



Friends News

3300 W. Eldorado Parkway, Suite 500 McKinney TX 75070 (972) 569-9000 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

John Ketchum VA
Bill Larrow VA
Judy Telford
Frank Crast VA
Tom Miller
Carole Miller
Bob Coe
Bert Larochelle
Rose Garrett

Birthday Celebrations

Don Peterson 7/7
Roberto Christy 7/9
Jeff Halderman 7/14
Barry Beeson 7/18
George Reichert 7/25

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:

Army

Del Swearingen
Tom Lambert
Del Bryant
Gerard Vaughn
Roberto Christy
Joe Dungan
Mike Zelsman
Homer Rich
Frank Crast
Lee Cronister
John Ketchum

Air Force

Dick Meier
Stuart Smith
George Reichert
Sam Winborn
Chuck Palmer
Don Peterson
Rich Tobaben

Navy

Ben Golden
Barry Beeson
Ken O'Grady
Bobby McMenamy

Coast Guard

Tom Miller
Ed Zeigler

Marines

Tim Heffernan



Member of the Month – Bobby McMenamy

Bobby McMenamy was born on November 23, 1926 to ML & Ona McMenamy in Electra, Texas. Like a lot of families in the “old days” Bobby was from a family of 12 children. He spent most of his younger years in Van Alstyne, Texas, which is just 10 miles north of Friends Place here in McKinney. Bobby’s dad was a plumber so it was natural for him to help his dad with jobs around the house and in the community. At the early age of 17 Bobby left high school and joined the Navy. During his time in the service, Bobby was assigned to U.S. Navy Seaplane Tender USS Hamlin (AV-15).

Upon returning from the Navy friends of Bobby introduced him to his future wife, Marjorie who he married in 1950. As newlyweds they first resided in Van Alstyne and then moved to Allen 1962. While in Allen, Bobby worked for Leo Dement, a local homebuilder learning everything he could about constructing homes. Around 1966, Bobby then worked for McKinney Job Corps, first serving in building maintenance but later becoming a teacher. While working for the Job Corps, Bobby used the skills he had acquired while working with his dad and became a licensed Master Plumber. Bobby feels his greatest achievements in life are his five children. He lives with his oldest child, Patricia and has 5 grandchildren and 6 great grandchildren. Bobby loves country music and his favorite musician is Hank Williams. He and his wife would fall asleep each night listening to their Hank Williams songs. His children asked him about that and he said, “I like to sing your mother asleep.”

Bobby is at Friends Place 5 days a week and is always willing to help the staff! Whether it is moving furniture or assisting other members, you can count on Bobby to be there!



Independence Day Salute to our Military Men

(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.

Three Cheers!

The Friends Place Fifth Annual Classic Memories Car Show & Father’s Day Celebration was a huge success, with over 13 beautiful vehicles participating. We want to extend our deep gratitude to those car owners, and also to all of the FP staff, industry partners and caregivers who truly went “above and beyond” to make the day a terrific one for all of our members!

Can You Hula?

Friends Place will be hosting a “Hawaiian Luau” on Tuesday July 14th. Festivities will include a member and staff hula hoop and limbo contest, dining on the favorite foods of Hawaii, and of course listening to a recording of Don Ho singing “Tiny Bubbles”. Kal and Barbara Wong will be here with their ukuleles to lead us in the playing and singing of traditional Hawaiian songs. Rumor has it that there might be a professional hula dancer giving our members dancing lessons.



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 care giving. 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.

Alzheimer Association's Caregiver Support Groups

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.

The support group meeting scheduled for July 23rd will feature Carole Larkin, Certified Dementia Consultant with ThirdAge Services. Her company is composed of independent care managers devoted to families with a loved one having any form of dementia -- including Alzheimer's, Vascular Dementia, Lewy Body Disease, FrontoTemporal disease, Stroke, Parkinson's with Dementia, and Dementia with depression. Carole will be here to talk to our caregivers about best practices relative to communicating and handling difficult behaviors with their loved ones. Bring with you your most difficult situation and Carole will help you find a solution!

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.



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



Event Highlights for July

July 1 st	Sam Baker – Acoustic Guitar
July 3 rd	4 th of July Celebration!
July 6 th	Monthly Devotional - Dick Meier
July 8 th	Richard Barry on the Keyboards
July 9 th	Caregiver Support Meeting
July 9 th	Master Gardner's Planting Event
July 14 th	Friends Place Goes Hawaiian - Luau
July 15 th	Jessie Frank – Guitar Favorites
July 17 th	Texas Therapy Dogs
July 22 nd	Robin Oxley on the acoustic guitar
July 23 rd	Caregiver Support Meeting


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.



Monday	Tuesday	Wednesday	Thursday	Friday
				
		10:15 Be the Judge/Memory Street/Places Lived 11:15 Chair Yoga 11:45 Sing Along 1:30 Sam Baker-Entertainment 2:30 BINGO – Therapy Ball/Enrichment Activity 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of fortune/Enrichment Activity 4:30 Ice Cream Parlor Mining/Brain Drain 5:00 U.S. Cities & their nick names 5:30 Board Games	10:15 Famous Scandals/Double EE's/ Grocery Store Scavenger hunt 11:30 Chair Yoga 11:45 Sing Along 1:30 Who Invented What?/Memory Street/ Name 5 2:15 BINGO/What's Next /Bean Bag Toss 3:30 Sit & Be Fit/Enrichment activity 4:00 Wheel of Fortune/Enrichment Activity 4:30 National Parks & Landmarks/Colors 5:00 Do You Remember? 5:30 Finishing Words	Happy 4th of July Closed for the Holiday
10:15 The Eyes Have It /Floral Designs/ Automobiles/Items in a Car 11:15 Chair Yoga 11:45 Sing Along 1:30 Devotional /What Am I?/Wild Animals Viewing Postcards 2:15 Bingo/Horseshoes/Enrichment Activity 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Member Choice 4:30 Ultimate Senior Trivia/Favorite pets 5:00 Finishing Words 5:30 Domino's	10:15 Expressions w/ People/childhood Games/Things found in or on 11:15 Chair Yoga 11:45 Sing Along 1:30 Person of the Year/End to Beginning Words/Who's Who 2:15 Bingo/Bean Bag Toss/Enrichment Activity 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Tri-Tri Again/A to Z names 5:00 Book of Clues 5:30 Memory Street	10:15 US Presidents /Categories / Summertime 11:15 Chair Yoga 11:45 Sing Along 1:30 Richard Barry-Entertainment 2:15 Bingo / Therapy Ball /Enrichment Activity 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Enrichment Activity 4:30 Double Letter Words/Mind Stretchers 5:00 Famous Folks 5:30 Mind Stretchers	10:15 Fairy Garden/Blasts From Past/Words about Weather 11:15 Chair Yoga 11:45 Sing Along 1:30 Jeopardy/Last Word/Packing to Ski 2:15 Bingo/Bouncy Basketball/Zoo Animals 3:30 Light & Lively/Member Choice 4:00 Wheel Of Fortune/Memory Street 4:30 Person Place or Thing/Names A-Z 5:00 Long & Short Trivia/ H words 5:30 Name a State & Fact about each on Map	10:15 States/Finish the Quote / Words beginning with ST & CH 11:15 Chair Yoga 11:45 Sing Along 1:30 Book Club/Brain Drain/ Concentration Cards/Poker 2:15 Bingo/Bean Bag Toss/Picture Story 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Member Choice 4:30 End to Beginning Words/Going on a Picnic 5:00 – 6:00 Popcorn & Movie
10:15 Finishing Words/Floral Design/ Last Words 11:15 Chair Yoga 11:45 Sing Along 1:30 Easy Does it Trivia/Memory Street/Design a Kitchen 2:15 Bingo/Horseshoes/Finishing Quotes 3:30 Sit & Be Fit/Enrichment Activity 4:00 Which Country is it?/Favorite Vacation Spots. 4:30 Wheel Of Fortune/Enrichment Activity 5:00 UNO 5:30 The Color of Money	FRIENDS PLACE GOES HAWAIIAN 10:15 Trivia/Memory Street/In a Class Room 11:15 Chair Yoga 11:45 Sing Along 1:30 Who Wants to be a Millionaire/Things Found in a Park/Quotes 2:00 LUAUA 3:30 Sit & Be Fit/Memory Street 4:00 Wheel Of Fortune/Enrichment Activity 4:30 Animals in the Ocean 5:00 Red White & Blue	10:15 Brain Drain/Things Found at... /A day at the beach 11:15 Chair Yoga 11:45 Sing Along 1:30 Jesse Frank – Guitar Favorites 2:15 Bingo/PersonPlaceThing/TherapyBall 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Activity 4:30 Trivia/Vacation Destinations 5:00 Dominos 5:30 Unscramble the Words	10:15 Ultimate Senior Trivia/ Brain Drain/ Things Found in the Ocean 11:15 Chair Yoga 11:45 Sing Along 1:30 Make Your Point/Hula Hoop Dice/ Opposite Word Meanings 2:15 Bingo/Enrichment Activity/Basketball 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of fortune/Name that State 4:30 What am I/Card Game War 5:00 Uno 5:30 Clues to the Mystery	10:15 Ultimate Senior Trivia/Double EE's/What is the color white 11:15 Chair Yoga 11:45 Sing Along 1:30 TEXAS THERAPY DOGS -dog names Poker Tournament 2:15 Bingo/Male Names A to Z/Parachute 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Name that tune 4:30 Word Ladder/Hobbies 5:00 – 6:00 Popcorn & Movie
10:15 Which State is it?/Concentration Cards/Rainbow of Colors 11:15 Chair Yoga 11:45 Sing Along 1:30 Memories in the making/Mind Stretchers/Spectrum of Color 2:15 Bingo/Finish the Quote/Therapy Ball 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of Fortune/Trivia 4:30 Word Ladders/Trivia 5:00 Pastime Card (faces & places) 5:30 Mothers & Fathers	10:15 Famous Couples/A to Z Food/Easy Random Trivia 11:15 Chair Yoga 11:45 Sing Along 1:30 Dominoes/US States/ Things found in or on 2:15 Bingo/Bean Bag/Finish the Quote 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/All About You 4:30 Make your point/Last words 5:00 Memory Street 5:30 What's Next	10:15 Trivia/Childhood Games/Things You find in your Refrigerator 11:15 Chair Yoga 11:45 Sing Along 1:30 Robin Oxley-Acoustic Guitar 2:15 Bingo /Therapy Ball/ Things You Hear Outside 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Changes in Season 4:30 Name the states/Memory street 5:00 Out in the Winter 5:30 The West Coast of USA	10:15 Distinguished Women/ Easy Does It Random Trivia/ Picture Stories 11:30 Chair Yoga 11:45 Sing Along 1:30 Poker / Finishing Words/ I Hear Memories 2:15 BINGO Basketball/ Brain Stretchers 3:30 Sit & Be Fit / Member Choice 4:00 Senior Trivia / Blasts From the Past 4:30 Wheel of Fortune/Enrichment Activity 5:00 Trivia 5:30 Last Words	10:15 Red White & Blue/Things In Community/Pastimes 11:15 Chair Yoga 11:45 Sing Along 1:30 Book Club/Opposite Words/ Plant A Garden!/Poker Tournament 2:15 Bingo/Therapy Ball/ Word Game 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/All about Sports 4:30 Spectrum of Colors/Quotes 5:00 – 6:00 Popcorn & Movie
10:15 Ultimate Senior Trivia/Floral Design 11:15 Chair Yoga 11:45 Sing Along 1:30 The Price is Right/Enrichment Activity 2:15 Bingo/Finishing Words/Things Found In or on 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of fortune/Trivia 4:30 Senior Trivia/Things the color yellow 5:00 Hula Hoop Dice/Senior Trivia 5:30 Ultimate Senior Trivia-Geography	10:15 American History/Where are we Now/Rainbow Objects 11:15 Chair Yoga 11:45 Sing Along 1:30 US Geography /Words with OO's & EE's/Occupations 2:15 Bingo/Therapy Ball/Sort & Match 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Coin Sorting 4:30 Presidential Trivia/Postcards 5:00 Senior Trivia-US States 5:30 Cards	10:15 Nicknames of Famous/Memory Street/Mind Stretchers 11:15 Chair Yoga 11:45 Sing Along 1:30 Special Entertainment 2:15 Bingo/Therapy Ball/ Going On A Summer Picnic 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of Fortune/What's Next 4:30 History Quotes/World Map 5:00 Wild West 5:30 Mixed-Up Words	10:15 Radios Golden Years/Blast From the Past/Animals in the Wild 11:30 Chair Yoga 11:45 Sing Along 1:30 Dates in History/Rhyming words/ Things the color yellow 2:15 BINGO/Opposite Words/Horseshoes 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel of Fortune/Word Ladder 4:30 Come in Threes/Card game 5:00 Famous People 5:30 Legendary Places	10:15 Senior Trivia/Occupations/ Picture Stories 11:15 Chair Yoga 11:45 Sing Along 1:30 Book Club/What's in my Kitchen?/ Finish the Quote/High Stakes Poker 2:15 Bingo/Name some Special Occasions/ Bean Bag Toss 3:30 Sit & Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/I Hear Memories 4:30 Trivia #52/Memory Street 5:00 – 6:00 Popcorn & Movie

Daily 9:00-10:15 am, Coffee, Chit Chat, News & Views – All activities subject to change. Breakfast & Morning snacks until 10:00am. Lunch @ 12:30 pm. Afternoon snack served at 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
		Oven Fried Chicken Mac and Cheese Chopped Broccoli Cole Slaw Banana Pudding w/Vanilla Wafer	July 4th Picnic! Hamburgers & Hot Dogs Three Bean Salad Baked Chips Garden Salad Red White & Blue Parfait	Happy 4th of July! Closed
Pulled Pork Loin Black Eyed Peas Green Beans Corn Bread Garden Salad Peach Cobbler	Swedish Meatballs Seasoned Rice Mixed Vegetables Spinach Salad w/Mandarin Oranges Pecan Tarts w/Whipped Cream	Chicken Nuggets w/Dipping Sauce Potato Salad California Blend Veggies Garden Salad Fruit Cup	Baked Fish w/Tartar Sauce Pasta Salad Fresh Vegetables Cole Slaw Chocolate Brownies	Egg Rolls Chicken Stir Fry Oriental Vegetables Garden Salad Cherry Dump Cake
Turkey Tetrazzini Mixed Vegetables Apple Sauce Garden Salad Ice Cream w/Toppings	Salad Trio Plate Chicken Salad Pasta Salad Cottage Cheese w/Peaches Garden Salad Apple Pie	Birthday Celebration! Beef Lasagna Italian Blend Vegetables Garlic Bread Garden Salad Birthday Cake	Chicken Fajitas Spanish Rice Ranch Beans Garden Salad w/Avocado Sopapilla w/ Whipped Cream	Pizza Assorted Topping Sweet Pea Salad Fresh Fruit Cole Slaw Pound Cake w/Fresh Fruit
Ravioli w/Tomato Sauce Green Beans Garlic Bread Spinach Salad w/ Mandarin Oranges Butterscotch Pudding	Slice smoked Sausage Red Beans and Rice Normandy Blend Vegetables Cole Slaw Snickerdoodle Cookies	Teriyaki Chicken w/Pineapple Slice Parsley Potatoes Mixed Vegetables Garden Salad Ice Cream Bars	Meatloaf w/ Gravy Mashed Potatoes Nantucket Blend Veggies Garden Salad Strawberry Shortcake w/Whipped Cream	Breaded Chicken on a Bun Dill Pickle Garnish Shredded Carrot and Raison Salad Cole Slaw Ambrosia
Chicken Parmesan Pasta w/Olive Oil Italian Blend Vegetables Spinach Salad w/ Mandarin Oranges Fresh Watermelon	Vegetable Lasagna Scandinavian Vegetables Garlic Bread Garden Salad Lemon Cake w/Cream Cheese Frosting	Bratwurst Sauerkraut German Potato Salad Corn Medley Garden Salad Chocolate Brownies	Soft Beef Taco Spanish Rice Ranch Beans Cole Slaw Oatmeal Cookies	Salisbury Steak Mashed Potatoes Green Beans Garden Salad Cheesecake w/Fruit Topping

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

Date June 26, 2015

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