



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

Sandra Cheek
Rita Bean

Birthday Celebrations

Ben Golden	9/9
Tom Lambert	9/9
Ed Zeigler	9/10
Mike Zelsman	9/19
Frank Crast	9/22



Special News and Program Highlights

Friends Place Fall Fair is almost here!

The Friends Place Fall Fair will be taking place the first week in October, coinciding with the Great State Fair of Texas. We are planning an exciting week, complete with story-telling and reminiscing, a “midway” with interactive games, fantastic foods found only at the State Fair, and our very own “Exhibit Hall.” This particular area is where we need your help!

We are looking for exhibitors! We know we have many talented members and loved ones. If you paint, do any kinds of woodworking, photography, needlework or collecting then please consider reserving a space to share your hidden talents.

Family and friends are invited to tour the exhibit hall when it opens on October 5th and runs through October 7th.

Need Transportation?

Transportation to and from our center can be a real challenge for our busy caregivers. Some of you may have seen the blue busses parked up front dropping off and then picking up some of our members. These services are provided for all cities in Collin County (except Plano) via Go TAPS our public transportation provider. The cost for a one-way trip is only \$1.00 (a little more if you live outside of McKinney) and they pick up your loved one right at your home. When you call you will be able to select specific days and times for both the pick-up and drop-off. If interested give them a call at 800-256-0911.

Member of the Month

Linda Martinson was born in Rome, Georgia to Rex Livingston & Frances Conn Webb. Her grandfather, Reverend William Francis Conn was a well-known Baptist minister in Rome. Her grandmother was Bonnie Medlock Conn.

Linda's father was an Industrial Engineer for United States Steel in Birmingham, Alabama. Her mother was active in church work all her life. She was a strong leader and was the president of several clubs.

Linda is the older of two children. Her brother Rex Jr. is married to Jackie. They have a daughter, Heather, and live in a suburb of Birmingham. Linda met her husband, George, while in college. They had a daughter and named her Bonnie who has been a joy. Linda received a degree from the University of Alabama in Speech, Language and Hearing Therapy. She worked as a Speech Pathologist in Alabama and Texas. George received a degree in business from the University of Alabama. Linda worked in the Birmingham schools.

George enrolled in law school at Samford University Cumberland School of Law. He practiced law in Birmingham until his death from cancer. Linda's mother suffered health problems related to asthma. Her sister, Doris, lived in Dallas and encouraged her to move to Dallas. Linda and her daughter also moved to Dallas. Bonnie attended schools in Dallas and received a Special Education degree from North Texas University. She has taught special education since graduating. She and her husband, Bill, have two children, Ryan and Sarah. Linda is very proud of both of them. Linda loves coming to Friends Place. She feels it is one of the greatest blessings of her life and we feel she is one of our greatest treasures here at Friends Place!



Activity-Based Care

Caregivers are always asking us about activities that they can do with their loved one when they are not at Friends Place. Activities are the things that we do. They include getting dressed, doing chores, playing cards and even paying bills. They can represent who we are and what we're about. Most people with Alzheimer's disease still have the energy and desire to do things but lack the ability to organize, plan, initiate and successfully complete even simple tasks of daily life. The objective of good activity programming is not only to serve the best interests of the participants but also make activities a rewarding experience for both the person with Alzheimer's and their caregiver. If an activity is to be meaningful, it must have purpose, be voluntary, feel good to the participant and offer the person with Alzheimer's a reasonable chance of success. Activities can be:

- A personal encounter – Making eye contact, exchanging greetings or simply smiling.
- Naturally offered by the environment – Arranging furniture, books, or other household items.
- Daily Housekeeping routines – Tasks such as folding laundry, sweeping, dusting, setting and clearing tables.
- Self-care activities – Dressing, bathing, grooming and dining help to reinforce the individual's identity and sense of autonomy.
- Planned scheduled events – Not everything has to be innovative and exciting, there is much joy in just enjoying each other's company.
- Spontaneous activities – Ad hoc activities can be used as a way to divert your loved one from a difficult or potentially dangerous behavior.

Activities can be planned on a one-on-one basis or as group. One-on-one activities, which are useful for loved ones whose attention is difficult to maintain, provide intimate, private time to build relationships. Group activities promote socialization and a sense of belonging.

**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.

**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. This month’s meetings will be held on September 10th & 24th.

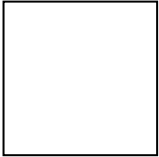
At our last caregiver meeting Ginger had the support group decide on the next topic for our meeting. They all know that there are times when care is needed beyond what Friends Place can provide. On September 24th industry executives will be here to explain the role of in home care and helping caregivers decide if personal or companionship services are required or medical care (typically physical therapy) directed through physicians orders.

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 September

September 2nd Robin Oxley on the acoustic guitar
September 4th Book Club Every Friday
September 8th Painting Class
September 9th Richard Barry - Keyboards
September 10th Caregiver Support Group Meeting
September 11th Friends Place Goes to the Dogs
September 14th Devotional - Dick Meier
September 16th Jessie Frank – 50's Party!!!!!!
September 23rd Sam Baker – Acoustic Guitar
September 24th Caregiver Support Group Meeting

Support the Cause!

Take part in the world's largest event
supporting Alzheimer's care, support &
research.

Every dollar you raise helps to find a cure.

JOIN OUR FRIENDS PLACE TEAM!

2015 Collin County

Walk to End Alzheimer's

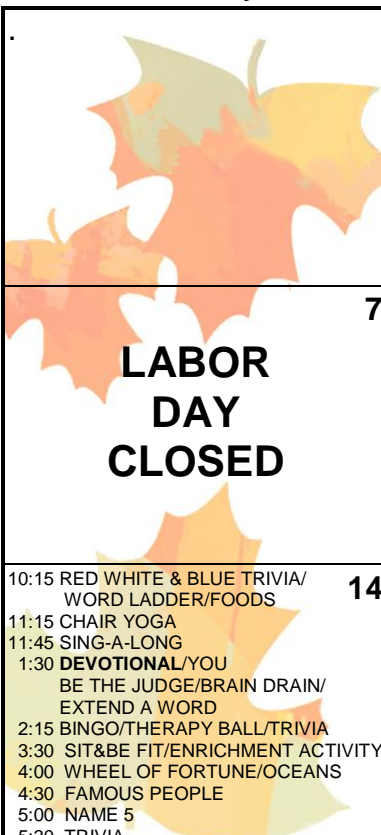

Saturday, September 26th

Registration at 7:00am | Ceremony at 8:30am |




Walk at 9:00am

Frisco Square

Find the FP team online at alz.org & sign up, or ask
Michelle for additional help. See you in Frisco on
Saturday morning, September 26th!

Monday	Tuesday	Wednesday	Thursday	Friday	
 LABOR DAY CLOSED	10:15 WORLD OF MUSIC/EASY TRIVIA/THINGS IN YOUR HOUSE 1 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 LADIES UNO/SPORTS TRIVIA/ WHATS NEXT/QUOTES 2:15 BINGO/THERAPY BALL/TRIVIA/ PLACES TO TRAVEL 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/NAME 5 4:30 SENIOR TRIVIA 5:00 WORDS OF WISDOM 5:30 FAMILY TRIVIA	10:15 NAME THAT STATE/RHYMING WORDS/TRANSPORTATION 2 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 Robin Oxley - Guitar 2:15 BINGO/THERAPY BALL/ANIMALS AT THE ZOO 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/BLAST PAST 4:30 EVERYTHING "RED" 5:00 LONG & SHORT TRIVIA 5:30 SENIOR TRIVIA	10:15 ULTIMATE TRIVIA/DOUBLE "OO" THINGS FOUND IN/ON 3 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 US PRESIDENTS/CHILDHOOD GAMES/GROCERY STORE HUNT 2:15 BINGO/THERAPY BALL/OPPOSITES 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/CARDS 4:30 WORD MINING 5:00 DOMINOES 5:30 MEMBERS CHOICE	10:15 EVENTS IN HISTORY/IN THE NEIGHBORHOOD/COLOR "BLUE" 4 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 BOOK CLUB/POKER/SPORTS/ ON A FARM 2:15 BINGO/THERAPY BALL/FOODS A-Z 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/MEMORY STREET 4:30 WILD ANIMALS 5:00 – 6:00 POPCORN & MOVIE	
	7 10:15 CREATIVE SPIRITS/PERSON PLACE THING/PICTURE STORY 8 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 MEMORIES IN THE MAKING /CONTINENTS/ ALL ABOUT CAMPING/NAME 5 2:15 BINGO/THERAPY BALL/TRIVIA/ 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/CARDS 4:30 FINISH LINE 5:00 DAILY FORCAST 5:30 FAMOUS QUOTES	9 10:15 HISTORY TRIVIA/DOUBLE 'EE' WORDS THAT START W/ B 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 RICHARD BARRY-KEYBOARDS 2:15 BINGO/THERAPY BALL/FAVORITE FOODS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/DO YOU REMEMBER 4:30 ABBREVIATIONS& MEANINGS 5:00 WORD LADDER 5:30 SENIOR TRIVIA	10 10:15 PRESIDENTAIL TRIVIA/END TO BEGINNING/COLOR GREEN 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 IMPORTANT EVENTS IN HISTORY RHYME TIME/SEASONS 2:15 BINGO/THERAPY BALL/SORTING 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/ACT YOUR AGE 4:30 SUMMERTIME 5:00 TRIVIA 5:30 SMALL TALK	11 10:15 PERSON OF THE YEAR/WORD CATEGORY/TOUCH TASTE FEEL 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 TEXAS THERAPY DOGS ALL ABOUT DOGS 2:15 BINGO/THERAPY BALL/POSTCARDS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/WEDDINGS 4:30 EZ TRIVIA 5:00 – 6:00 POPCORN & MOVIE	
	14 10:15 RED WHITE & BLUE TRIVIA/ WORD LADDER/FOODS 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 DEVOTIONAL/YOU BE THE JUDGE/BRAIN DRAIN/ EXTEND A WORD 2:15 BINGO/THERAPY BALL/TRIVIA 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/OCEANS 4:30 FAMOUS PEOPLE 5:00 NAME 5 5:30 TRIVIA	15 10:15 SETTINGS OF FAMOUS EVENTS/ VACATIONS/FOUND IN A PARK 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 PLACES TO TRAVEL/MAKE YOUR POINT/DICE GAME 2:15 BINGO/THERAPY BALL/SORTING 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/POSTCARDS 4:30 MEMORY STREET 5:00 TRIVIA 5:30 WALK DOWN MEMORY LANE	16 10:15 NICKNAMES OF THE FAMOUS/ MIND STRETCHERS/PLACES 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 JESSE FRANK- GUITAR 2:15 BINGO/THERAPY BALL/ MEMORY STREET 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/BLAST FROM THE PAST 4:30 TRIVIA 5:00 MIXED UP WORDS 5:30 ULTIMATE SENIOR TRIVIA	17 10:15 UNITED STATES/OUR COMMUNITY MANS BEST FRIENDS 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 MAKE YOUR POINT/SOUND OF MUSIC/SPECIAL OCCASIONS 2:15 BINGO/THERAPY BALL/COLORS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/DRAWING 4:30 LAST WORDS 5:00 DOMINOES 5:30 MEMBERS CHOICE	18 10:15 MILITARY LEADERS/EZ TRIVIA 5 SENSES 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 BOOK CLUB/POKER/SPORTS/ THINGS & SHAPES 2:15 BINGO/THERAPY BALL/YELLOW 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/PERSON PLACE OR THING 4:30 MOVIE TRIVIA 5:00 – 6:00 POPCORN & MOVIE
	21 10:15 ULTIMATE SENIOR TRIVIA/LADIES TALK/MEN TALK/PASTIMES 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 FAMOUS FOLKS/DOUBLE "EE" DRAWING ART 2:15 BINGO/THERAPY BALL/UNITED STATES 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/HERE&NOW 4:30 CHANGES IN THE SEASON 5:00 TRIVIA 5:30 CARD GAMES/DOMINOES	22 10:15 JOURNEY THRU 20 TH CENTURY WORD BUILDER/EVERYTHING WITH WHEELS 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 CLUES BOOK/IN A SCHOOL/ FRUITS & VEGGIES 2:15 BINGO/THERAPY BALL/COLORS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/SMALL TALK 4:30 STRENGTHEN YOUR MIND 5:00 TRIVIA 5:30 MEMBERS CHOICE	23 10:15 100 TOP ATHELETS/WHATS NEXT/ BRAIN DRAIN/COLORS 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 Sam Baker - Guitar 2:15 BINGO/THERAPY BALL/ ALL ABOUT SPORTS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/ARTS 4:30 TRIVIA 5:00 CARD GAMES/DOMINOES 5:30 ULTIMATE SENIOR TRIVIA	24 10:15 STRENGTHEN YOUR MIND/IN YOUR TOWN/THINGS YOU WEAR 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 WARTIME TRIVIA/OCCUPATIONS/ OPPOSITE WORDS 2:15 BINGO/THERAPY BALL/DICE GAME 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/MEMORY STREET 4:30 WHO WANTS TO BE A MILLIONAIRE 5:00 TOUCH TASTE FEEL 5:30 5 SENSES	25 10:15 TOP 100 FAMOUS PEOPLE/ AUTOMOBILES/ALL THAT GROWS 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 BOOK CLUB/POKER/MAD LIB/ WEAR IT 2:15 BINGO/THERAPY BALL/ 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/ CARDS 4:30 RYHMING STORY 5:00 – 6:00 POPCORN & MOVIE
28 10:15 DATES THROUGHOUT HISTORY/ WORD CATEGORY/IN A GARDEN 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 ARTS&CRAFTS/LAST WORDS/ SORTING 2:15 BINGO/THERAPY BALL/QUOTES 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/MISSING VOWELS 4:30 MEMORY STREET/CARDS 5:00 LONG & SHORT TRIVIA 5:30 WORDS AND NUMBERS	29 10:15 CLUES BOOK/ABBREVIATIONS WORD LADDER 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 PRESIDENTS/IN YOUR TOOL BOX SPELLING BEES 2:15 BINGO/THERAPY BALL/COLORS 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/SMALL TALK 4:30 STRENGTHEN YOUR MIND 5:00 PASTIMES 5:30 FAMILY TALK	30 10:15 LADIES UNO/GUY TALK/COLOR THERAPY 11:15 CHAIR YOGA 11:45 SING-A-LONG 1:30 SPECIAL ENTERTAINMENT 2:15 BINGO/THERAPY BALL/ ENRICHMENT ACTIVITY 3:30 SIT&BE FIT/ENRICHMENT ACTIVITY 4:00 WHEEL OF FORTUNE/DRAWING 4:30 EZ TRIVIA 5:00 COMPARISON GAME 5:30 LAST WORDS	 SEPTEMBER 2015 Friends Place of McKinney		

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
	Beef Lasagna Buttered Peas Hot Garlic Bread Garden Salad Banana Pudding w/Whipped Cream	1 Baked Chicken w/Gravy Hawaiian Rice w/Pineapple Green Beans Garden Salad Yellow Cake/Chocolate Icing	3 Glazed Ham Scalloped Potatoes Cinnamon Apples Mixed Vegetables Spinach Salad w/Mandarin Oranges Fresh Baked Brownies	4 Labor Day Picnic! Hamburgers and Hotdogs Baked Beans Potato Salad Cole Slaw Water Melon
 Happy Labor Day! Closed	7 Oven Baked Cod Tartar Sauce w/Lemon Seasoned Fries California Vegetables Garden Salad Fresh Baked Sugar Cookies	8 Glazed Meatloaf Macaroni and Cheese Chopped Broccoli Garden Salad Rainbow Sherbet	9 Chicken Nuggets w/Honey Mustard Sauce Pasta Salad Carrots Cole Slaw Chocolate Pudding	10 Vegetable Lasagna Seasoned Peas Beets Garlic Bread Spinach Salad w/ Mandarin Oranges Fresh Cherry Cobbler
Swedish Meatballs Seasoned Rice Mixed Vegetables Spinach Salad w/Mandarin Oranges Apple Pie	14 Smoked Turkey and Cheese Hoagie Baked Potato Chips Cottage Cheese w/Peaches Garden Salad Pound Cake	15 50's Sock Hop Day! Cheeseburgers French Fries Onion Rings Cole Slaw Chocolate Milkshake!	16 Birthday Celebration! Quiche w/Ham Hash Brown Potatoes Green Beans Garden Salad Birthday Cupcakes!!	17 Teriyaki Chicken w/Pineapple Ring Rice and Cheese Casserole California Vegetables Garden Salad Ambrosia
Soup and Salad Plate Garden Vegetable Soup Chicken Salad Pasta Salad Bean Salad Garden Salad Butterscotch Pudding	21 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Vegetables Garden Salad Ice Cream Sandwich	22 Turkey Tetrazzini Apple Sauce Beets Spinach Salad w/Mandarin Oranges Home Baked Cookies	23 Herb Crusted Tilapia Macaroni and Cheese Mixed Vegetables Cole Slaw Sponge Cake w/Toppings	24 Pepperoni Pizza Herb and Butter Pasta Sweet Pea Salad Garden Salad Fruit Cup w/Whipped Cream
King Ranch Chicken w/Seasoned Rice Mexican Corn Garden Salad w/Avocado Lime Sherbet	28 Chili Dog w/Cheese Baked Beans Fresh Fruit Garden Salad Peach Cobbler	29 Roasted Pork Black Eyed Peas Spiced Apples Corn Bread Spinach Salad w/ Mandarin Oranges Chocolate Cake	30	 SEPTEMBER 2015 Friends Place of McKinney

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

Date August 26, 2015

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