

Friends News



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Friends Place Celebrates its 10th Year Anniversary!

On September 6, 2005 to be exact, Friends Place welcomed Robert Vest as its very first member/program participant. And, on that day he was the *only* member there. That first day will always have a great and special meaning for me as will Robert. He was the perfect person to have forever embedded in both my memory as well as my heart and entwined with all the other memories of the comedy of errors that are to be expected on the opening day of a brand new business. Countless times through the years, I have shared with others what the first day...first week...first month at Friends Place was really like. I always found that the easiest way to describe Robert was to say that if it were possible to look up a "genuine Texas gentleman" in the dictionary, you would see a photograph of Robert Vest. He was someone that you felt like you should address as mister but on that first day, he gave us permission to call him Robert.

Robert showed up the first morning, as did he every day after, dressed in his slacks, sport coat and the greatest looking dress cowboy hat that I had ever seen. As soon as he came in, he removed his hat and placed it on the very top of our amoire, where it remained until time to leave at the end of the day. Even now, I'm not really sure if it was the hat that was so impressive or was simply the image created by the man that was wearing it.

True to his southern upbringing in rural west Texas, he was always polite and typically soft-spoken. Robert's faith and his family-his wife and two loving daughters-were the most important things in his world. He was the first member, of many to follow, asked to lead us in prayer before lunch. With his quiet demeanor, there was some doubt if others would be able to hear him but he surprised us all as his strong, faithful and commanding voice beginning the prayer with a resounding "Dear Heavenly Father" loud enough for all to hear. After I thanked him, he thanked me "very kindly" for asking him. This was the first of the many lessons that staff learned from those entrusted to us. The essence of a person remains despite the disease.

Since that first day we have been blessed with the privilege and the honor to know and serve 890 other members. During these past 10 years we have provided a total of 102,934 days of services to these members and their families. To assist our families and caregivers, staff have facilitated almost 500 support groups and educational meetings, provided countless private care consultations as well as plan numerous events and after-hour family programs and socials.

Please know that it has been our pleasure to discover the essence of each one of our members, to learn their life stories and to provide them with the opportunity to continue to live their life to the fullest. On behalf of Jane Kovacs and all of our amazing staff members, I thank you for your trust, confidence in our programs and being a special part of our lives during these past 10 years.

With sincere appreciation,

Pam Kovacs Johnson, Founder/ Executive Director

**Celebrate National Adult Day Services Week
September 13th – 19th, 2015
“Adult Day Services:
Living Well Into the Future”**

What a great theme to highlight the importance of wellness – both as a goal of care as well as a benefit- for programs offered by adult day centers across the county.

In 1983, former President Ronald Regan proclaimed that the 3rd full week be set aside in September as National Adult Day Services Week to increase national awareness and accessibility of adult day services (ADS).

Although many communities throughout the country still are underserved by adult day programs, the numbers of centers continue to rise each year. Findings from the 2010 MetLife Survey reflected 4,600 centers which was a 35% increase since 2002. And, in 2014 the National Adult Day Services Association reported 5,685 centers.

Many things have changed since 1983 and so has the world of adult day services. Now, instead of going to “day care”, adults can attend “social and wellness” centers. Even the Texas Department of Aging and Disability Services (DADS) has recently announce a name change from “adult day care” to “Day Activity and Health Services”, effective September 1st.

The shift of focus of day programs and services to one of social and wellness has increased recognition of the important role of these centers in Long-term Care. Other key findings from the MetLife Survey showed that ADS are:

- Leaders in community-based care for individuals with Alzheimer’s and other dementia
- Essential source of support for family caregivers
- Able to provide comprehensive health care with Professional nurse on staff and staffing ratios
- Manage chronic diseases with a heightened focus on prevention and health maintenance.

ADS provide a care option that supports individuals as well as their caregivers and helps them all live well.

Meet the “Y’s”

Member of the Month, Bettie Yarber...

This month, we meet the lovely Bettie Yarber. She originally hails from Texas, but has literally lived throughout the USA...including the states of Illinois, Idaho, Rhode Island, California, and Washington. Bettie was active in sports, an excellent student, and she eventually became an accomplished Registered Nurse and nursing instructor.

A gentle, sensitive soul, Bettie enjoys Bible study and books by Christian authors, collecting antique glass, vacationing in the New England states, seafood, dogs, gardening, visiting with family and friends, and celebrating her children and grandchildren’s birthdays.

Bettie’s close family includes her husband of 54 years, William, daughters Shannon & Kirsten, and now their own families. Her four grandchildren-two boys and two girls- are the apples of her eye! We are delighted to call Bettie our friend, and welcome her to the FP gang!

...and Staffer Leanne Yarrow!

Leanne has thoroughly enjoyed the past five years at Friends Place. She is responsible for a little bit of everything, including small & large group activities, planning and implementation of special events, tours, newsletter writing & facilitation of support groups.

Growing up in a very small Missouri town gave this somewhat city girl a country heart. After college, Leanne lived in the Boston area for a couple of years before moving to Texas, where she met her husband, John. They celebrated their 28th wedding anniversary this summer with a wonderful European vacation. Daughters Hope and Olivia are both now college grads, happily involved in their own careers, while youngest son, Myles, just started college. So the Yarrowes are well on the way to being “empty-nesters.”

Some favorites? Reading, travel, decorating, yoga, the arts, music, learning, just puttering around, gardening, hiking, canoeing, history, psychology, good food, fine wine, and of course, spending precious time with family and dear friends. Leanne considers it truly an honor to work with FP members, families, and other employees.

Happy September birthdays to...

Pat Ashenden	2nd
Pam Johnson	6th
Jody Wosensiedler	6th
Martha Burleson	7th
Willard Baker	10th
George Esterly	10th
Fern Livingston	13th
Larry Moody	23rd
Joan Blackmar	27th
Imogene Stevens	28th
Michael Casey	30th
Alice Verhotz	30th

It's Fall Fair Time!

Our annual autumnal festival swings into gear the last week of September/first days of October. We've planned a packed week of music, entertainment, foods, midway games & FUN. One aspect of our fair is the Exhibit Hall. FP members are invited to put handicrafts, pieces of collections, or other items of interest on display, just as at the state fair. Examples are: photographs, needlework, canning items, woodwork, florals, clothing pieces, quilts and more. Please consider participating! More info will be available in the foyer soon.

Welcome to UTD Graduate Students

Welcome to the fall semester UTD students! Led by Diane Walsch, MS, CCC-SLP, they'll join us mid-September for clinical rotations. Always on the forefront of research & education in the field of aging and dementia, Friends Place is pleased to partner with several area universities for their internship programs.

And a warm Friends Place welcome to...

Pat Ashenden	Ezell Banks
Jackie Betterly	Ladell Billberry
Judy Fleming	Cheryl Harris
Janell Marek	Herb Rothschild
Anina Weinreb	Pat Worth
Kay Young	

Alzheimer's Assoc. Caregiver Support Group

These meetings, open to the general public, are held on the second & fourth Thursdays of the month, from 2:00-3:30 pm in the FP resource room. September 10 & 24 are this month's meeting dates. Activities & day services are available at no charge for family members with a reservation. Please call 972.437.2940.

**Thursday, September 24th
2:00-3:30 pm**

We welcome our special presenter,
Pam Johnson, Founder & Executive Director

Overcoming Spousal and Caregiver Guilt

Learn all about guilt – what it is,
and hope to cope.

Lewy Body Caregiver Support Group

LBD Caregiver Support Group meetings are held on the first Wednesday of the month, with the next one held on Wednesday, September 2, from 5:00-7:00 pm.

***If you know someone who might benefit from
either of these groups, please let them know!***

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

September

*"September days are here with summer's best of weather
and autumn's best of cheer." H. H. Jackson*

W	2nd	The fabulous Norris Perry	1:45 pm
Th	3rd	Heart of Texas Therapy Dogs	11:45 am
M	7th	CLOSED for Labor Day holiday	CLOSED
T	8th	Musician Tommy Ray performs	1:45 pm
Th	10th	Texas Winds Vocal Pops	11:00 am
F	11th	Heart of Texas Therapy Dogs	11:45 pm
W	16th	Classical Violinist Henry Lee	11:00 am
Th	17th	Heart of Texas Therapy Dogs Entertainer Bill G	11:45 pm 2:00 pm
M	21st	Crooner Toney Walsh sings favs	1:45 pm
F	25th	Heart of Texas Therapy Dogs	2:00 pm
M-F		<i>FP Annual Fall Fair Week!</i>	All week
W	30th	Birthday Party w/ Marty Ruiz	1:45 pm

**Support Alzheimer's care,
support & research.**

JOIN OUR FRIENDS PLACE TEAM!

**2014 Greater Dallas
Walk to End Alzheimer's
Saturday, September 26**

Walk at 9:00 am

AT&T Plaza at American Airlines Center

Find the FP team online at alz.org & sign up, or
Contact team captain Malissa for some help!

If you are unable to walk but would like to contribute,
please participate by donating & posting an "In honor
of..." flower in the FP foyer. See Jackie for details.

Every dollar you raise helps to find a cure.