



Friends News

1232 W. Beltline, DeSoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com



Meet the Friends Place Team

*

Marylynne Henry

*

Suzy

Dunn-Bradford

*

Yolanda Madison

*

Sharon Holmes

*

Evelyn Tave

*

Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Joyce Tarver, RN

Friends Connecting Friends Flea Market

Thank you to EVERYONE who was a part of our fundraising efforts for the Wounded Warrior Project. Collectively we raised over \$1500 for the organization. It was a fun filled day. The rain held off until the last hour - which we were happy to see. Our volunteers worked tirelessly to box up all our left over items for the Soul's Harbor of Waxahachie.

Most Enthusiastic Volunteer has to go to one of our family members, Carletta Guillory. She helped before the sale, she worked during the sale, and she swam to her car in the pouring rain after the sale! Carletta drove off with a smile on her face, telling us she was ready to do it again next year!!



A big thank you to all of our volunteers and groups that helped us make this possible:

Zeta Phi Beta Sorority, Costco Wholesale Club, Joseph Bunger, Marty Allen, Metro Southwinds Fellowship Church, Disciples in Christ Church, Cross of Christ Lutheran Church, Grace Presbyterian Village, Tony Battle Heartland Home Health, Elizabeth Abio with Homevestors, Saint Anne Episcopal Church and of course all our dedicated families and friends.

Father's Day with our Classic Cruisers

We had the best Father's Day Celebration ever with over 10 classic cars. The guys from the Cedar Hill Cruisers Club were generous enough to bring their 'babies' out for us to admire. There were classic Chevy's, a Corvair, and even a Bentley with a Rolls Royce motor. It was loads of fun. Check out our Facebook page to see photos of all the autos.

Featured Member of the Month

Betty Castleberry

Our featured member of the month is Betty Castleberry. Betty was born in Salina, Colorado. Although Betty has lived in Texas for a while, she will always be a Colorado girl. She was raised in the Gold Hill area, yes that area where the land was full of gold, and the mines were abundant. Growing up, Betty learned to love life and could see the beauty in most everything. Her family was very artistic and is definitely shown in her paintings. In September at our State Fair Exhibit Hall show, the art work that Betty shared with us was incredible. She captured the beauty of the place she grew up, and even now when we have an art class, she can create wonderful scenic views of Colorado and other mountain ranges. She is a real treat to have her at Friends Place.

Betty married Don Castleberry in the 50's, and "they" say it was the Greatest Love Story ever told.

She was involved in all the community events; painting all the drops for the plays, and helping any way she could. With her soft heart, it's no wonder she and Don were a foster family. She opened her house and heart to many children and found it hard to send them on their way to other loving families, but did so knowing she gave them a good foundation. I am sure her baking played a big part in that as she was known by many as "Apple Betty". Yum Yum.

She is a wonderful addition to our Friends Place family and look forward to her smile each day she is here.

**A Warm Friends Place
Welcome To**

**Sherry Beason
Henry Hicks
Teresa Hanson
Jessie Mullen
Virginia Horstmann**

Caregivers 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 Thanks our Veterans

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:

Army

Armon Allen
Jack Asbury
John Griffin
Marvin Hall
Oscar Harrison
Lamar Johnson
Robert Moore
Robert Shields

Navy

Randy Bozart
Charles Hill
Robert Shields
Michael Tillman
Charlie Wade

Air Force

Gene Guillory
Henry Hicks
John Perrin
Ross Wyche

Happy July Birthday to:

Helen Hickman – July 5

Jean Casteel – July 6

Marvin Hall – July 22

Charles Russell – July 29

Lisa Stinson – July 22 (FP Team)

Support Groups and Education for Caregivers in the Southwest Dallas Area

Alzheimer's Support Groups

PLEASE NOTE NEW TIME!

Date: Tuesday, July 14

Time: 2:00 p.m. - General Discussion

Date: Tuesday, July 28

Time: 2:00 p.m.

Speaker: Debbie Lundy, RN,

Dignity Private Care and Hospice

Topic: Safety with Activities of Daily Living

Activities for your loved one at no charge while you attend the meeting, with reservations.

Call 972.274.2484.

Location: Friends Place Adult Day Services
1232 W. Belt Line Road
DeSoto, TX. 75115

Date: Saturday July 18

Time: 11:00 a.m.

Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, July 8

Time: 6:30 p.m.

Location: Hillcrest Baptist Church
255 W. Pleasant Run Rd
Cedar Hill, Tx.
Questions: 214-718-1286

Parkinson's Support Group

Caregiver Support Group

Date: Thursday July 16 at 1:00 p.m.

Covered Dish Dinner

Date: Monday July 27 at 6:30 – 8:00 p.m.

Location: Trinity United Methodist Church
1302 South Clark Road
Duncanville, TX 75137

For other scheduled activities for the Parkinson's group, please contact Wanda at calljw@sbcglobal.net

Friends Place Adult Day Services
1232 W. Beltline Rd
DeSoto, Tx. 75115

July Happenings!

Th	2 nd	Party with Marty Ruiz	11:30 am
F	3 rd	CLOSED	
F	17 th	Memories in the Making	10:00 am
M	20 th	First Annual Pie Eating Contest	1:30 pm
T	21 st	Zeta's Sorority	10:45 am
W	22 nd	Sarah's Birds of Texas	1:30 pm
Th	24 th	Norris Perry	11:30 am
M	27 th	Yoga with Charla	2:15 pm
W	29 th	July Birthday Celebration with Joseph Bunger	1:30 pm

Happy Independence Day

*Friends Place is
Closed on Friday July 3*

Christmas in July

*Look for our Holiday Celebration
during the heat of the summer!*

