



Friends News



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Meet the Friends Place Team

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Marylynne Henry

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Suzy
Dunn-Bradford

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Evelyn Tave

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Lisa Stinson

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Lucretia Honore

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Patrice Trimble

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Joyce Tarver, RN

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Pam Long

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Stephanie
Niesing

*

Tina Kelemencky

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Frances Vasquez

Volunteers

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Tom Morrison
Jan Post

Reflections on 2015

As we close out another year, it's hard to believe that Friends Place has been providing services to families in Southwest Dallas County for three years. I hear over and over that we are 'different'. It made me stop and think -- what makes Friends Place different? I don't have to go very far for the answer -- it's twofold. First of all, our families are the best in the world! It seems that everyone who walks through that door looking for care has one thing in common -- they care deeply for their loved one and want the best care possible. Only a family caregiver can understand what goes into being a caregiver. You rearrange your entire lives to make sure your loved one is cared for. It is NOT a part time job. Even though you are very busy, you still make time to support us, attend our events, and let us know we are doing a good job.

The second thing that makes Friends Place different is our fabulous team. Everyone that you see listed on the left of this newsletter is here because they care deeply for each and every member. We laugh, cry, and enjoy every day with them. Our team consistently goes the extra mile to make sure each member's specific needs are met -- even if it doesn't fit in with the normal schedule. Our team truly demonstrates what it means to give 'person-centered' care.

Thank you, family caregivers, for being dedicated to your loved ones and thank you, Friends Place Team, for giving your all to our members!

Food Drive

Let's share our abundance with families in our own neighborhood that don't have enough for the holidays. Friends Place is collecting canned, packaged, boxed foods for distribution to the local food pantries. Please check your pantries, add some extra items to your grocery cart, and bring them to Friends Place.

Bring items by Friday, December 18



Help families in DeSoto,
Cedar Hill, Duncanville

Thank You!

A Season of Joy and Giving

Pam Johnson

Most of us would agree that the best gifts are the ones we give as a caring expression of our love or concern for another. Throughout the year, Alzheimer's caregivers give many "gifts" to those they love on a daily basis. But, caregivers are often much better at giving than receiving.

As a caregiver of someone with dementia, we have the opportunity every day to give them the gift of memory because we, as family or friends, are the keepers of those great stories and adventures. With a few key words or cues, we can help them unlock the window into their long-term memories and recall, once again, some of their most enjoyable experiences and escapades.

Despite the many challenges of caregiving, one still encounters special moments of joy. A family caregiver suggested that each of us might replace feelings of sadness, grief or frustration with feelings of gratitude. It would mean that we recognize each minute of our time or caregiving task as a reflection of our love – our gift to them. And, in giving in this manner we receive feelings of accomplishment, satisfaction and pleasure in return.

With a belief that it is better to give than receive, caregivers can also provide the gift of joy to others that want to help. When we graciously accept their offers of time, talents and gestures of concern, we give them feelings of fulfillment and gratification in exchange.

All caregivers need support at some time during this journey. Before family members and friends stop asking, consider these tips that make it easy for everyone. Use posted notes on a bulletin board or refrigerator to indicate specific tasks that would be helpful. Also, consider asking if you can call on them at a future date, as other needs might arise. Practice saying "thank you" instead of "no". Just think about how good it feels to help support a charitable organization or do a random act of kindness, and let good works begin at home.

Let this be a season of love and joy for all. Wishing you and yours, many Blessings and Joyful Gifts.

Featured Member of the Month

Robert Asberry

Our Friends Place Featured Member of the Month is Robert Asberry. Robert is a wonderful addition for us at Friends Place. He comes in each day ready to help others and to offer a helping hand where ever he can. Robert was born in Palestine, Texas with his parents and 5 siblings. Education has been a very important part of his life earning several degrees from college. He taught history in the Dallas Independent School District, but clearly his passion and calling was the ministry.

Bishop Asberry has pastored the Steven Temple Church and recently celebrated 60 years of ministry. Each year his church celebrates with a Pastor's Appreciation Service. He shares with his friends at Friends Place his love of the Lord, and we welcome his beautiful words each time he leads our lunch time prayer. If you catch him in the mornings, he will share with you one of his favorite publications he has collected over the years from his ministry to the church.

Robert is one of those men, who is always ready to help out wherever he is needed. He opens the doors for our ladies; he greets everyone each day he is at the center with a warm smile and a "How can I help you today?"

Friends Place Welcomes

Billy Branch
Jean Reeser
Betty Waldo
Joe Willis

Birthday Wishes to:

Annette Dave – December 12

Friends Place Transportation Service

Our transportation offering is growing each month. The success of the offering is attributed to the partnership between Friends Place and Rosemary Peku and Steven Sampson, owners of Vision of Valley Transportation Service. Rosemary and Steve abide by the same values as Friends Place – excellent customer service, compassion, and going that extra mile for all the members they transport. They work hard in making sure everyone is picked up and taken home in a timely manner. Their smiles and kindness is always there. If you need a ride, they are there! This service is available to all our members. Please contact Suzy or Marylynne for more information



HOLIDAY CLOSURES

Friends Place will be closed on
Thursday, December 24th
through Friday, January 1, 2016.

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

Need a holiday gift idea?

Consider FIT Kits Dementia Engagement Products

A big challenge for many families is finding appropriate activities that effectively engage a person who has dementia.

FIT kits are collections of dementia engagement items that spark laughter and enjoyment for people living with dementia and their care partners.

“FIT Kits make it easy for my daughter to spend time and laugh with her grandmother.”

Developed by two gerontologists and funded by the National Institute on Aging, FIT kits are researched, tested and loved. Don't wait, order online today!

www.fitkits.org

Support Groups and Education for Caregivers in the Southwest Dallas Area

Alzheimer's Support Groups

Date: Tuesday, December 8

Time: 2:00 p.m. – Discussion and Resources

Christmas Celebration with our fellow caregivers.

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 CHRISTMAS HOLIDAY**

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

Date: No meeting in December

Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, December 9

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

No support group meetings this month.

Christmas Potluck will be held on Monday Dec 7 at
6:00 p.m. Entertainment by Marti Miller

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
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December Happenings!

T	1 st	Entertainer, Marty Ruiz	11:30 a.m.
F	4 th	Pancake Breakfast	8:30 a.m. 10:00 a.m.
T	8 th	Caregivers Support Group Christmas Gathering	2:00 p.m.
W	9 th	Entertainer, David Loving	1:30 p.m.
M	14 th	Cassidy, Our Service Dog Ladies High Tea	1:30 p.m. 2:15 p.m.
T	15 th	Honduras Mission Trip Project	10:45 a.m.
F	18 th	Christmas Party with Joseph Bungler FOOD DRIVE ITEMS DUE TODAY	1:30 p.m.
M	21 st	Texas Winds – Violin and Piano	11:00 a.m.
T	22 nd	December Birthdays with Mike Frankel, Accordion	1:30 p.m.
W	23 rd	New Year's Eve Party	1:30 p.m.

