

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

Peggy Durrwachter
Mike Miller
Nona Babb

Birthday Celebrations

L.F. Vanlandingham 1/3
Manny Zendejas 1/15
Linda Villarreal 1/21
Dick Meier 1/22



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.

Member of the Month

Charles (Chuck) Palmer was born on April 11, 1935 in Hanna, Wyoming to Dale and Jean Palmer. Chuck's parents were soft spoken, kind, hardworking, happy people with good morals. Chuck had a younger sister, Doris. Chuck's dad worked for a time in the coal mines of Wyoming before the family moved to Washington State, where there was a promise of work.

As a boy, Chuck sold and delivered newspapers on a corner in Bremerton, Washington where he grew up. One day he was able to see President Harry Truman speak to a crowd in Bremerton.

Later the family moved to Othello, WA, where Chuck played six man football and graduated from Othello High School. He joined the National Guard and then later enlisted in the Navy in 1954 and was sent to San Diego CA for boot camp; from there he went to Guam Island, then to Washington DC. He met Rosalie, his wife, there, remarking to many that if he wanted to see her on Sunday or mid-week he went to church with her. They were married May 29, 1959 in Washington DC. After their marriage he was ordered to Kodiak Island, Alaska, where their first son Dale was born. After three years they were ordered to Puerto Rico where Rosalie said, "It was so they could thaw out." Then they moved to Norfolk, Virginia where their second child, Lyle was born. Soon orders arrived for Chuck to attend a two year college program in San Marcos, California. While there they adopted their daughter Virginia Jean, (Jeannie). Following graduation, orders came to go back to Washington DC where it all began, (Warrant Officer). A promotion sent Chuck to a new ship construction in Philadelphia and the rest of the family to Norfolk, VA, where the ship was to be stationed. But the Navy had other ideas and decided to send the ship to San Diego so another move was in the works to go to San Diego, California. After a few years he was ordered to Monterey, CA to attend the Monterey Post Graduated School where he earned his Bachelor's Degree in Political Science. Then he went back to San Diego to the USS Ranger and another deployment. When he returned, the ship was sent to Bremerton, WA for dry-dock (overhaul). The family moved to Port Orchard, WA and Chuck was transferred off the ship and went to Bangor Submarine Base where he was Commanding Officer of the communications station.

When orders came for him to go to another ship, he said, "Time to retire" concluding 28 years of military service. He enlisted, was promoted to Warrant Office and later to LDO, (Limited Duty Officer), retiring as a Lieutenant Commander.

Chuck and Rosalie have 10 grandchildren and seven great grandchildren. Chuck enjoys watching them play sports such as ice hockey, football, baseball, basketball and soccer.

<continued>

Chuck is a member of the Sons of the American Revolution. His ancestor, Walter Palmer, came to America on a sister ship to the Mayflower in 1629. He is a member of the Walter Palmer Society.

After living in Port Orchard, Washington for thirty four years, they moved to McKinney, TX to be closer to their grandchildren and their parents. If you really want to see Chuck smile, be here at the end of the day when his wife Rosalie and their dog **Harley** arrive!

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.

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.) Michelle 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.

Caregiver Monthly Support Group

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

Thursday, January 14th 2:00 – 3:30 PM

Thursday, January 28th 2:00 – 3:30 PM

PLEASE NOTE! IMPORTANT INFO!

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!

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.



Special Thank You from the Staff

Alex, Barb and the entire Friends Place staff wish to thank all of our members, our caregivers plus their friends, and local facilities that overwhelmed us with expressions of gratitude for the services we provide. It is truly our “honor” to be a company that you trust enough to leave your mother, father, husband, wife, sister, brother, grandpa, grandma, uncle, or friend with us. We work really hard to make it the best possible day your loved one can have, and at the same time giving you time for yourself. We understand how difficult your life journey has become and want to support you in every way possible. If you need information about home health services, community facilities, or just a hug or shoulder to lean on, our staff is here for you.

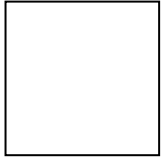


One More Big Thank You!

The Community Living Center in Bohman TX is home to 108 Veterans; men and women who put themselves in harm's way to help preserve the freedoms that we Americans cherish everyday. Friends Place again this year decided to make sure that each Veteran had a Christmas present so we asked our staff, caregivers and community partners to donate socks, caps, gloves, and cookies (home made of course). Barb and I along with caregivers Kay and Mary Jane had the honor of hand delivering each gift bag in person and the reaction from each Veteran was priceless. Once again, thanks to the generosity of our Friends Place extended family as you brightened the lives of our Texas Veterans!

Thanks also to Erma Beeson with the McKinney Senior Center quilting club and Kay Dungans' Sorority Texas Zeta Chapter of Delta Theta Chi for sewing the beautiful pillow cases!

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



Entertainment Highlights for January

January 4 th	Monthly Devotional
January 6 th	Sam Baker – All Acoustic Program
January 8 th	Texas Therapy Dogs
January 13 th	Richard Barry – Keyboards
January 14 th	Support Group
January 20 th	Jessie Frank – Guitar, Let's Dance!
January 27 th	Don Wall – Guitar Performance!
January 28 th	Support Group



2016 New Years Wish

"My Happy New Year wish for you,

Is for your best year yet,

A year where life is peaceful,

And what you want, you get,

A year in which you cherish,

The past year's memories,

Full of bright expectancies,

I wish for you a holiday,

With happiness galore,

And when it's done, I wish you,

Happy New Year, and many more."



Monday

Tuesday

Wednesday

Thursday

Friday

<div><div></div><div><h1>JANUARY 2016</h1><h2>FRIENDS PLACE OF MCKINNEY</h2></div><div></div></div>							1		
NEW YEAR'S DAY									
CLOSED									
10:15 Places Associated w/Seasons/Blasts From Past/Winter Sports 11:15 Chair Yoga 11:45 Sing Along 1:30 DEVOTIONAL /Strengthen Your Mind Opposites 2:15 Bingo/Therapy Ball/Places Traveled 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Person Place Or Thing "Weather"/ Enrichment Activity 5:00 Long & Short Trivia 5:30 Name That State	4	10:15 You Be The Judge/Rhyming Words/Things Found In or On 11:15 Chair Yoga 11:45 Sing Along 1:30 Senior Trivia/Last Word/Weather 2:15 Bingo/Bean Bag/Strengthen Your Mind 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Monthly Holidays/Enrichment Activity 5:00 Name That Tune 5:30 Trivia	5	10:15 Easy Category Trivia/Things you hear Outside/Items on an Automobile 11:15 Chair Yoga 11:45 Sing Along 1:30 ENTERTAINMENT SAM BAKER-GUITAR 2:15 Bingo/Therapy Ball/Strengthen Your Mind 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Spelling Bee/Enrichment Activity 5:00 Scavenger Hunt 5:30 Short Story	6	10:15 Senior Trivia/Crossword/Build An Automobile 11:15 Chair Yoga 11:45 Sing Along 1:30 State O Graphy/Word Mining Name That Sports 2:15 Bingo/Bean Bag Toss/Words&Meaning 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Things Found In A Wedding/ Enrichment Activity 5:00 Do You Remember 5:30 Where Were You?	7	10:15 Color Therapy/Men's Group 11:15 Chair Yoga 11:45 Sing Along 1:30 TEXAS THERAPY DOGS/ Enrichment Activity 2:15 Bingo/Therapy Ball/Presidential Facts 3:30 Wheel Of Fortune/Memory Street 4:00 Light & Lively/Blast From Past 4:30 Brain Teasers/Enrichment Activity 5:00 Movie & Popcorn	8
10:15 Famous Families/Expressions/ Things Found In or On 11:15 Chair Yoga 11:45 Sing Along 1:30 Senior Trivia/Crosswords/Missing Letters 2:15 Bingo/Therapy Ball/Current News 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Mixed Up Words/Enrichment Activity 5:00 Pastimes 5:30 Dominoes	11	10:15 Mystery Clues/Mind Stretchers/ Outdoor Sports 11:15 Chair Yoga 11:45 Sing Along 1:30 What Am I?/End To Beginning Animals In The World 2:15 Bingo/Bean Bag Toss/Decades 60's 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Last Words/Enrichment Activity 5:00 Name 5 5:30 Finish The Song	12	10:15 Color Therapy/Men's Group 11:15 Chair Yoga 11:45 Sing Along 1:30 ENTERTAINMENT RICHARD BARRY-KEYBOARD 2:15 Bingo/Therapy Ball/Ultimate Trivia 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Comedy Laughter & Smiles/ Enrichment Activity 5:00 Walk Down Memory Lane 5:30 Fun Facts	13	10:15 Eyes have It/Sound Of Music/ Spelling Bees 11:15 Chair Yoga 11:45 Sing Along 1:30 Main Street USA/Vision & Memory/ All About Signs 2:15 Bingo/Bean Bag Toss/Journey Thru The 20 th Century 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Famous Couples/Enrichment Activity 5:00 Songs W/ Names 5:30 Small Talk	14	10:15 Ladies Group/Men's Group 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB /The West Coast/ Favorite Foods 2:15 Bingo/Therapy Ball/Strengthen Your Mind 3:30 Wheel Of Fortune/Memory Street 4:00 Light & Lively/Enrichment Activity 4:30 Name That Tune/Cards 5:00 Movie & Popcorn	15
Dr. MARTIN LUTHER KING DAY 10:15 King Trivia/Brain Drain / Things You Hear Outside 11:15 Chair Yoga 11:45 Sing Along 1:30 Historical Dates/States/Word Meanings 2:15 Bingo/Strengthen Your Mind/Therapy Ball 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Senior Trivia/Enrichment Activity 5:00 Life Stories 5:30 Cards	18	10:15 Trivia/Build A Community/ Occupations 11:15 Chair Yoga 11:45 Sing Along 1:30 Show Me The Money/TV Quotes/ Name 5 2:15 Bingo/Bean Bag Toss/Winters Sports 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Mixed-Up Words Game/Enrichment Activity 5:00 Trivia Quest 5:30 Pastimes	19	10:15 Radios Golden Years/Double ee's Which One Is Not Like the Other 11:15 Chair Yoga 11:45 Sing Along 1:30 ENTERTAINMENT JESSE FRANK-GUITAR 2:15 Bingo/Therapy Ball/US History 3:30 Light & Lively /Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Presidential Names/Enrichment Activity 5:00 Taste Trivia 5:30 Dominoes	20	10:15 LADIES BAKING PROJECT/ Men's Group 11:15 Chair Yoga 11:45 Sing Along 1:30 Jeopardy/Double OO's/Picture Story 2:15 Bingo/Bean Bag Toss/Senior Trivia 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune 4:30 Where Would You Find/Enrichment Activity 5:00 Cards 5:30 Colors Of The Rainbow	21	10:15 Important Dates in History/ Person Place Or Thing/Name 5 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB /Trivia52/Olympic Sports 2:15 Bingo/Therapy Ball/Men Will Be Men 3:30 Wheel Of Fortune/Memory Street 4:00 Light & Lively/Enrichment Activity 4:30 Name That Game/Dominoes 5:00 Movie & Popcorn	22
10:15 MEMORIES IN THE MAKING Crosswords/End To Beginning/Tools 11:15 Chair Yoga 11:45 Sing Along 1:30 Changes Throughout History/Camping Trip/Person Place Thing 2:15 Bingo/Therapy Ball/Sports Equipment 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune 4:30 Name Cities A to Z/Enrichment Activity 5:00 Bible Trivia 5:30 Living Wise	25	10:15 Places & Things/Building a Kitchen/ Things The Color Blue 11:15 Chair Yoga 11:45 Sing-Along 1:30 Finishing Words/Word Ladder/Animals 2:15 Bingo/Bean Bag Toss/Brain Stretcher 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Whats Next/Enrichment Activity 5:00 Out In The Wild 5:30 Walk Down Memory Lane	26	10:15 Memory Street/Words w OO's & EE's/Special Occasions 11:15 Chair Yoga 11:45 Sing Along 1:30 ENTERTAINMENT DON WALL 2:15 Bingo/Therapy Ball/On The Map 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Words Beginning W/ B/Enrichment Activity 5:00 Word Trivia Game 5:30 Family Talk	27	10:15 Color Therapy/Changes In The Season/Going Fishing 11:15 Chair Yoga 11:45 Sing Along 1:30 U.S. History Trivia/Familiar Sayings/ End to Beginning Words 2:15 Bingo/Bean Bag Toss/Building A House 3:30 Light & Lively/Enrichment Activity 4:00 Wheel Of Fortune/Memory Street 4:30 Compound Words/Enrichment Activity 5:00 Dominoes 5:30 Cards	28	10:15 Strengthen Your Mind/Plant It, Play It, Wear It/Going On A Road Trip 11:15 Chair Yoga 11:45 Sing Along 1:30 BOOK CLUB /Who Wants To Be A Millionaire/Spelling Words 2:15 Bingo/Therapy Ball/Early Homes Of Presidents 3:30 Wheel Of Fortune/Memory Street 4:00 Light & Lively/Enrichment Activity 4:30 Words That Describe J-a-n-u-a-r-y/ Enrichment Activity 5:00 Movie & Popcorn	29

Daily: 9:00 – 10:15 am Coffee, Chit Chat, News and Views-All Activities Subject to Change. Breakfast & Morning Snacks until 10:00am. Water & Juice @ 11:00am. Lunch @ 12:30 pm. Afternoon Snack served at 3:00 pm..



Monday

Tuesday

Wednesday

Thursday

Friday

<div><h1>JANUARY 2016</h1><h2>Friends Place of McKinney</h2></div>							Happy New Year		
Vegetable Lasagna Beets Broccoli Florets Garlic Bread Garden Salad Brownies	4	Cheeseburger Herbed Potatoes Green Beans Garden Salad Lemon Cake w/Icing	5	Smothered Chicken Rice Pilaf Italian Vegetables Cole Slaw Fresh Baked Cookie	6	Ham Baked Sweet Potato Mixed Vegetables Garden Salad Banana Pudding	7	Spaghetti & Meatballs Peas & Carrots Garlic Bread Spinach Salad Pound Cake w/Toppings	8
Salisbury Steak Mashed Potatoes Green Beans Spinach Salad Orange Fluff	11	Turkey Spaghetti Italian Vegetables Garlic Bread Garden Salad Yogurt Parfait	12	Beef Taco on Flour Tortilla Spanish Rice Corn Garden Salad Pineapple Upside Down Cake	13	Vegetable Soup Grilled Cheese on Wheat Bread Fruit Cup Garden Salad Fresh Baked Cookie	14	Baked Fish Macaroni & Cheese Broccoli Florets Cole Slaw Strawberry Ice Cream	15
Chicken Fried Rice Oriental Vegetables Egg Roll Cole Slaw Chocolate Pudding	18	Bratwurst w/Sauerkraut German Potato Salad Peas & Carrots Garden Salad Rainbow Sherbert	19	King Ranch Chicken Black Beans Corn Bread Garden Salad Brownies	20	Meatloaf Mashed Potatoes California Vegetables Spinach Salad Apple Pie	21	Pizza Sweet Pea Salad Fresh Fruit Salad w/Toppings Garden Salad Dump Cake	22
Beef Lasagna Peas & Carrots Garlic Bread Garden Salad Ambrosia	25	Baked Fish Rice Pilaf California Vegetables Garden Salad Apple Cobbler	26	Pulled Pork over Baked Potato Broccoli Florets Fruit Cup Spinach Salad Ice Cream Sundae	27	Chicken Parmesan w/Pasta Green Beans Garlic Bread Cole Slaw Fresh Baked Cookie	28	Chili Mixed Vegetables Corn Bread Garden Salad Gingerbread w/whipped topping	29

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

Date December 28th, 2015

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