



Friends News



1232 W. Beltline, DeSoto, Tx 75115

(972)274-2484

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www.friendsplaceads.com



Meet the Friends Place Team

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Marylynne Henry

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Suzy

Dunn-Bradford

*

Evelyn Tave

*

Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Joyce Tarver, RN

*

Pam Long

*

Stephanie

Niesing

Volunteers

*

Tom Morrison

Jan Post

Friends Place Thanksgiving Lunch

Please mark your calendar for

Wednesday, November 25,
2015



for our annual

Family Thanksgiving Lunch

Come join in the fellowship and fun by gathering to enjoy the kick off to the holiday seasons and to celebrate all our families and friends. We will have turkey with all the trimmings. Call and let us know how many family members will be attending and if there are special dietary needs. The cost of any family member is \$5.00 and reservations are required.

Please R.S.V.P to Suzy or Marylynne by Friday, November 18th to be a part of this Friends Place tradition - 972-274-2484 or email mhenry@friendsplaceads.com



“Wine and Winds”

Benefit Happy Hour

Help support the Arts with great music, fabulous hor-d'oeuvres (compliments of Grace Presbyterian Village), wines from around the world, and great raffle prizes

Tuesday, November 17, 2015

5:30-8:00p.m.

Friends Place, 1232 W. Beltline Rd. DeSoto, Texas

All donations support

Texas Winds Musical Outreach

Music by

Texas Winds Ensemble

Ribbon Cutting Celebrating Friends Place 3rd Anniversary

With the Duncanville Chamber of Commerce.

(Texas Winds is a non-profit musical outreach program that provides volunteer classical musicians bringing music to area assisted living centers, senior centers and nursing homes.)

Prepare for the Holidays with New Traditions

By Pam Johnson

(continued)

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, and enjoy holiday music or videos.

(Continued on to next column)

- 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.
- 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.

Featured Member of the Month

Ethel Kelly

Our member of the month is Ethel Kelly. Ethel is one of the first ones each morning to arrive and helps us get ready for the day. Ethel uses her organizational skills to be sure all our supplies for the day are organized, and when we need extra help throughout the day - she is our go to person!

Ethel was born in Arkansas. She is the second oldest of seven children, so she was a huge help to her parents in caring for the family. Based on what we at Friends Place have seen, she truly has a big heart as she cares for everyone the center.

She met her husband, and was married for 46 years. They both worked at the Veterans Hospital where she worked in the payroll department.

In her spare time, HA, Ethel raised 3 children. She has 9 grandchildren and 8 great grandchildren! She talks about all of them, and loves to spend time with them when she is not keeping us in line! Ethel is a baker from way back, and I am told could bake anything and when she cooked, the family gathered around for a wonderful treat.

Here at Friends Place Ethel spends her day making sure everyone is taken care of and happy. Need a magazine, Ethel will help you out. Need help getting the Resource Room - she is there to escort you there too.

Ethel is a loving and wonderful asset to Friends Place. She has dedicated her life to serving others and we are blessed to have her share her days with us.

Friends Place Welcomes

Frank Curtis
James "Mr. J" Mickens
Willie Gardner
Thomas McIntosh
Otha Moffitt

Birthday Wishes to:

Ina McGee – Nov 9
Armon Allen – Nov 11
Jack Asbury – Nov 20
Frank Curtis – Nov 24



Friends Place Honors our Veterans

Family Members are cordially invited to our
Annual Veterans Program
Monday, November 9th, 2015
2:00 p.m.

Mayor Carl Sherman and Mayor Pro tem Curtistene McCowan of DeSoto will be in attendance to honor our veterans and to give thanks to their families for their unwavering dedication and support of our veterans.

Please call and R.S.V.P. at 972-274-2484. Please bring your cameras as there will be many photo opportunities.

UPCOMING HOLIDAY CLOSURES

Friends Place will be closed on
Thursday, November 26
Friday, November 27
for observance of Thanksgiving.

We will also be closed for Christmas from
Thursday, December 24th
through Friday, January 1, 2016.

We will return on
Monday, January 4th, 2016.

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

Date: Tuesday, November 10
Time: 2:00 p.m. – Caregiver Stress Relief
Speaker: Charla Truesdale, Wellness Coach
Special "Relaxation" Guest.
Don't miss it! You WILL be relaxed.

Activities for your loved one at no charge while you attend the meeting, with reservations.
Call 972.274.2484.

**NO MEETING THE 4TH TUESDAY DUE
TO THANKSGIVING HOLIDAY**

Location: Friends Place Adult Day Services
1232 W. Belt Line Road
DeSoto, TX. 75115

Date: Saturday November 14
Time: 11:00 a.m.
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, November 11
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: No support group on Monday Nov 30
Christmas Potluck will be held on Monday Dec 7
Time: 6:00 p.m.

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

Friends Place Adult Day Services
1232 W. Beltline Rd
DeSoto, Tx. 75115

November Happenings!

T	3 rd	Harmonizing with Harley	11:30 a.m.
Th	5 th	Cassidy, Our Service Dog	1:30 p.m.
M	9 th	Class Act Dancers Veterans Program	11:30 a.m. 2:00 p.m.
T	10 th	Caregivers Support Group Special Program for Caregiver Stress Relief	2:00 p.m.
W	11 th	David Loving Entertains	1:30 p.m.
T	17 th	“Wine and Winds” Texas Winds Musical Happy Hour Fundraiser	5:30 p.m.
Th	19 th	Texas Winds Concert	11:00 a.m.
M	23 rd	Cassidy, Our Service Dog	10:45 a.m.
M	23 rd	Norris Perry	1:30 p.m.
T	24 th	Zeta Sorority Entertains	10:45 a.m.
M	30 th	Yoga with Charla	2:15 p.m.

**** SAVE THE DATES IN ****

**** NOVEMBER ****

Friends Place Family Thanksgiving Lunch
Wednesday, November 23 12:30-1:30 p.m.
Please R.S.V.P. by Fri 11/18
Reservations Required

Veterans Day Program
Monday, November 9 2:00 p.m.
Special Program Honoring our Veterans
Families Invited to Attend

Wine and Winds Happy Hour
Tuesday, November 17, 5:30 p.m.
Music, Refreshments, Raffle Prizes
Fund Raiser for Texas Winds
Community Invited
