



# Friends News

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## Friends Staff

Pam Johnson

Jane Kovacs

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Leanne Yarrow

Lisa Bonner

Jocelyn Gulley

Joel Lindemeier

Teri Everett

Chris Laudon

Paula Rzomp

Kha Luu

Mary Dennison

AD Chowdhury

Jenn Lumpkin

Jane Tucker

Shirley Wilson

Sandy Kniffen

Danielle Yarde

Stephanie Quintana

*You are cordially invited to attend our patriotic*

## **Veterans Day Salute**

**WEDNESDAY, NOVEMBER 11<sup>TH</sup> at 2:00 pm**

**A heartfelt, meaningful tribute to our FP heroes, honoring their dedication & sacrifice**

**Reception immediately following ceremony**

*We are honored to serve several military veterans as members of Friends Place,  
and we are so grateful for all they have done for our country.*

***We sincerely hope you can join us!***

Please RSVP if you plan to attend

## **Walk to End Alzheimer's FP Team a Winner!**

Our fabulous Friends Place team consisted of over 40 members for this year's Alzheimer's Association Walk, bringing in a sizeable collective monetary donation along with much encouragement, awareness, and support for persons living with Alzheimer's. Thanks to Team Captain Malissa Cestari for pulling the FP team together, and much appreciation to both the walkers and those who donated in honor of someone.

## **PLEASE NOTE IMPORTANT INFORMATION**

### **Holiday Schedule:**

#### **CLOSED**

Thursday & Friday, November 26 & 27

#### **CLOSED**

Thursday, December 24 through Sunday, January 3

#### **OPEN**

Monday, January 4

for the first business day of the new year 2016!

### **Weather Cancellations:**

In case of inclement weather,  
please tune into **WFAA** for information.  
We will be open, have a delayed opening,  
or remain closed following

**Richardson Independent School District's**  
emergency weather plan.

### November Citizens of the Month

It is fitting to recognize our Friends Place military veterans this November, the month in which we nationally recognize both Veterans Day & Thanksgiving. These men represent a living history of true American heroes, so humble about their experiences, bravery, and commitment to our great country. Their stories are fascinating snippets of history, always told in a self-deprecating tone, giving others credit, "I just did what had to be done." Their bond is incredibly strong, even so many years later. And the esteem in which they hold the good old USA and all she has to offer is compelling.

So, to Chris, Carl, Pat, Willard, Brad, Don, Michael, Chuck, Jack, Tom, George, Lloyd, Jim, Sandy, Warren, Ed, Steven, Thurman, Jim, Jerry, Cliff, Ed, Mike, Roy, Travis, & Jerry, who collectively represent the United States Army, Navy, Air Force, and Marines, we gratefully thank you for your service and sacrifice for our country. You represented us well, and we honor you, especially during this month. And we appreciate what your families endured, also. You are the best!

### Coupons for Troops

Friends Place is continuing our tradition of outreach and community service. Staff member Jane Tucker is heading up the "Coupons for Troops" program as our most recent project. Military families stationed overseas find that stretching the dollar becomes an important aspect of their monthly budgeting. One way we can help them out is by saving and sending unused or expired coupons so they can use them in their grocery purchases. To help us in this endeavor, please bring in unused coupon flyers or sections you find in the newspaper for our members to clip, sort, and send for this patriotic and worthy cause.

- The coupons must state "manufacturer's coupon"
- They can be used if active or expired for up to 6 months past the date.
- The most important coupons needed are for food supplies.
- Baby supplies coupons and household goods coupons help, too.

There is a coupon depository basket on the bottom shelf of the sign in table in the foyer. Thank you for your help!

### Happy November birthdays to:

1 <sup>st</sup>	Van Kham and Evelyn Margolis
3 <sup>rd</sup>	Tony Daboub
4 <sup>th</sup>	Lisa Bonner (staff)
8 <sup>th</sup>	Lorna Thorne
10 <sup>th</sup>	Chris Laudon (staff)
13 <sup>th</sup>	Chad Woolery
16 <sup>th</sup>	Janell Marek
20 <sup>th</sup>	Ray Glivinski
23 <sup>rd</sup>	Gennie Fujarski
24 <sup>th</sup>	Bill Lynd and Shirley Stone
26 <sup>th</sup>	Betty Stieneker
28 <sup>th</sup>	Jim Hogan

### And a warm welcome to our newest members...

Jeanne Orth	Larry Popplewell
Lloyd Faulkner	Shirley Minton
Jerry Pedro	Joan Wolf
Madolynne Wilson	Mary Poulos
Michael Cosper	Betty Stieneker
Jackie Betterly	

### Helpful hint for the holidays:

Go ahead and book your appointment **now** for that fun holiday hairdo or classy mani/pedi!

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## Prepare for the Holidays with New Traditions

Pam Johnson

Holidays are full of families and traditions, but can be a challenge for families living with dementia. With a little planning and adjustments, the holidays can still be an enjoyable time for your family.

- Update others of your current status with a short note or phone call to briefly explain some of the changes visitors might notice; ask for their understanding, acceptance, and flexibility.
- Modify the traditional holiday routine. Keep your loved one's regular routine as much as possible.
- Recognize your limits. Delegate and manage only what you can, NO guilt. Boundaries are good. Pare down big traditions and expectations.
- Build on past memories and traditions by involving your loved one in manageable tasks by breaking them down into smaller, safe components.
- Schedule events during their best time of day, starting new traditions as needed. For example, do holiday brunch instead of dinner if sundowning is a problem or mornings are better.
- Adapt gift giving as needed. What was once enjoyed may not now be appropriate. Ask others to consider intangible gifts such as "one-on-one time together" coupons, caregiver respite, etc.
- Limit yourself to only what you can handle in shopping/gift giving. Also, include the person with dementia in gift giving.
- Use nametags, speak names & pronouns together. Assist your loved one in recall with tactful, subtle cues & reminders. Plan how to engage them at gatherings. Keep their dignity intact.
- Use all of the senses to enjoy the sights, sounds, & scents of the holiday season. Visit decorated neighborhood light displays, attend familiar church/community services, bake together, enjoy holiday music or videos.

Realize that perceptions change, which can make too much decorating very overwhelming, blinking lights may be scary, or certain decorations could be interpreted as treats.

**(Continued top of next column)**

- Be gracious and flexible, have a "plan B" quiet spot to go to, a less stimulating alternative activity, or someone who will tend to your loved one apart from the crowd if it's "too much."

With advanced planning, you and your loved one can avoid the frenzy of the holidays. By ensuring that everything is in your loved one's best interest, the season is made less stressful and more enjoyable for everyone.

### Support Groups

Activities & day services are available for your loved one at no charge to attend either of the support groups. Please call 972-437-2940 for a reservation. Meetings are open to the public, and are normally held the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month, from 2:00-3:30 pm.

#### **Alz. Assoc. Caregiver Support Group**

**Due to the Thanksgiving holiday, there will be only one Support Group meeting on Thursday, November 12, with no guest speaker for the month.**

#### **Lewy Body Dementia Caregiver Support Group**

LBD Caregiver Support Group meetings are held on the first Wednesday of the month. The next one will be held on **Wednesday, November 4 from 5:00-7:00 pm.**

Refreshments will be provided by  
Stoneybrook Memory Care of Richardson/Garland.

### **Farewell & Best Wishes to FP Staff Members**

We are sad to announce the imminent departure from Friends Place of a couple of our fabulous Friends Place staff members. But they are both actively pursuing their dreams, and we are very happy for them!

Kha Luu has enlisted in the United States Navy, and is shipping out for Boot Camp in early December. He hopes to "see the world" in his quest to study nursing.

And Jenn Lumpkin recently received her Speech and Language Pathology Assistant license and is building her client base in that field.

We send them off with all good thoughts & wishes, confident for their bright, successful futures!

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

### November, 2015: Giving Thanks

*"For each new morning with its light, For rest and shelter of the night,  
For health and food, for love and friends, For everything Thy goodness  
sends."* — Ralph Waldo Emerson

M	2nd	Entertainer Norris Perry	1:45 pm
Th	5th	Heart of Texas Therapy Dogs	11:45 am
W	11th	Class Act Tap Dancers "Military Salute"	11:15 am
		Veterans Day Salute Reception following ceremony	2:00 pm
		<b>RSVP BY WED, NOVEMBER 4</b>	
Th	12th	Larry Johnson sings the hits	1:45 pm
F	13th	Heart of Texas Therapy Dogs	1:45 pm
M	16th	Crooner Toney Walsh	1:45 pm
T	17th	Classical Violinist Henry Lee	11:00 am
Th	19th	Heart of Texas Therapy Dogs	11:45 am
T	24th	Nov. Birthday Party w/Marty	1:45 pm
W	25th	Traditional Thanksgiving Luncheon	12 noon
		<b>RSVP BY WED, NOVEMBER 18</b>	



### Family & Friends Thanksgiving Holiday Luncheon

**Wednesday, November 25, 2015**

**12:00-1:30 pm**

**Featuring an enticing menu of:**

Tossed Green Salad, Turkey & Gravy,  
Cornbread Stuffing Cranberry Sauce,  
Green Bean Casserole, Sweet Potato Casserole,  
Hot Rolls, & Pumpkin Pie

***Please join your loved one for our delicious,  
meaningful holiday gathering.***

**\$5.00 per guest**

**RESERVATIONS REQUIRED,  
seating is limited.**

Please call 972-437-2940  
or contact Jackie in the office  
by Wednesday, November 18.

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