

Friends News



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Meet the Friends Place Team

Marylynne Henry

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Suzy

Dunn-Bradford

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Yolanda Madison

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Sharon Holmes

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Evelyn Tave

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Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Joyce Tarver, RN

*

Pam Long

*

Kathryn Rohloff

Volunteers

*

Tom Morrison

Jan Post

Help Support the Arts “Wine and Winds” Benefit Happy Hour

You are cordially invited to join Friends Place as we celebrate our 3rd Anniversary in serving the needs of families in the Best Southwest (DeSoto, Cedar Hill, Duncanville, and surrounding areas of Southwest Dallas County). We are going to celebrate by having a happy hour benefitting the

Texas Winds Musical Outreach Program

Tuesday November 17th

5:30 pm to 8:00 pm

At Friends Place, DeSoto

We will have raffle prizes, hors d'oeuvres, refreshments, and entertainment provided by the Texas Winds. Texas Winds always provides first class entertainment in the form of classical music performers. All donations and proceeds from the raffle will go to the Texas Winds Program. Texas Winds provides professional musicians to area Activity Centers, Nursing Homes, Senior Centers, and Independent and Assisted Living communities across the metroplex.

Come help us show our appreciation to this wonderful organization

Honoring Our Veterans

Friends Place will present our Annual Veterans Day Program

Monday November 9th

2:00 p.m.

Local dignitaries will be present to pay tribute to our members that have provided service in the armed forces. Families are invited to come and join us for this moving ceremony.

Holiday 2015 Schedule

The holidays will be here before you know it! Friends Place will be closed the following days to allow our team to spend time with their families.

Thanksgiving – Thursday and Friday, November 26 and 27

Christmas – Thursday, December 24 through Friday January 1

We will re-open on Monday January 4, 2016

Featured Member of the Month

This month we are very pleased to honor Ida Ruth Robertson as our Member of the Month. Ida comes in each day with a warm smile and she greets everyone as if she has known them her entire life.

Ida was born in Naples, Texas to Ethel and Jessie “Buck” Turner. Ida is the oldest of 4, so caring for others comes naturally for her. Her family says that her parents were the BEST, as they worked hard and were able to send all their children to college.

Ida graduated from Bishop College with a Bachelor’s degree in education and went on to receive her Master’s degree in Education from Prairie View A& M University.

Ida has touched the lives of so many students in 35 years of teaching, that even today, her students find the time to come and visit her often.

If you see Ida walking slow at times, it could be that her knees took quite the beating in high school basketball. She played varsity basketball and was, naturally the Star Player. I love to talk sports with Ida; basketball, the Cowboys, she is one great lady who loves her sports!!

Ida married Jimmy Edward Robertson and has been married for 43 years. They have one daughter, Shylondia Jones Peters. She has 2 wonderful grandchildren who she just beams whenever we talk about them.

Ida’s parents instilled a commitment to community and Ida passed that on to her daughter. She attends Oak Cliff Bible Fellowship Church, where she has been active molding the youth in the church. It would be time well spent to sit and talk to Ida the next time you’re at Friends Place. She loves family, people, sports, and the Lord; what else is there?

Overcoming Spousal and Caregiver Guilt

By Pam Kovacs Johnson

Feelings of guilt typically occur when a person believes that they have done something wrong or have violated a certain personal code of conduct. For a multitude of reasons, it is rare to find a family caregiver that is not consumed with guilt about something. Some guilty feelings can be avoided by accepting some basic realities and taking positive action steps.

Some common sources stem from the desire to be the perfect caregiver and/or the “I should be able to do more” syndrome. It might seem like a “36 Hour Day” at times but it’s not. Even if the days were twice as long, it would still not be long enough to do all the things that we think should be done. Are all of these tasks really necessary? Focus on the ones that are truly a priority.

Caregivers experience feelings of guilt about making mistakes, losing their patience, hating the tasks of caregiving or spending any time away from loved-ones. They feel guilty about their decisions. And when that time comes for a decision involving placement, the intensity of guilt can be emotionally overwhelming.

Seldom are these decisions made without a great deal of consideration. Writing down all the reasons allows families to review them later when feelings of guilt arise or they start second-guessing those choices. Usually it is the totality of many concerns that led them to make these difficult conclusions in the first place.

Actions steps for coping begin with modifying what can be changed– including your own personal expectations. Find the right person to share your feelings with. This is often another caregiver or professional that can offer honest empathy, support and direction. Give yourself permission to be “good enough” and recognize that every day you can only do the best you can do – that day.

Walk to End Alzheimer's Recap

The walk to End Alzheimer's was held Saturday, September 26th, and it was a huge success!! Thanks to all our family and friends who either participated or supported us on from the sidelines. The Dallas Walk to End Alzheimer's to date has raised \$988,375.31. With a goal of \$1.5 million, we are well on our way. Over 450 teams gathered on Saturday to take on this battle. The Friends Place Team had 39 members walking the Dallas walk. Friends Place Team raised to date \$3,695.00. Anyone wishing to donate can still do so until the end of November. The website is (<http://www.alz.org/greaterdallas>). Just search for the Friends Place Team.

Transportation Now Available

Through a partnership with Vision of Valley Transportation, we are now offering transportation to all of our members. For information about this service, please contact Marylynne or Suzy.

Friends Place Welcomes

Teruko Dinois
Dave Wheelis
Lloyd Lewis

Happy October Birthday

Marcelet Harris 10/1
Willie Williams 10/2
Leroy Jackson 10/9
Faye Skinner 10/17

Support Groups and Education for Caregivers in the Southwest Dallas Area Alzheimer's Support Groups

Date: Tuesday, October 13
Time: 2:00 p.m. - General Discussion

Date: Tuesday, October 27
Time: 2:00 p.m.
Speaker: Connie Smith, LVN
Family First Hospice

Topic: Connie will talk about when is hospice appropriate (HINT: it's not just at end of life) and what types of services are provided through hospice.

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, October 17
Time: 11:00 am
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, October 14
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

Date: Monday October 26
Time: 6:30 – 8:00
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

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October Happenings!

TH	1 st	State Fair Midway Day	All day
T	6 th	Canterbury Episcopal Sixth Grade Choir	11:00 a.m.
T	6 th	Octoberfest Luncheon	12:30 p.m.
W	7 th	Cassidy, Our Service Dog	10:45 a.m.
W	7 th	David Loving & Company Guitarist and Singer	1:30 p.m.
T	13 th	Caregiver Support Group	2:00 p.m.
W	14 th	Texas Winds Musical Outreach- Harpist and Cello	11:00 a.m.
T	20 th	Cassidy, Our Service Dog	1:30 p.m.
W	21 st	Kimberly Nicole- "Jazz Unplugged"	1:30 p.m.
F	23 rd	October Birthdays with Joseph Bunger	1:30 p.m.
M	26 th	Yoga with Charla	2:15 p.m.
T	27 th	Mike Frankel, The Accordion Man	11:30 a.m.
T	27 th	Caregivers Support Group	2:00 p.m.

October is Music Mania Month at Friends Place!



**Check out the lineup and plan on
joining us!**

**Canterbury 6th Grade Choir
David Loving Guitarist
Texas Winds Harpist and Cello
Kimberly Nicole Jazz Singer
Joseph Bunger on Keyboard
Mike Frankel Accordion**