



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
Manny Zendejas
Annette Page
&
Volunteers Extraordinaire!

Welcome New Members

Carole Saville
Skip Williford
Eddie Acero
Lloyd Cole
Ivan Orozco
Shirley Holden

Birthday Celebrations

Rich Tobaben 10/5
Joe Dungan 10/9
Louise Rowan 10/30
Marsh MacDonald 10/31



Special News and Program Highlights

September was a special time at Friends Place as we celebrated our 5th year in business. We have had the honor over those years to provide our services to over 250 members and their caregivers. Listed below are some of our achievements during those 5 years:

- We served over 32,000 lunches and no one got sick!
- Members played 5,000 games of Bingo
- We facilitated 720 support group meetings
- We had 240 hours of professional entertainment
- We conducted 2,500 exercise classes
- We sang as a group 1,250 times
- Members had over 1000 haircuts

Of course none of the above would have been possible without the awesome staff we have at Friends Place. These are a group of dedicated, hard working, and caring people that make sure every member has the greatest experience possible while in our center. Last month I was finally able to corral the team together for a group photo (including Linda the cook who rarely comes out of the kitchen). Here they are:



Right to left: Manny, Annette, Linda, Tina, Michelle, Angela, Ginger and yours truly! BTW, we don't always dress this way...it was Sock Hop Day at Friends Place.

Member of the Month

Rich Tobaben

Richard Tobaben was born on October 5, 1945, in Oklahoma City, Oklahoma. He has one younger sister, Maggie Sanders, who lives in McKinney. His parents Vivian and Eugene moved from Oklahoma to Texas when he was a junior in high school. He says, "I got to Texas as soon as I could!" He had a dog named Smokey, a cat named Oliver, and a skunk named Rosie when he was growing up.

Rich was involved in Boy Scouts and in the ROTC. He graduated from The University of North Texas with a degree in math, computer science, and statistics. He also attended Texas A & M University and earned a master's degree in computer science. He also learned Russian and German in his college years.

Rich joined the Air Force after graduation and was stationed in Colorado Springs, Colorado, at ENT Air Force Base. He worked with a team in Cheyenne Mountain using radar to search for approaching aircraft during the Vietnam War era. While attending a party in Colorado Springs he met Mary Jane, his wife of 45 years, who was teaching at a high school there. They married on March 21, 1970, six months after they met!

After leaving the Air Force, he worked at Texas Instruments in Austin, Texas. He was transferred to the Dallas area and worked for TI, Raytheon, and then a small company named Polatomic. He worked as a computer programmer and software manager for many government systems.

They are fortunate that daughter Tiffany, son Jim, his wife Kara, and their two children, Will (13) and Elizabeth (11), live in the area. There are many wonderful memories made with all of the family being close by.

Rich and Mary Jane have visited Hawaii, been on Alaskan and Caribbean cruises, and took a river cruise to Germany and France. Thanks for being a member at Friends Place!

September in Review

The old expression "a picture is worth a thousand words" was never truer as we review the fun we had in September. One Wednesday the day revolved around a "Sock Hop" so the first thing our members did was make some really neat center pieces using some old vinyl records, a bottle of coke, musical notes, and flowers. And keeping true to the theme of the 1950's our lunch included a McDonald's cheese burger, fries, and malt. Our local McDonald's said this was the single largest order they have ever received!!!



To cap off the afternoon we had our favorite entertainer Jesse Frank plays the songs that made the 50's so much fun. Everyone was up and dancing the rest of the afternoon!



Caregiver Corner

Overcoming Spousal and Caregiver Guilt

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.

Continued next column

The only perfect, patient and loving family caregiver is either going to be superman, superwoman or the person that is not taking care of anyone. Being human, related and living with dementia in your home 24 hours a day, is more difficult. Even without super powers, a caregiver is still a super hero. They do it every day...with love.

Alzheimer Association’s Caregiver Support Groups

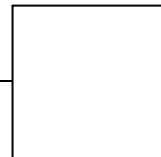
Support Group meetings are held on the 2nd and 4th Thursdays of the month, 2:00 p.m. – 3:30 p.m. in the Friends Place Resource Room. Activities and day services are provided free of charge for family members of those attending Support Group Meetings. Please call the office at (972) 569-9000 to make your reservation to attend. This month’s meetings will be held on October 8th & October 22nd.

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 October

October 2nd Book Club each Friday in October

October 5,6,7 State Fair at Friends Place

October 7th Sam Baker – Guitar

October 8th Support Group

October 9th Texas Therapy Dogs

October 12th Monthly Devotional

October 14th Ladies Craft Program

October 14th Richard Barry – Keyboards

October 19th Painting Class

October 21st Jesse Frank - Guitar

Event Highlights Continued

October 22nd Support Group

October 28th Cooking Class

October 28th Mike Willey – Guitar

October 29th Class Act Tap Company

October 30th Enjoying a Halloween Meal:

Marsha's Ghoulish Stew!
Corn without the Candy!
Ghostly Garlic Bread
Creepy Cole Slaw
Dessert Trick or Treat???



Monday

Tuesday

Wednesday

Thursday


Friday

OCTOBER 2015

Friends Place Of McKinney

TEXAS STATE FAIR AT FRIENDS PLACE 5 10:15 Arcade Midway Games Harvest Photo Booth 11:50 Sing Along 12:30 State Fair Lunch 1:30 Chair Yoga 2:15 Bingo/Therapy Ball/Finish Quote 3:00 BIG TEX SNACK 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune Texas Style 4:30 Found At The State Fair/Occupations 5:00 Dominoes 5:30 Memory Street	TEXAS STATE FAIR AT FRIENDS PLACE 6 10:15 Arcade Midway Games Harvest Photo Booth 11:50 Sing Along 12:30 State Fair Lunch 1:30 Chair Yoga 2:15 Bingo/Bean Bag Toss/Name 5 3:00 BIG TEX SNACK 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Cards 4:30 Opposite Words 5:00 Seven Word Game 5:30 Do You Remember?	TEXAS STATE FAIR AT FRIENDS PLACE 7 10:15 Members Exhibit Hall/Photo Booth Cake Walk Contest 11:50 Sing Along 12:30 State Fair Lunch 1:30 SAM BAKER-GUITAR 2:15 Bingo/Therapy Ball/States 3:00 BIG TEX SNACK 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Favorite Pastimes 4:30 End To Beginning Words 5:30 FOODS A to Z	10:15 Color Therapy/All About Sports/ At The Grocery Store 11:15 Chair Yoga 11:45 Sing Along 1:30 UNO/Build A Town/Wild Animals 2:15 Bingo /Therapy Ball/Missing Vowels 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Generations 4:30 Word Ladder/Famous Comedians 5:00 Long & Short Trivia 5:30 Words & Meanings	10:15 October IQ Trivia/States Trivia Forms of Transportation 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB/Poker/Memory Memory Challenge/Drawing 2:15 Bingo / Bean Bag Toss/ Postcards 3:30 Wheel Of Fortune 4:00 Sit& Be Fit/Enrichment Activity 4:30 Strengthen Your Mind 5:00 – 6:00 Movie & Popcorn
10:15 Important Dates in History/Holidays Spectrum Of Colors 11:15 Chair Yoga 11:45 Sing Along 1:30 DEVOTIONAL /Strengthen Your Mind/ Double "OO's" 2:15 Bingo/Therapy Ball/Memory Street 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/All About Wintertime 4:30 Last Words 5:00 Build A Word 5:30 Family Pets	10:15 Traveling America/End To Beginning Post Cards 11:15 Chair Yoga 11:45 Sing Along 1:30 Amazing Things/Color Therapy/ Name 3 2:15 Bingo/Bean Bag Toss/Small Talk 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Where were you 4:30 Famous Folks 5:00 Name That Tune 5:30 Opposites Attract	10:15 LADIES CRAFTS /US History/ Colors Of Fall 11:15 Chair Yoga 11:45 Sing Along 1:30 RICHARD BARRY-KEYBOARDS 2:15 Bingo/Therapy Ball/Bean Bag Toss 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Blast From The Past 5:00 USA From A to Z 5:30 Changes In The Seasons	10:15 Strengthen Your Mind/Having a Boo-ti-ful Time/Autumn Colors 11:15 Chair Yoga 11:45 Sing Along 1:30 Make Your Point/Rhyme Time Things Found In a School 2:15 Bingo/Horseshoes/Mind Stretchers 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Where Are You From 4:30 Occupations 5:00 Presidents of USA 5:30 Places Animals Live	10:15 You Be the Judge/Brain Stretcher/ Word Pyramid 11:15 Chair Yoga 11:45 Sing Along 1:30 TEXAS THERAPY DOGS /All About Dogs 2:15 Bingo/Therapy Ball/Picture Stories 3:30 Wheel Of Fortune/Enrichment Activity 4:00 On The Road Again 4:30 Name That Tune 5:00 – 6:00 Movie & Popcorn
10:15 History Trivia/Going Camping/Word Start W/ "A" 11:15 Chair Yoga 11:45 Sing Along 1:30 MEMORIES IN THE MAKING Strengthen Minds/Name 5 Word Builder 2:15 Bingo/Therapy Ball/Color White 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Sorting 4:30 October IQ 5:00 Road Signs 5:30 All Things Hot/Cold	10:15 Strengthen Your Mind/Occupations In Your Town 11:15 Chair Yoga 11:45 Sing Along 1:30 Common Sayings/Color Therapy/ Touch Taste Feel 2:15 Bingo/Therapy Ball/Letter Ladder 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Holidays 4:30 Time Travel 5:00 Creative Forecasting 5:30 Favorite Things	10:15 News of Today/In The Neighborhood Things Found In or On 11:15 Chair Yoga 11:45 Sing Along 1:30 JESSE FRANK-GUITAR 2:15 Bingo/Bowling/What's Next 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Trivia 4:30 Finishing Words 5:00 Famous People 5:30 Comedy, Laughter & Smiles	10:15 Current News/Clues Book/ Common Words 11:15 Chair Yoga 11:45 Sing Along 1:30 Wartime/All About Outdoors/Sorting 2:15 Bingo/Therapy Ball/Blast From The Past 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/ 4:30 Memory Street 5:00 Creative Forecasting 5:30 Favorite Pets	10:15 People Throughout History 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB/Poker/Camping Trip Places To Travel 2:15 Bingo/Therapy Ball/Opposites 3:30 Wheel Of Fortune/Enrichment Activity 4:00 Sit& Be Fit/Color Therapy 4:30 Which State Is It 5:00 – 6:00 Movie & Popcorn
10:15 American History Trivia/5 Second Rule/Zoo Animals 11:15 Chair Yoga 11:45 Sing Along 1:30 Radio's Golden Years/Memory Street/ The Four Season 2:15 Bingo/Bean Bag/Therapy Ball 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/U.S. Nicknames 4:30 Name That Tune 5:00 Eight Letter Words 5:30 Decorating for the HOLIDAYS	10:15 Ultimate Senior Trivia/What's Next/ Characteristics of Autumn 11:15 Chair Yoga 11:45 Sing Along 1:30 Favorite Places/Person, Place Thing Sorting Cards 2:15 Bingo/ Bowling/ Drawing 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Dominoes 4:30 Spelling Bee 5:00 Memory Street 5:30 Famous Places Of The World	10:15 LADIES BAKING PROJECT Who Wants To Be A Millionaire/ Double "EE's"/The Color Orange 11:15 Chair Yoga 11:45 Sing Along 1:30 MIKE WILLEY-GUITAR 2:15 Bingo/Therapy Ball/Compound Word 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/On The Beach 4:30 Last Words 5:00 Places People Travel 5:30 Walk Down Memory Lane	10:15 CLASS ACT TAP 11:15 Chair Yoga 11:45 Sing Along 1:30 World Travel/Last Words/ Where Would You Find 2:15 Bingo/Therapy Ball/Toss 3:30 Sit& Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Trick Or Treat 4:30 Finish The Song 5:00 Past times 5:30 Compound Words	10:15 Strengthen Your Mind/All About Outdoors/Build A School 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB/Poker/Famous Folks Letter Ladder 2:15 Bingo/Therapy Ball/ 3:30 Holiday Wheel Of Fortune 4:00 Sit& Be Fit/Enrichment Activity 4:30 Creative Forecasting 5:00 – 6:00 Movie & Popcorn

Daily:9:00-10:15 am Coffee, Chit Chat, News & Views – All Activities subject to change. Breakfast until 9:00am. Water & Juice @ 11:00 am. Lunch @ 12:30 pm. Afternoon snack served at 3:00 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>OCTOBER 2015</h1> <h2>Friends Place of McKinney</h2>				
			Roast Pork w/Fresh Yeast Roll Sweet Potato Fries Nantucket Blend Veggies Cole Saw Brownies	Taco Salad Combo Beef Taco Salad Chips and Guacamole Black Beans with Corn Garden Salad Ice Cream Sundae
State Fair Celebration! 5 Famous Corn Dogs Potato Salad Baked Beans Garden Salad Midway Surprise for Dessert!!	State Fair Celebration! 6 Fried Chicken Pasta Salad Corn on the Cob w/Herbed Butter Cole Slaw Ice Cream Drumstick	State Fair Celebration! 7 Hamburger Curly Fries Onion Rings Sweet Pea Salad Garden Salad Strawberry Cheesecake	Parmesan Tilapia w/Tartar Sauce and Lemon Wedge Macaroni and Cheese Normandy Blend Veggies Garden Salad Banana Pudding	Tomato Basil Soup Chicken Salad on Fresh Croissant Chips Glazed Carrots Spinach Salad Chocolate Chip Cookies
Natl. Gumbo Day! 12 Sausage Gumbo Red Beans and Rice Seasoned Green Beans Cole Slaw Pineapple Upside Down Cake	Oven Fried Chicken w/Gravy Macaroni and Cheese Mixed Vegetables Garden Salad Oatmeal Cookies	Birthday Celebration! 14 Turkey Tetrazzini Chopped Broccoli Beets Garden Salad Birthday Cupcakes!	Tomato Soup Chicken Salad on Fresh Croissant Baked Chips Fresh Veggies Garden Salad Ambrosia	Meatballs w/Marinara Pasta Italian Vegetables Warm Garlic Bread Spinach Salad w/Mandarin Oranges Homemade Apple Crisp
Glazed Ham Sweet Potato Casserole Green Beans Corn Bread Cole Slaw Fresh Fruit Cup w/Whipped Cream	Meatloaf Baked Potatoes with Toppings Mixed Vegetables Garden Salad Cherry Cobbler	Chicken Fajitas Spanish Rice Mexican Corn Garden Salad w/Avocado Chocolate Pudding w/Whipped Cream	Sloppy Joes on Wheat Bun Seasoned Fries California Blend Vegetables Garden Salad Oatmeal Raisin Cookie	Egg Roll Chicken Stir Fry Fried Rice Oriental Vegetables Spinach Salad w/Mandarin Oranges Ice Cream w/Toppings
Oven Baked Cod w/Tartar Sauce Rice Pilaf Scandinavian Vegetables Cole Slaw Ambrosia	Natl. Potato Day! 27 BBQ Chicken Potato Casserole Corn w/Peppers and Black Beans Garden Salad Pumpkin Pie	Natl. Chocolate Day! 28 Swedish Meatballs Mashed Potatoes Mixed Vegetables Garden Salad Chocolate Brownies	Quiche w/Ham Seasoned Green Beans Spinach Salad w/Mandarin Oranges Lemon Pudding w/Sugar Cookie	Happy Halloween! 30 Ghoulish Stew! Corn without the Candy! Ghostly Garlic Bread Creepy Cole Slaw Dessert Trick or Treat???

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

Date September 25, 2015

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