

# Friends News



1232 W. Beltline, DeSoto, TX 75115

(972)274-2484

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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

\*

Pam Long

\*

Stephanie Niesing

\*

Tina Kelemencky

\*

Frances Vasquez

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Meredith Lemaster,  
RN

## Volunteers

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Tom Morrison  
Jan Post

## January Brings New Beginnings

It's hard to imagine that 2016 is here. We always talk about the future and what it might hold. Well, the future is **HERE** and we have a wonderful year planned for our members at Friends Place. January brings cold weather outside but we plan to **ROCK** inside. Elvis will make an appearance on his birthday, January 8<sup>th</sup>, to Shake, Rattle and Roll! Love the music of the 50's, 60's? Then warm up to the sounds of Ben Meyer on January 19<sup>th</sup>. What about Jazz? Kimberly Nicole will really heat things up on the 15<sup>th</sup>! Activities to strengthen the mind and warm the soul are also on our agenda for January. Friends Place will be humming with excitement, new experiences, new friends, and great fun.

## Educate women today. Wipe out Alzheimer's tomorrow.

"Your Brain Matters" is an Alzheimer's Association peer to peer education campaign that is aimed at raising awareness about the impact of Alzheimer's disease on women. The Alzheimer's Association has enrolled volunteers throughout Dallas to join together to reach a goal of educating at least 19,000 women by May of 2016. At Friends Place, we are among those volunteers and we are available to present this important educational information regarding Alzheimer's to your woman's group. Please contact Marylynne Henry to schedule a time for her to come bring this education to your church group, your community group, or anywhere woman come together for any reason. We want to reach that goal of getting 19,000 woman educated!

## Friends Place Food Drive

A huge thank you to all our Friends Place Families. Friends Place DeSoto donated close to 300 lbs. of food to our area Outreach Centers. Giving during the holidays is such a wonderful way to give back to each community in our area. Thank you to everyone for taking time out to share with others this Christmas season.

## 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.

## Meaningful Activities (Continued)

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.

### Inclement Weather Policy

Friends Place Will adhere to the same closure policies as

DeSoto Independent School District.

In addition, in the event that we will be closed, we will post a notice on our website and on our voicemail.

Call 972-274-2484 or visit our website at <http://www.friendsplaceads.com/locations/desoto-home-page/>

### Friends Place Members

Norman Fisher – Jan 2

Rod Henry - Jan 5

Jessie Greer – Jan 6

Virginia Hortsmann – Jan 25

Robert Shields – Jan 31

### Friends Place Employees

Frances Vasquez – Jan 26

Stephanie Niesing - Jan 27



### Friends Place Welcomes

Araceli Agoncillo

Marguerite Lara

Jim Strom

Floyd Whatley

Duane Bailey

Jack Fletcher

Jerry Edmundson

### Member of the Month

Our member of the month is Eve Ogiermann. Eve comes to Friends Place each day ready to enjoy all the activities and is a genuine asset each to our Friends Place staff.

Eve is one of our "International" members, born in Leoben, Austria. She spent most of her childhood in Leoben and spent many hours with her grandparents. She always was a friend to all, as it is evident in her loving attitude to her friends here at Friends Place. She greets everyone with that wonderful, Austrian accent- certainly NOT Texan.

One of her childhood keepsakes that she still treasures is her stamp collection. I know that is very special to Eve. Her other interests included playing the violin and reading. She also posed as a model when in her 20's. The photographs that she brought during our State Fair Week of her modeling days showed a woman who could have passed for Audrey Hepburn! She is so beautiful and very cosmopolitan.

Eve met her husband, Robert Ogiermann in Canada where they married and lived most of their married life. Eve's professional life was making people love their hair - she was a beautician before retiring to raise her family.

Eve is such a wonderful asset to Friends Place. Whenever we have musical entertainment, you will find Eve dancing and complimenting the performers. She really loves it when Mike Frankel plays "Edelweiss" because it reminds her of her beloved Austria. She loves bingo, the Texas Winds Musical Outreach programs and is always available to show our new members around the center. When someone with a beautiful Austrian accent says "Hello - how are you today?" it's our own Eve making you feel welcomed and loved.

### Attacking Alzheimer's

Radio Station KAAM (770 AM) and the Alzheimer's Association team up to present "Attacking Alzheimer's", a weekly program featuring great minds to shed some light on this devastating disease. Tune in Sundays at 3:00 p.m.

### Support Groups and Education for Caregivers in the Southwest Dallas Area Alzheimer's Support Groups

Date: Tuesday, January 12  
Time: 2:00 p.m. – Discussion and Resources

Date: Tuesday, January 26  
Time: 2:00 p.m. –  
Speaker: Meredith Pond, Educator  
Home Instead Senior Care  
Topic: The Emotional Aspects of Caregiving

Activities for your loved one at no charge while you attend the meeting, with reservations.  
Call 972.274.2484.

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

Date: Saturday, January 16  
Location: New Life in Christ Lutheran Church  
311 S. Cockrell Hill Rd.  
Duncanville, TX. 75116

Date: Wednesday, January 13  
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

Monday January 25 at 6:15

Speaker: Cathy Judd, PA  
Topic: Dementia vs. Depression  
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](mailto:calljw@sbcglobal.net)

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DeSoto, Tx. 75115

*January Happenings*

F	8 <sup>th</sup>	Elvis Is In The House Steve Wilson	2:00 p.m.
M	11 <sup>th</sup>	Cassidy, Therapy Dog	10:45 a.m.
T	12 <sup>th</sup>	Caregivers Support Group General Discussion	2:00 p.m.
W	13 <sup>th</sup>	Marty Allen Nelson, Guitarist/Singer Special Delivery from Cockrell Hill Students	11:30 a.m.  1:30 p.m.
TH	14 <sup>th</sup>	Carolee, Storyteller	2:15 p.m.
F	15 <sup>th</sup>	Kimberly Nicole, Jazz Singer	1:30 p.m.
T	19 <sup>th</sup>	January Birthday Celebration with Ben Meyers, Entertainer	2:00 p.m.
M	25 <sup>th</sup>	Yoga with Charla	2:15 p.m.
T	26 <sup>th</sup>	Support Group Speaker: Meredith Pond	2:00 p.m.
W	27 <sup>th</sup>	Cassidy, Therapy Dog	10:45 a.m.
TH	28 <sup>th</sup>	Pancake Breakfast	8:30 a.m.

*Make Your Reservations  
NOW!*



*Friends Place Family  
Valentine's Celebration*

*Friday, February, 12, 2016*

*5:00-7:00p.m.*

*Experience "Café Italia"*

*Dinner and Dancing*

*Please RSVP by Monday, February 8th*

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