fought and died in each and every war.

Freedom always comes at a price, and while we celebrate,

We should tip our hats to the heroes who made our country great.

~Author unknown

Summer Staffer Series...Meet Trudy Honore!

Caring, efficient, loyal, and willing to go the extra mile are just a few of the terms you might use to describe the "Chairwoman of our FP Kitchen," Trudy Honore. As the first one here each morning, she literally sets the tone of the entire day for the staffers and members. Very organized and efficient, she expects things to be done well, and takes great pride in a job well done.

Originally from New Orleans, Trudy moved with her parents and three other siblings to the Dallas area when she was seven years old. Today, she remains very close to all of them and to her extended family who still resides in Louisiana. As she matured into a young mom of three, Trudy worked hard to support her own children by herself. She initially helped her Auntie in a clothing boutique, and then worked for many years in a convalescent center for children with disabilities.

After this, Trudy worked for our very own FP Founder & Executive Director, Pam Kovacs Johnson, at Walnut Place in the long term care Alzheimer's unit there. Several years later, Pam left to establish Friends Place. The ladies reconnected, and Trudy has been here at FP for the past eight years. She is well-appreciated for the compassionate personal care services she provides many of our members, for the stellar job in keeping up with all of the food orders and dietary needs, and for her high standards of food preparation and kitchen environment.

A wonderful, life-changing event for Trudy was securing a Habitat for Humanity house for her family. She devoted nights and weekends to both completing the required classes and physically helping build the house. "It was a big challenge for me, but I am so happy to have my own home," she reports. Trudy has also volunteered in building Habitat homes for other families.

So close to her children, Christa, Devondrick, and Brianna, Trudy is especially proud of her two beautiful grandchildren, seven year old LaNiya and six month old JorDon. It is obvious to anyone who sees them together how much Trudy means to them. Such love!

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Trudy enjoys her three pups, Junior, GJ, and Mr. Teddy, loves to get her hair and nails done, and loves to shop...especially for shoes and purses! Trudy is most definitely a "girly girl!" She likes to wear hats, the more jewels decorating them, the better, and if something involves fake lashes and lots...and I mean LOTS...of bedazzle and bling, well, our dear friend Trudy is ALL IN! Her big laugh and fun sense of humor, balanced with her big-hearted, deep sense of concern for others and committed work ethic make her a jewel, indeed.

We are "all in" as far as honoring the illustrious Ms. Honore for the month of July, which also happens to be the month of her birthday. Congratulations!

A hearty welcome to new friends!

Carl Abady	Betty Archer
George Esterly	Stan Franklin
Jessie Hearne	Faynell Parker
Margaret Walsh	

Happy July birthdays to:

Jocelyn Gulley (staff)	1 st
Delores Brooks	2 nd
Jenn Lumpkin	4 th
Ann Marie Rolfes	10 th
Evaline Conner	13 th
Marvin Menaker	16 th
Louise Shupp	17 th
Trudy Honore (staff)	19 th
Peter Baldwin	22 nd
Vallie Toth	24 th

Alzheimer's Association's Caregiver Support Groups

These informative meetings are held 2:00-3:30 pm on the 2nd & 4th Thursdays of the month at Friends Place. Meetings are available to everyone, and if you know someone who might benefit, please let them know. Activities & day services are provided free of charge with reservations for family members of those attending support group. Call 972-437-2940.

Join us as we welcome

Kay Neel, LMSW

VITAS Hospice Social Worker

"Anticipatory Grief"

Invaluable info to help you through.

Thursday, July 23rd 2:00-3:30 pm

Lewy Body Dementia Caregiver Support Group

Friends Place hosts these meetings on the first Wednesday of the month. Our next one will be scheduled for Wednesday, July 1st from 5:00-7:00pm.

Three Cheers!

Our Fifth Annual Classic Memories Car Show & Father's Day "Tie One On" Celebration was a big hit! It truly "takes a village," and we appreciate all of the help!

Thanks to the wonderful Altrusa volunteers for their assistance throughout the event, and to Mary Cooley, who graciously photographed the show so everyone could take a souvenir picture home. We so appreciate the car owners who brought their vehicles for the exhibit shared their stories, and had great conversations with us.

And to the FP staff, from one of our member's families, "You all truly went 'above and beyond' to make the day so special for the people there. Dad just loved it, had a blast. We keep the photo right where everyone can see it and he enjoys telling stories about the day."

Fantastic, THAT is truly what we are all about. We all absolutely love feedback such as this!

Caregiver's Corner-What is Respite Care?

By Pam Johnson

In very simple terms, respite means "short break". In a more general sense, it is used to describe temporary care that might vary from a few hours, to a few days or even a couple of weeks. It can be provided in-home, at an adult day program, at a memory care facility or a residential care home.

Respite programs provide a much needed break from the everyday routines and responsibilities of caregiving. It allows family members to take some time just to relax, address their own personal needs, business or other household tasks.

Families that use respite care on a regular basis typically report a greater sense of well-being and reduction of stress. For many, these regular breaks are critical to enable caregivers to keep loved ones at home longer. Also, research indicates that families using adult day care on a regular basis can often delay permanent placement in a memory care or nursing home for as long as 18 to 24 months.

While adult day centers offer one of the more affordable and preferred options for during the week, family members sometimes need or can benefit from using a specialized program that offers overnight respite, too. This type of respite can enable a family member to attend weddings, reunions or take trips when it would not be in the best interest of the person with AD to attend. You might just enjoy time alone.

Full time working caregivers need an occasional week end to simply re-energize. For those with other family members in the household, this provides valuable time to refocus on marriage, kids and grandchildren again. It helps promote healthy relationships and lifestyles. It allows us to be more loving and patient.

Caregivers must practice letting go in order to hold on to what really matters. It's about improving quality of life...for everyone.

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



July 2015

W	1	Poole Ballet "Independence Day Salute"	1:45 pm
Th	2	Heart of Texas Therapy Dogs	11:45 am
July 3*Closed for the Independence Day Holiday!!!**			
M	6	Entertainer Norris Perry performs	1:45 pm
Th	9	Larry Johnson entertains	1:45 pm
Th	10	Heart of Texas Therapy Dogs	11:45 am
T	14	Classical Violinist Henry Lee	11:00 pm
W	15	Tommy Ray sings your favs	1:45 pm
F	16	Heart of Texas Therapy Dogs	11:45 am
M	20	Crooner Toney Walsh performs for you	1:45 pm
F	24	Heart of Texas Therapy Dogs	11:45 am
		Dancing to tunes w/ DJ "My Music Guy"	1:45 pm
T	28	Texas Winds: "Swan Recital"	11:00 am
		July Birthday Party w/ Marty Ruiz	1:45 pm
Th	30	Heart of Texas Therapy Dogs	11:45 am



Independence Day Favorites...

"When I was a kid, it was fireworks. We had a great time shooting them at each other. I remember when one of my brothers hit the other one right in the middle of his forehead!" ~ Richard



"The Plano Symphony plays Patriotic Pops at the Eismann, and it is simply wonderful!" ~Pam

"Time off! No, seriously, watermelon, a cold beer, hot barbeque and just hanging out with the family & good friends." ~Jackie

"Grillin' with the guys!" ~Joel



"Well the fireworks, of course!" ~Evelyn

"Parades. Flags waving. Sparklers & the big fireworks at night. That undercurrent of excitement and 'one-ness' that everyone feels...its great!" ~Leanne

"Being with my most wonderful wife in the world. She is cute and beautiful, both inside and out." ~Carl


