



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

Neil Kaden
Jay Monneyham
Theresa Cooney
Tom Gandy
Glenda Daniel
Steve Zimmermann

Birthday Celebrations

Sergio Campanini 11/6
Bobby McMenamy 11/23
Gerry Dunkin 11/28
Bert Larochelle 11/28



Special News and Program Highlights

A Salute to Our Military Veterans

We are honored to currently serve over 25 military veterans as members of Friends Place, and we are so grateful for the duties they performed for our country.

***Please join us WEDNESDAY NOVEMBER 11TH at 1:45 pm
as we honor these men in our Veterans Day Observance.***

As a part of the ceremony, each military veteran will be recognized. If you haven't done so already, please help us gather the needed info by submitting a brief biography of your family member including full name & rank, years of service, where they were stationed, & any specific duties, awards, accomplishments, recollections or comments. Michelle will be collecting the completed forms at the front office.

Inviting you to our Family & Friends Thanksgiving Holiday Brunch

Wednesday November 25th 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.

Families & friends are encouraged to join their loved ones & share in our delicious,

meaningful holiday gathering. \$5.00 per guest.

RESERVATIONS REQUIRED in order to attend, as seating is limited.

Please call 972-569-9000 (or contact Michelle in the office) by Friday,
November 21st



Member of the Month

Marilyn Saveraid

Marilyn Saveraid was born on December 30, 1936 to Ward & Maxine Shearer in Des Moines, Iowa. She is older than her only brother, Wayne, who also lives in Texas. As a child, Marilyn enjoyed swimming, farming, sewing, and crafts. She also loves cats.

Marilyn lived with her husband, Art, in Huxley, IA. They have five daughters: Cindee, SherRee, Kristi, Julie, and Jill. They enjoyed farming on their large homestead in Iowa. Marilyn enjoyed being involved with her daughters' activities, and therefore she became a 4H Leader. They enjoyed traveling to the many state parks around the U.S. and historical places such as Yellowstone Park, the Grand Canyon, the Liberty Bell, and the Statue of Liberty. Marilyn has 15 grandchildren and 11 great grandchildren.

Congratulations To Marilyn as being recognized as a Daughter of the American Revolution. The organization "Daughters of the American Revolution (DAR)" is a lineage based membership service organization for women who are directly descended from a person involved in United States' independence.

Marilyn is never without a smile and is always there to help the "new member" feel comfortable on their first day at Friends Place.

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.



November Citizens of the Month

It seems entirely fitting during the month of November, which is known for our national Thanksgiving holiday, that we should officially recognize our armed service veterans. In 1919, President Woodrow Wilson originally proclaimed November 11 as "Armistice Day." Congress changed the name to "Veterans Day," (with no apostrophe) under President Dwight D. Eisenhower.

The military men that we serve at Friends Place are true American heroes, so humble about their experiences, bravery, and commitment to our great nation. Some enlisted early, some were medics or photographers. There were reserve officers, "BB stackers," sailors, fighter pilots...the list goes on and on.

The fascinating snippets of history that the veterans offer are always told with a self-deprecating tone, giving others credit. "I just did what had to be done." One fellow will describe an experience, and soon three others are adding their own recollections to the conversation. Each man will respectfully listen to the others, slightly nodding, sometimes looking down or interjecting humor, constantly attentive. The military bond is incredibly strong, even so many years later.

Our military veterans represent a true living history. The Library of Congress American Folklife Center understands the importance of capturing these experiences, and is collecting, preserving, and making accessible the personal accounts of American War Veterans so that future generations may hear directly from vets to better understand the realities of war. They rely on volunteer interviewers to record the first-hand accounts of war veterans from all of the conflicts. If you and your loved one are interested in participating, visit www.loc.gov/vets for more info. For the National WWII Memorial Registry of Remembrances, go to www.wwiimemorial.com.

Caregiver Corner

Prepare for the Holidays with New Traditions

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.
- But, do 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.

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 November 12th & for this month (because of a conflict with Thanksgiving Day) we will meet again on Tuesday November 24th.**

PLEASE NOTE! IMPORTANT INFO!

Holiday Closures:

*We will be CLOSED on Thursday & Friday, November 26 & 27 for the Thanksgiving Day Holiday

*We will be CLOSED Thursday and Friday during the week of Christmas, December 24 & 25

*Friends Place will be OPEN on M-T-W,
December 28, 29, 30

*And we will be CLOSED on Thursday & Friday
December 31 & January 1

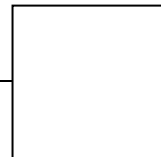
Bad Weather Cancellations:

In case of inclement weather, please tune into
WFAA

for information. Friends Place will be open, have a delayed opening, or remain closed following McKinney Independent School District.

*Please label tags in jackets or sweaters with names or initials. Simple to do, really helps us! Thanks!

Friends Place of McKinney
3300 W Eldorado Pkwy Ste 500
McKinney, TX 75070



Event Highlights for November

November 2nd Monthly Devotional

November 4th Folk Hootenanny with Sam Baker

November 6th Book Club

November 11th Veterans Day Celebration

November 11th Special Patriotic Musical Program

November 12th Support Group

November 13th Pet Therapy Dogs

November 16th Art Class

November 17th Cooking Class

November 18th Jesse Frank on the Guitar

Event Highlights Continued

November 20th Book Club

November 24th Special – Support Group Date

November 25th Thanksgiving Day Brunch

Remember!!

November 26th & 27th

We are closed so staff and members can enjoy a great Thanksgiving dinner with the family.




Monday

Tuesday



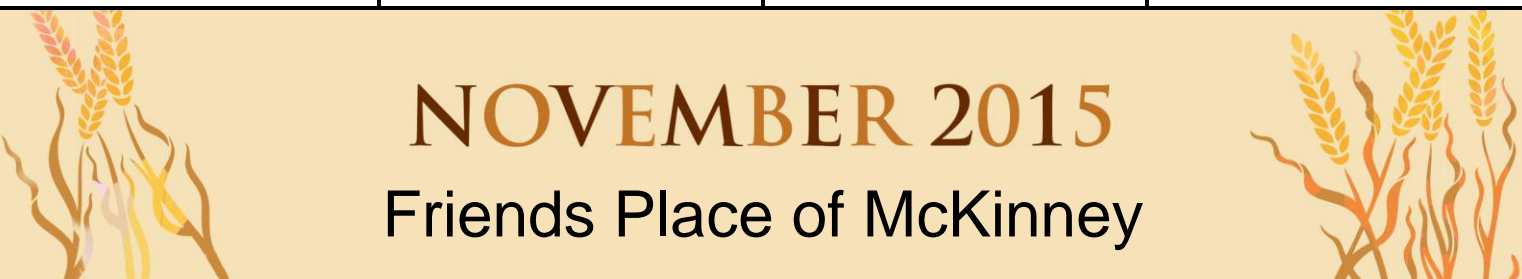
Wednesday

Thursday

Friday

<p>10:15 Legendary Places/Brain Stretchers Grocery Store Scavenger Hunt 2</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 DEVOTIONAL/Famous Folks/ Colors/Word Ladder</p> <p>2:15 Bingo/Therapy Ball/Things You Hear Outside</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Senior Trivia-US States</p> <p>5:00 Long & Short Trivia</p> <p>5:30 Where Were You From?</p>	<p>10:15 Who's Who?/Spelling Bees/Floral Design/Spectrum Of Colors 3</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Senior Trivia/What's My Job/Words A to Z</p> <p>2:15 Bingo/Therapy Ball/All About Weather</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Terms Of</p> <p>5:00 Last Word/Words with Double OO's</p> <p>5:30 Past times</p>	<p>FOLK HOOTENANNY 4</p> <p>10:15 You Be The Judge/In Your Community/Word Ladder</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 SAM BAKER-GUITAR</p> <p>2:15 Bingo/Bean Bag Toss/Where Were You ?</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Things Found In/On</p> <p>5:00 Senior Trivia</p> <p>5:30 Name That Tune</p>	<p>10:15 Arts & Crafts/"Indian Summer Mining Plant It,Play It,Wear It/Which Letter 5</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Compound Words/Ink a Dink a Bottle Of Ink/Exposing the Secret Word</p> <p>2:15 Bingo/Missing Vowels/Basketball</p> <p>3:30 Sit & Be Fit</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30</p> <p>5:00 All about Arches/Places Animals Live</p> <p>5:30 Memory Street</p>	<p>10:15 Ladies Uno/Military Talk/5 Senses 6</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 BOOK CLUB/Word Mining/Things Found In or On</p> <p>2:15 Bingo/Therapy Ball/Bean Bag</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Words Of Wisdom</p> <p>5:00 – 6:00 Movie & Popcorn</p>
<p>10:15 Strengthen Your Mind/Color Therapy/Building A House/Rhyme Time 9</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Quotes that made History/Things you Hear Outside/Things Found In/On</p> <p>2:15 Bingo/Therapy Ball/Family Talk</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Thanksgiving Feast Word Mining</p> <p>5:00 Changes In The Season</p> <p>5:30 Family Talk</p>	<p>10:15 Expressions W/ People/Childhood Games/Person, Place Or Thing 10</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Dates Throughout History/Blast From Past Animals From A to Z</p> <p>2:15 Bingo/Therapy Ball/All About Weather</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Terms Of</p> <p>5:00 Last Word/Words with Double OO's</p> <p>5:30 Past times</p>	<p>VETERANS DAY CELEBRATION 11</p> <p>10:15 US History/5 Second Rule/Red White & Blue</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 RICHARD BARRY-KEYBOARDS</p> <p>2:15 Bingo/Therapy Ball/Easy Trivia</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune Veterans Day</p> <p>4:30 Who Wants To Be Millionaire</p> <p>5:00 Opposite Words</p> <p>5:30 Memory Street</p>	<p>10:15 Famous Scandals/Double EE Things Grown In The Ground 12</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Who Invented What?/Memory Street Name 3-5-7</p> <p>2:15 Bingo/Therapy Ball/Basketball</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 National Parks & Landmarks</p> <p>5:00 Do You Remember?</p> <p>5:30 Changes In The Times</p>	<p>10:15 Person Of The Year/Brain Stretchers/Animals living on a Farm 13</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 TEXAS THERAPY DOGS/Names & Types Of Dogs</p> <p>2:15 Bingo/Therapy Ball/What's up?</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Build An Automobile</p> <p>5:00 – 6:00 Movie & Popcorn</p>
<p>10:15 Ultimate Senior Trivia/Make Your Point/ Name the Games 16</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 MEMORIES IN THE MAKING Finishing Words/Things You Hear Outside</p> <p>2:15 Bingo/Therapy Ball/State Game</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Famous Folks</p> <p>5:00 Settings of Famous Events</p> <p>5:30 Around The World</p>	<p>10:15 Words & Meanings/BAKING PROJECT/Foods A-Z 17</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Strengthen Your Mind/Build a Kitchen/Things The Color Yellow</p> <p>2:15 Bingo/Therapy Ball/Bean Bag Toss</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Mind Stretchers</p> <p>5:00 Postcards</p> <p>5:30 Senior Trivia</p>	<p>10:15 Easy Does It Trivia/OO Words/ Occupations 18</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 JESSE FRANK-GUITAR</p> <p>2:15 Bingo/Therapy Ball/Trivia</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Trivial Pursuit</p> <p>5:00 Dominoes</p> <p>5:30 Card Games</p>	<p>10:15 Senior Trivia/Crosswords/Colors 19</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Quotes & Meanings/Color Therapy Sorting</p> <p>2:15 Bingo/Therapy Ball/Ball Toss</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 All About The Holidays</p> <p>5:00 Mind Benders</p> <p>5:30 Last Words</p>	<p>10:15 Ladies Uno/Military Talk/5 Senses 20</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 BOOK CLUB/Word Mining/Things Found In or On</p> <p>2:15 Bingo/Therapy Ball/Bean Bag</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Words Of Wisdom</p> <p>5:00 – 6:00 Movie & Popcorn</p>
<p>10:15 Presidential Facts/Person Place Thing/Things Found On A Farm 23</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Strengthen Your Mind/Color Therapy/Round & Square Objects</p> <p>2:15 Bingo/Therapy Ball/Word Ladder</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 End To Beginning Words</p> <p>5:00 Fruits & Veggies</p> <p>5:30 Easy Does It Trivia</p>	<p>10:15 Journey Thru 20th Century/Word Builder/Everything w/ Wheels 24</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Strengthen Your Mind/In A School Things All Around Us</p> <p>2:15 Bingo/Therapy Ball/Bean Bag Toss</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Living In The 60's</p> <p>5:00 Trivia</p> <p>5:30 Members Choice</p>	<p>THANKSGIVING BRUNCH 25</p> <p>10:15 History of Thanksgiving/Giving Thanks/Thanksgiving Foods</p> <p>11:15 Chair Yoga</p> <p>12:00 THANKSGIVING BRUNCH</p> <p>1:30 MIKE WILLEY</p> <p>2:15 Bingo/Therapy Ball/Turkey Ball</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Thanksgiving Wheel Of Fortune</p> <p>4:30 All The Things Your Thankful For</p> <p>5:00 Tom Turkey Trivia</p> <p>5:30 Words and Meanings</p>	<p>HAPPY THANKSGIVING 26</p> <p>FRIENDS PLACE CLOSED</p>	<p>FRIENDS PLACE CLOSED 27</p>
<p>10:15 Top 100 Famous People/Vacation Spots/Build Your House 30</p> <p>11:15 Chair Yoga</p> <p>11:45 Sing Along</p> <p>1:30 Strengthen Your Mind/Color Therapy/Where Would You Find?</p> <p>2:15 Bingo/Therapy Ball/Ball Toss</p> <p>3:30 Sit & Be Fit/Enrichment Activity</p> <p>4:00 Wheel Of Fortune/Memory Street</p> <p>4:30 Strengthen Your Mind</p> <p>5:00 Words And Meanings</p> <p>5:30 Easy Does It Trivia</p>	 <p>NOVEMBER 2015 Friends Place of McKinney</p>			

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

Monday	Tuesday	Wednesday	Thursday	Friday
Grandma's Chicken and Rice Casserole Green Beans Applesauce Garden Salad Fresh Baked Oatmeal Cookies	Baked Glazed Ham Sweet Potatoes Mixed Vegetables Corn Bread Cole Slaw Ice Cream Sandwich	Hootenanny BBQ! BBQ Beef Brisket Potato Salad Corn and the Cob Baked Beans Garden Salad Peach Cobbler	Herb Crusted Tilapia w/Tartar Sauce Macaroni and Cheese California Vegetables Spinach Salad w/Mandarin Oranges Banana Pudding	Smothered Chicken Seasoned Rice Chopped Broccoli Garden Salad Chocolate Cake w/Chocolate Frosting
Swedish Meatballs w/Mushroom Gravy Mashed Potatoes Corn Medley Garden Salad Cheese Cake w/Toppings	Chicken Nuggets w/Honey Mustard Potato Salad Three Bean Salad Cole Slaw Apple Pie	Beef Lasagna Normandy Blend Vegetables Garlic Bread Garden Salad Rainbow Sherbet	Smoked Turkey and Cheese on Hoagie Bun Baked Chips Sweet Pea Salad Spinach Salad w/Mandarin Oranges Homemade Brownies	King Ranch Chicken Spanish Rice Mexican Corn Garden Salad w/Avocado Ambrosia
Vegetable Lasagna Green Beans Beets Garlic Bread Spinach Salad w/Mandarin Oranges Chocolate Ice Cream	Pulled Pork on Fresh Baked Yeast Roll Sweet Potato Fries Mixed Vegetables Cole Slaw Fruit Cocktail w/Cookie	Birthday Celebration! Glazed Meatballs Mashed Potatoes Italian Vegetables Garden Salad Birthday Cupcakes!!	BBQ Teriyaki Chicken w/ Pineapple Slice Hawaiian Rice Mixed Vegetables Garden Salad Butterscotch Pudding	Pepperoni Pizza Three Bean Salad Fresh Fruit Spinach Salad w/Mandarin Oranges Pumpkin Muffins w/Cream Cheese Glaze
Friends Place Fav!!! Corn Doggies!! Mustard Dipping Sauce Macaroni and Cheese Vegetable Medley Garden Salad Chocolate Chip Cookie	Tomato Basil Soup Ham and Cheese Quiche Green Beans Fresh Fruit Spinach Salad w/Mandarin Oranges Lime Sherbet	Thanksgiving Feast! Roast Turkey w/Gravy Cranberry Sauce Sweet Potato Casserole Herbed Dressing Green Bean Casserole Pumpkin Pie	Closed Happy Thanksgiving 	Closed Happy Thanksgiving 
Chicken Fajitas Flour Tortilla Spanish Rice Ranch Style Beans Mexican Corn Garden Salad Sopapilla	 <h1>NOVEMBER 2015</h1> <h2>Friends Place of McKinney</h2>			

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

Date October 26, 2015

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