



## Friends Staff

Alex Nameth  
Barb Nameth  
Mike Johnston  
Linda Villarreal  
Michelle Stoneking  
Angela Watts  
Ginger Bain – RN  
Tina Scott  
Manny Zendejas  
Annette Page

## Welcome New Members

Frances Wallace  
Marie Nelson

## Birthday Celebrations

Barb Nameth	12/5
Carole Miller	12/11
Stuart Smith	12/13
Eddie Acero	12/14
Alex Nameth	12/20
AV Bell	12/24
Marilyn Saveraid	12/30



## *2<sup>nd</sup> Annual Friends Place Freedom Tree*

The holidays will be here before we know it, and Friends Place of McKinney would like to take this opportunity to give back to the Veterans who have provided us with our freedom.

When the Bonham Veterans Memorial Center came to us asking for our help this Christmas, we knew our Friends Place family would be more than willing to contribute.

The "Freedom Tree" now stands proudly in our lobby, and on its limbs hang different gift options for these Veterans in need. We would like to invite you to join with us in making a Veteran's Christmas one to remember.

The program is simple, yet deeply rewarding. All of the items on The Freedom Tree are more than just gifts. They will help keep these men and women warm during this winter season!

We invite you to take a tag from The Freedom Tree, shop for your chosen Veteran and return the wrapped gifts to the front office (please remember to attach the tag you chose to your gift) no later than December 10<sup>th</sup>. We will be hand delivering the gifts on Monday December 14<sup>th</sup>.

If you have any questions regarding The Freedom Tree, please contact Michelle at (972) 569 - 9000



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## Member of the Month

### Sandra Cheek

Sandra Cheek was born on August 23, 1950 in Arnaudville, LA to Ira and Ella Mae Lanclos. She was raised with a younger brother and an older brother so she was the “princess” in the house. After high school graduation she continued her education getting a Bachelors Degree and then a Masters Degree in Education. Then on September 9, 1976 she met the man she would marry after only 3 months of dating. Sandra was introduced to Charles through a mutual friend who was always trying to be a match maker for her fellow teachers. One day she approached Charles and suggested that he might really like Sandra so he said “you put it together and I will be there” and it worked! They will be celebrating their 39<sup>th</sup> wedding anniversary on December 17, 2015.

Living in Longview TX, Charles and Sandra raised their 2 sons Brian and Michael. Continuing her passion in education she was a teacher and then principal with the Pine Tree School district as Charles was starting his career in sales management at Nabisco foods.

Sandra and Charles loved to travel and have really fond memories of their annual ski vacations with the boys in Colorado. They also spent some time in Europe traveling one year to Italy visiting Rome, Venice and Milan. On a separate trip they traveled extensively throughout France and actually visited the gravesite of Charles’ grandfathers’ brother in Normandy.

The boys have since married with Brian and his wife Nikki living in Cedar Park Texas (outside Austin) with their daughters, Hanna, Abby, and Grace. Michael and his wife Tracy live in Franklin, TN with their daughters, Aubrey and Josey.

Sandra and Charles eventually moved to the Dallas area where Sandra was the principal at Norton Elementary School in Allen Texas, which received the National Blue Ribbon Award in 2007.

Sandra comes to Friends Place 5 days a week and is on our welcoming committee, making new members feel comfortable about their decision to attend. Always with a smile we are honored to have Sandra as a member at Friends Place of McKinney.

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## 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**.

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## Caregiver Monthly Support Group

Support Group meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> 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.

**Thursday, December 10<sup>th</sup> 2:00 – 3:30 PM**

**Tuesday, December 22<sup>nd</sup> 2:00 – 3:30 PM**

Due to the Christmas holiday, the second meeting in December will be on Tuesday, December 22<sup>nd</sup>. This meeting will be for caregiver's only, providing an opportunity for you to share your experiences with other caregiver's in a safe and loving environment.

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### PLEASE NOTE! IMPORTANT INFO!

#### Holiday Closures:

\*We will be CLOSED Thursday & Friday  
December 24 and December 25

\*We will be OPEN on M-T-W  
December 28, 29,30

\*We will be CLOSED on Th/F, 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!



## Thanksgiving Day Luncheon

Wow, did we have a great turnout for our fifth annual Thanksgiving day luncheon last week. We had over 100 members and their guests attend which meant we had to expand our seating area this year to include the game room. Hats off to the staff and volunteers who worked really hard to make sure that everyone's beverage was always full, the meal was served hot, and that each piece of pumpkin pie had just the right amount of whipped cream. Special thanks to:

> Charles and Sandra Cheek who provided the smoked turkeys purchased from Greenberg Smoked Turkeys of Tyler Texas

> Linda Villarreal, our Friends Place cook who worked tirelessly in the kitchen for three days preparing all the great side dishes

> Members Barb Jones and Marge Nickel who put together all the beautiful table decorations

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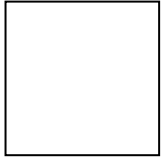
### Santa Visits Friends Place in December

This will be the first year that we will be having a visit from the great man from the north - Santa Claus! While he has a very busy schedule he will make the time to be here on December 18<sup>th</sup> from 3:30 – 5:00 pm. This is also the time when Friends Place would like to invite all of our members' extended families to join us for some holiday appetizers, refreshments and good cheer. If your grandchildren are available it's also a chance to have their photo (and yours) taken with Santa Claus.



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



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### Entertainment Highlights for December

December 2 <sup>nd</sup>	Sam Baker – Christmas Hits
December 4 <sup>th</sup>	Book Club – Special Xmas Edition
December 8 <sup>th</sup>	Class Act Tap Christmas Spectacular
December 9 <sup>th</sup>	Richard Barry – Holiday Favorites
December 10 <sup>th</sup>	Christmas Craft Activity
December 11 <sup>th</sup>	Texas Therapy Dogs
December 16 <sup>th</sup>	Jessie Frank Christmas Program
December 18 <sup>th</sup>	Christmas Party featuring Santa Claus!
December 22 <sup>nd</sup>	Christmas Cookie Baking Event
December 23 <sup>rd</sup>	Don Wall – Favorite Xmas Tunes
December 30 <sup>th</sup>	Welcome in the New Year!



*Peace to all, both far and near.  
Prayers for your good health and cheer. Wishing very  
rich blessings for you and for those you hold dear.*


*To our wonderful friends and families, we wish you a  
lovely, safe, peaceful, & fulfilling holiday season and  
new year!*

***Happy, Happy Holidays***

*With love from your Friends Place staff*


**Alex, Barb, Mike,  
Linda, Michelle, Angela,  
Ginger, Tina, Manny & Annette**

**Check the front board daily for other special Christmas Events!!!**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>DECEMBER 2015</b> <b>Friends Place Of McKinney</b></p>	<p>10:15 The World of Music/Name The States/ Things The Color Green/Floral <b>1</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Home Sweet Home/Things Found In &amp; On /All About The Holidays 2:15 Bingo/TherapyBall/Chip Toss 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Things In The Neighborhood 4:30 Finishing Words 5:00 Last Words 5:30 All About The West Coast</p>	<p>10:15 Strengthen Your Mind/Color Therapy Tool Box <b>2</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>SAM BAKER-GUITAR</b> 2:15 Bingo/Heroes&amp;Heroines/TherapyBall 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Quotes 4:30 Trivia 5:00 Dominoes 5:30 Animal Facts</p>	<p>10:15 State-ology/Holiday/Trivia/Christmas Gifts <b>3</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Found In Fours/Memory St/Opposite Words 2:15 Bingo/Winter Sports/Animals in Wild 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Getting To Know You 4:30 All I Want For Christmas 5:00 Name That Tune 5:30 Expressions with Food</p>	<p>10:15 Color Therapy/Setting of Famous Events/All About Winter <b>4</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>BOOK CLUB</b>/Name That Tune/ Missing Letters 2:15 Bingo /TherapyBall/Trivia 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Places you have lived 5:00-6:00 Movie &amp; Popcorn</p>
<p>10:15 Events That Changes History/ Floral Design/EasyTrivia/A or O <b>7</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Strengthen Your Mind/December IQ Names A to Z 2:15 Bingo/Basketball/Trivia 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Rhyming Words/Christmas Gifts 5:00 Ultimate Senior Trivia 5:30 Game of Cards</p>	<p>10:15 <b>CLASS ACT TAP</b> <b>8</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Color Therapy/Random Trivia/ Compound Words 2:15 Bingo/Bean Bag Toss/Quotes 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Distinguished Women/All About Weather 5:00 Christmas A-Z 5:30 World of Music</p>	<p>10:15 You Be the Judge/Home For The Holidays/Memory Street <b>9</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>RICHARD BARRY-KEYBOARDS</b> 2:15 Bingo/TherapyBall/US History 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Agriculture Mining/Last Word 5:00 5 Second Rule 5:30 Places Traveled</p>	<p>10:15 American Landmarks/Double EE Touch, Taste &amp; Feel <b>10</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 War Trivia/<b>CHRISTMAS CRAFT</b>/ Walk Through Memory Lane 2:15 Bingo/Bowling/Therapy Ball 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 End To Beginning/Quotes 5:00 People Who Come in three's 5:30 Changes In The Season</p>	<p>10:15 Presidential Facts/Christmas Trivia Where would you find <b>11</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>TEXAS THERAPY DOGS</b> Breeds of Dogs 2:15 Bingo/Bean Bag Toss/World Of Music 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Therapy Ball/Dominoes 5:00 Movie &amp; Popcorn</p>
<p>10:15 Strengthen Your Mind/Floral Designs/ Occupations/WinterTime <b>14</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Random Trivia/Animals in the wild /My Tool Box 2:15 Bingo/Therapyball/MakeYourPoint 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Dominoes 4:30 Agriculture Mining/Coins 5:00 Main Street, USA 5:30 Out in the Cold</p>	<p>10:15 Current News/Clues Book/Spectrum Of Colors <b>15</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 U.S. History Trivia/Familiar Sayings/ End to Beginning Words 2:15 Bingo/State Plate w/ Questions/Trivia 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Compound Words 5:00 Dominoes 5:30 Pastimes</p>	<p>10:15 The West Coast /Opposite Word Meanings/Hot &amp; Cold Things <b>16</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>JESSIE FRANK-GUITAR</b> 2:15 Bingo/TherapyBall/Finishing Words 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Comedy Laughter&amp; Smiles/Rhyme 5:00 Blast From the Past 5:30 History of Music</p>	<p>10:15 Early Homes of Presidents/Going Camping/All About Animals <b>17</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Military Leaders/Christmas Music Quiz Things on a farm 2:15 Bingo/Bean Bag/Strengthen Your Mind 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Famous Folks/Fruits &amp; Veggies 5:00 All Lit Up For The Holidays 5:30 Where Were You?</p>	<p><b>CHRISTMAS PARTY18</b> 10:15 ChristmasTrivia/ December IQ/Colors 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>BOOK CLUB</b>/Christmas Rhymes/ Christmas Meaning 3:30 <b>SANTA &amp; SOCIAL</b> 4:00 A CHRISTMAS STORY 4:30 Dominoes/Cards 5:00 Movie &amp; Popcorn</p>
<p>10:15 Athletes of Greatness/ Floral Design <b>21</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>MEMORIES IN THE MAKING</b>/Famous Actors/Games of Childhood/Name 5 2:15 Bingo/Bean Bag Toss/Man Of The Year 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Famous Couples/Things Found in/on 5:00 Mind Stretches 5:30 On The Map</p>	<p>10:15 Who Wants To Be A Millionaire/ Christmas Trivia/Colors Of Christmas <b>22</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>LADIES BAKING PROJECT</b> <b>CHRISTMAS COOKIES</b> Mens Group 2:15 Bingo/Therapy Ball/Compound Word 3:30 Sit&amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/On The Beach 4:30 Name That Song (Christmas) 5:00 12 Days Of Christmas 5:30 Walk Down Memory Lane</p>	<p>10:15 American History/Christmas Trivia/ Build A House <b>23</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 <b>Don Wall -GUITAR</b> 2:15 Bingo/Therapy Ball/Compound Word 3:30 Sit&amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 A Christmas Story 5:00 All About Christmas 5:30 Christmas Carols</p>	<p><b>CHRISTMAS EVE CLOSED</b> <b>24</b></p> <p><b>CHRISTMAS DAY CLOSED</b> <b>25</b></p>	
<p>10:15 Words &amp; Meanings/Famous People Words that start w/ "s" <b>28</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 E Z Does it Trivia/Animal Sayings/ 5 Second Rule 2:15 Bingo/Therapy Ball/Where were You 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Blast From The Past 5:00 On the Road Again 5:30 Common Quotes</p>	<p>10:15 December Trivia/Occupations/ Hardware Store Finds <b>29</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 Famous Folks/Mind Stretcher/Ways Of Transportation 2:15 Bingo / Bean Bag Toss/Expressions 3:30 Sit &amp; Be Fit/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Mixed Up Words 5:00 Ball Therapy 5:30 Which State Is It?</p>	<p>10:15 News Throughout The Years/ New Year Resolutions <b>30</b> 11:15 Chair Yoga 11:45 Sing Along 1:30 SPECIAL ENTERTAINMENT 2:30 Bingo/Therapy Ball/Blast From The Past 3:30 Sit&amp; Be Fit/Enrichment Activity 4:00 NEW YEARS Wheel Of Fortune 4:30 Memory Street 5:00 Creative Forecasting 5:30 Places To Visit</p>	<p><b>HAPPY NEW YEARS EVE CLOSED</b> <b>31</b></p> <p><b>HAPPY NEW YEARS</b></p>	

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>DECEMBER 2015</b> Friends Place of McKinney</p>	<p>Chicken Nuggets Honey Mustard Sauce Seasoned Fries Sweet Peas w/Butter Garden Salad Seasonal Fruit Cup</p>	<p>Glazed Ham w/Pineapple Ring Macaroni and Cheese Chopped Broccoli Cole Slaw Chocolate Pudding</p>	<p>Tuna Salad On Fresh Croissant Cottage Cheese w/Peaches Potato Chips Garden Salad Apple Pie</p>	<p>Vegetable Lasagna Apple Sauce Beets Garlic Bread Spinach Salad w/Mandarin Oranges Rainbow Sherbet</p>
<p>Oven Baked Cod Tartar Sauce w/Lemon Herbed Seasoned Rice Mixed Vegetables Cole Slaw Lemon Cake</p>	<p>Chicken Spaghetti Tuscany Styled Vegetables Garlic Bread Spinach Salad w/Mandarin Oranges Cherry Cobbler</p>	<p><b>Friends Place Favorite!</b> Corn Dogs w/Mustard Potato Salad Three Bean Salad Garden Salad Cheese Cake w/Toppings</p>	<p>Fajitas Spanish Rice Ranch Beans Mexican Corn Garden Salad Sopapilla</p>	<p>Chopped BBQ Brisket Hash Brown Casserole Green Beans Cole Slaw Pound Cake w/Fruit</p>
<p>Cheeseburger On Whole Wheat Bun BBQ Baked Beans Sweet Potato Fries Garden Salad Pumpkin Muffins w/ Cream Cheese Frosting</p>	<p>Turkey Tetrazzini Beets Apple Sauce Spinach Salad w/Mandarin Oranges Fudge Brownies</p>	<p>Glazed Meatloaf Mashed Potatoes Mixed Vegetables Garden Salad Ambrosia</p>	<p>Smoked Sausage Red Beans and Rice Seasoned Sweet Corn Corn Bread Cole Slaw Banana Pudding w/ Vanilla Wafer</p>	<p>Teriyaki Chicken w/ Pineapple Ring Hawaiian Rice Asian Style Vegetables Rainbow Sherbet</p>
<p>Smothered Chicken w/Mushroom Gravy Mashed Potatoes Nantucket Blend Vegetables Garden Salad Peach Cobbler</p>	<p>Herb Crusted Tilapia Macaroni and Cheese Normandy Blend Vegetables Cole Slaw Holiday Cookies</p>	<p>Lasagna w/Meat Sauce Green Beans Garlic Bread Spinach Salad w/ Mandarin Oranges Yogurt Parfait With Granola</p>	<p><b>Closed Happy Holidays!</b></p>	<p><b>Closed Merry Christmas!</b></p>
<p>Glazed Meatballs Au gratin Potatoes Seasoned Green Beans Garden Salad Butterscotch Pudding w/Cookie</p>	<p>Chicken Stir Fry Fried Rice Asian Vegetables Egg Roll Garden Salad Ice Cream W/Toppings</p>	<p><b>New Year Party!</b> Pizza Assorted Toppings Sweet Pea Salad Fresh Strawberries With Bubbly Cole Slaw Fresh Baked Cookies</p>	<p><b>Closed Happy New Year!</b></p>	

Menus approved by: Julie Pan M.S.R.D. \_\_\_\_\_ Date November 23, 2015

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