



Friends News

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*Blessings & Best Wishes from all of us here,
To you, for a very, very, Happy New Year!!!*

Meaningful Activities in the Home

By Pam Johnson

"Go Ahead, Make My Day" is a famous quote by Clint Eastwood. Clearly, what "makes" Clint's day is going to be quite different than what might make my day. Or your day. Or the day of a person living with dementia. But, the point is that it's usually going to be up to someone else – a family member or friend - to plan and provide opportunities for activities that are fun and meaningful for your loved one.

So, what is a "meaningful activity"? An activity is just something that one does. Usually as an action, deed or task. And, it's meaningful when it provides pleasure. But, people have different interests and preferences for the specific kinds of activities that they deem to be personally enjoyable. For some it might be tasks that allow them to be helpful. Easy chores; like setting the table in steps, folding towels or cloth napkins, making instant pudding, cutting coupons, sorting buttons, beans or coins, enables a person to feel useful while staying busy. However, if something needs to be done in a very exact way, it's probably not a good choice to delegate as it should never be about the outcome. Again, a caring reminder that we all need purpose in our life.

Some love playing cards, dominoes or other games. Consider this quote from Katherine Hepburn, *"If you obey all the rules, you miss all the fun."* It's both easier and much more fun when you keep it simple and follow only the house rules. Basically that means that it's your house, so it's your rules. It's best to disregard the book of Hoyle. Consider playing scrabble without the board, Uno® without following the action cards or dominoes without keeping score. Modify as changes occur to ensure ongoing success.

Spelling Bees, jig saw puzzles, Word Search books and adult coloring books are some other great activities. Reading poetry, listening to music or dancing together can re-create some meaningful memories. Putting photos into albums can be both fun and useful. Consider watching a DVD or taped movie together in 20 minute segments with snack breaks in between. Above all, please don't let the TV be their best friend.

Families should never underestimate the importance of staying socially, cognitively and intellectually stimulated. Very simply, it is just what all of us need to do to maintain a healthy lifestyle and stay happy. It's all about keeping life in motion.

January 2016 Person of the Month

Elizabeth Katherine Stieneker, aka "Betty," is a lifelong Texan, married 46 years to her husband, John (her 3rd grade classmate!) She is a dearly beloved mother, grandmother, and a treasured friend. Some of her many interests include gardening, reading, tennis and golf (in which she made a hole in one!) She enjoys antiques, country music, good movies, following the local pro teams, traveling (Europe, Russia, Mexico, & the USA.) Professionally, Betty has dabbled in many fields, including publishing, legal work, real estate, and behind the scenes in movies such as "The Titanic." Her mother led tireless efforts in helping the less fortunate, which greatly influenced Betty. She, too, possesses that innate sense of caring. Betty listens to differing views, contemplates all possibilities, and makes the most of any sort of situation. Her considerate heart, quietly outgoing personality, and loving, generous temperament garner much appreciation and respect. We are delighted to count her as our friend, and to honor her as the January, 2016 Member of the Month.

Meet Friends Place Owner/Mgr. Jane Kovacs

It's a long way from growing up as an Ohio farm girl to being named "Small Business Woman of the Year, 2013" in a large Dallas suburb, but our very own Jane Kovacs has done just that! Before finding her way to Texas, Jane lived overseas, in the Midwest, and out East.

Boy, does Jane ever stay active! An avid sports fan, she & husband Marshall attend many of the Dallas area team's games. Jane enjoys book club, supper club and other neighborhood activities, concerts, weekend getaways, and is a long time member of their church. She is a board member and past-president of Texas Winds Musical Outreach, which brings quality musical programs to seniors and shut-ins. Jane loves spending time with her three grandchildren. She attends their ballgames and performances, and Jane's two daughters and her sons-in-law mean the world to her. She is grateful that everyone lives in this area, and cherishes their close family relationships. Jane is well known for her compassion, knowledge, & generous spirit. WE are grateful for Jane's friendship and faithful service to our FP community!

A hearty welcome to new friends!

Wilma Gibson	Shirley Booth
Vicki Folks	Carmen Massoud
Barbara Phillips	

Happy January birthdays to:

1 st	Paula Rzomp (staff)
	Wilma Gibson
5 th	Tom Daughtery
8 th	Nikki Kinnick
9 th	Travis Toland
11 th	Malissa Cestari (staff)
12 th	Betty Yarber
19 th	Mary Helen Chaney
22 nd	Joel Lindemeier (staff)
31 st	Kay Davis

EARLY STAGE & ENGAGING PROGRAMS

Book Club is a fun group to check out, meeting every Tuesday at 11:00 am. Read along or listen in and enjoy the engaging discussions that arise. **Art Appreciation** is based on outreach programs from the DMA/Dallas and the MOMA/NYC. **Sewing Circle** meets on Wednesday at 10:15 am to make & donate pillows to hospitals for post-surgical patients. Thank you Henry Tate for donating fabrics for the project. **If you have (or know someone who might have) any pillow stuffing that they are willing to donate, we are in very low supply,** and could certainly make use of it. In our **Spanish Made Simple** group, you can polish and maintain bilingual skills, or learn basic Spanish words and phrases in our relaxed, no pressure, fun class. This is a good way to keep mentally "fit" and have a great time!

Support Services

*Meetings are open to caregivers and loved ones of Friends Place members and to the general public.

*Activities and day services are available at no charge for family members if attending support group. Please call 972-437-2940 for reservation if possible.

*If you know of anyone who might benefit from these groups, please pass on this information.

Lewy Body Dementia Caregiver Support Group

Held on the 1st Wednesday of the month
5:00-7:00 pm
Friends Place Resource Room
Wednesday, January 6
Light supper provided

Alzheimer Association's Caregiver Support Group Meetings are:

Held the 2nd & 4th Thursdays of the month

2:00-3:30 pm
Friends Place Resource Room

Thurs, Jan. 14
Join our discussion group
~and~

Thurs., Jan. 28
Debi Weiner
Director Older Adult Services
Jewish Family Services
presents

"Mean Seniors"

Caregiver Support Group members often say, "Walking through this disease with others who understand what we are going through makes such a difference." Please stop by for a visit, meet some folks, and see if this might be something you find helpful.

Safety First to Start the New Year!

Here's to starting the new year off healthy, happy, and safe and sound! With that in mind, we ask you to please follow the same safety practices as you would anywhere. We also want to let everyone know of a recent incident in which **a parked (but running) vehicle in our front lot was STOLEN.**

As you arrive or pick-up, please allow for time to:

- *park your car as close as possible to the front door,**
- *get out of your vehicle and lock it, and**
- *walk into/out of FP with your loved one.**

Safeguard your personal items. Please either bring in or securely hide your valuables (such as a purse) in your vehicle, turn it OFF, LOCK it, and bring your keys into the building with you when you arrive or pick up your loved one that afternoon.

A staff member will greet you in the foyer, hang up or retrieve jackets, and assist your family member with a smooth transition into or from Friends Place. Sign in or out, and help them (according to their ability) to locate and put on (or put away) their nametag. At the end of the day, please pick up the Daily Chronicle, which is located on the sign-in table. It is a handy discussion starter (**not** a test to see-what-they-remember-about-the-day.) Jackie has lots of useful info on the back of it for you, as well.

When you leave, **please do not allow your loved one to exit the building alone.** Walk to your vehicle with them, as an escort. If you have to park farther out, this is especially important. Parking lots can be very chaotic, confusing, and dangerous, especially for a person living with dementia.

These familiar routines provide our members with safety, dignity, and a secure feeling that lingers throughout the day. It also provides protection for your vehicle and your valuables. Thank you for helping us, in this new year, to ensure the safety of our loved one and also your personal property.

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

January, 2016

**This bright new year is given me, to live each day with
zest. To daily grow & try to be my highest and my best!"**

~ by William Arthur Ward

T	5 th	Texas Winds Sentimental Journey	11:00 am
W	6 th	Larry Johnson entertains	1:45 pm
Th	7 th	Heart of Texas Therapy Dogs	11:45 am
T	12 th	Classical Violinist Henry Lee	11:00 am
W	13 th	Cooner Toney Walsh	1:45 pm
F	15 th	Heart of Texas Therapy Dogs	11:45 am
W	20 th	Norris Perry Sings	1:45 pm
Th	21 st	Heart of Texas Therapy Dogs	11:45 am
	26 th	January Birthday Party With Tommy Ray performing	1:45 pm
F	29 th	Heart of Texas Therapy Dogs	1:30 pm

Cordially inviting you to our

***Happy Valentine's Day
Celebration***



**Friday, February 12
2:00 pm**



Featuring Special Musical Entertainer

DOC GIBBS

**Doc has performed with entertainers such as:
The Drifters, Joan Rivers, and Percy Sledge.**

Rrefreshments immediately following the show

What a sweet treat!

Be sure to reserve the day on your February calendar!
