

# Friends News

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## Friends Staff

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Malissa Cestari

Leanne Yarrow

Lisa Bonner

Jocelyn Gulley

Joel Lindemeier

Teri Everett

Chris Laudon

Paula Rzomp

Mary Dennison

AD Chowdhury

Jane Tucker

Shirley Wilson

Sandy Kniffen

Danielle Yarde

Stephanie Quintana

Jenn Lumpkin

Emily Aijkens

## "Attacking Alzheimer's" Program on KAAM

Radio station 770 KAAM and the Alzheimer's Association team up to present:

### "Attacking Alzheimer's"

"A weekly radio program featuring great minds,  
to shed some light on this devastating disease."

**Tune in Sundays at 3:00 p.m.**

*You are cordially invited to our Friends Place  
**Valentine's Day Celebration**  
...and what a special treat is in store!*

**2:00 PM**

**Friday, February 12<sup>th</sup>**

**Featuring entertainment by the multitalented Murdock "Doc" Gibbs!**

A truly wonderful performer, Doc is well known as an impressionist, comedian, songwriter, and pianist. From Broadway to Boogie Woogie, he has provided music for such notables as Percy Sledge, Charlie Pride, Janie Fricke, and the Drifters.

*What a truly wonderful way to celebrate Valentine's Day!*

## Welcome to UTD, Baylor, & TWU Students

A big Friends Place welcome to the students and professors from the University of Texas in Dallas' Collier Center's Communication Disorder, Baylor's Louise Herrington School of Nursing and Texas Women's University School of Nursing. Students will be joining us at various times throughout the spring semester for observation, interaction, and opportunities for "on-the-job" experiences working with our fabulous members.

The Friends Place legacy is well respected, as is evidenced by the partnerships sought by these institutes of higher learning. Friends Place is committed to providing our members with the latest in research opportunities and advancements. We look forward to spending time with these energetic university students and professors, and we are pleased to welcome them to our program.

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### Friends Place February Member of the Month

We are pleased to recognize Warren Hubbard as our Friends Place Person of the Month for February. An all-around great guy, Warren originates from the great cold north, born in Canada and raised in Minot, North Dakota. He completed college, a year of officers training, and a 5-year-stint in the Navy with his major assignment as “Officer of the Deck” on an 800-foot-long ship with 2500 men on board. When jokingly asked if those duties involved “swabbing the deck,” he humbly replied, “Actually, it meant driving the boat.” WOW!

Obviously a sharp, charming fellow, Warren’s attention to detail, wonderful sense of humor, kind heart, and willingness to serve and to try new things has literally taken him around the world. Warren traveled to many locations throughout the world with his beautiful bride, Carolyn, during his career as a sales manager. He enjoys movies & plays, Dallas Cowboy games & sports, reading & FOX news. He is quite good at dancing, games, and playing bridge. Warren is a leader in his church, and loves having close relationships with his 3 children and 6 grandchildren. Truly, we are honored to call him “friend.”

### Meet Staff Member Jenn Lumpkin

We are delighted to welcome Jenn back into the Friends Place staff after a brief hiatus. She is a recent graduate of UTD’s Callier Center with a degree in Speech & Language Pathology and Audiology. Jenn is a busy gal. She grew up in Garland with 3 brothers. As a youngster, she prayed for a little sister. God didn’t answer that particular prayer, but she did end up having 3 girls of her own! Her pride and joy, they are now respectively ages 11, 10, and 4 years old. They LOVE dogs and the family enjoys their 3 dachshund pups. Jenn and the girls live with her parents, who have their own 2 doxies, so they have a real “pack!”

Jenn’s lifelong love of animals had her working in a veterinary clinic for several years. She is also a military veteran, having served as a Medical Technician in the Air Force for a couple of years. Our busy gal is very active in her church ministries, serving in various capacities such as secretary of the church board, in children’s ministries, and as the audio-visual director. It’s easy to see why we are so happy that she is back. With her sweet disposition and caring sense of service to others, she’s a real keeper!

### Happy February Birthdays!

- |    |   |
|----|---|
| 6  | Leon Cohorn, Cyndi Ott                  |
| 7  | Barbara Turner                          |
| 10 | Ziona Balaban, Pacheco Pyle, Ed Schulte |
| 12 | Faith Sourber                           |
| 16 | Virginia Boswell                        |
| 17 | Jane Tucker (staff)                     |
| 20 | Edna Kelsey                             |
| 21 | Joan Wolf                               |
| 25 | Tempia Culton                           |

### Welcome to New Friends!

Ziona Balaban

Lois Caddell

Dolores Carrel

Barbara Christnesen

Leon Cohorn

Bill Kennedy

Martha King

Dick Murray

Bob Rombuck

Jerry Watkins

### Did you know in February we have...

American Heart Month, Ground Hog Day, Valentine’s Day, President’s Day, Black History Month, Mardi Gras, Lent, Great American Pie Month, Boy Scouts Day, An Affair to Remember Month, Make a Friend Day, Chinese New Year, Love Your Pet Day, International Dog Biscuit Appreciation Day, National Tooth Fairy Day, Canned Food Month, National Grapefruit Month, and (my favorite!) **Spunky Old Broads Month!?**

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## Dementia and Emergency Hospitalization

The cold weather brings snow and ice, which can lead to falls, which in turn can bring a trip to the emergency room. And, the flu season is upon us. With the flu, complications often arise that can lead to unexpected emergency hospitalizations.

Being prepared at all times for a loved-one with dementia to go into a hospital involves some good pre-planning to make it easier for all involved.

It is helpful to have the following ready and available:

- \*List of all physicians, medications taken (including over-the-counter), their primary diagnoses and any other medical conditions

- \*Name your loved-one prefers to be called

- \*Sleeping habits and preferences  
(i.e. gets up often during the night)

- \*Information concerning vision and hearing  
(i.e. has hearing aids but won't wear them)

- \*Communication/Language difficulties

- \*Any disease related behaviors & best ways to respond

- \*List of things the person will need assistance with or will need to have done for them (can't select from menus, needs help opening milk container, meat must be cut into bite size pieces, stand-by assist toileting, etc.)

- \*Who's who? (Your loved one may tend to refer to daughter/wife as "mother" or husband as "brother," or talk about themselves in third person.) A written explanation, perhaps posted in the room where they won't notice it, might be helpful for caregivers.

A little prep time can make a big difference for your loved one (and yourself) in case of emergency. Keep this information in your purse, on the fridge at home, and in your car glove box for easy access.

## Support Groups & Care Offered:

- \*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**

Wednesday, February 3

5:00-7:00 pm

Friends Place Resource Room

Light supper provided by

Bookdale Creekside

Senior Living Solutions in Plano

**Always held the 1<sup>st</sup> Wednesday of the month**

### **Alzheimer Association's Caregiver Support Group Meetings**

Held the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month

2:00-3:30 pm

Friends Place Resource Room

Thursday, Feb. 11

Join our discussion group

~and~

On Thursday, Feb 25

**Jane Nunnelee PhD, RN-BC, GNP, CDP, CALA**

Private Practice/Geriatric Consultant

Presents

### **"Talking With Your Doctor"**

Know what questions to ask,  
and how to ask them.

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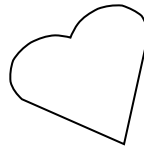
Friends Place Adult Day Services  
1960 Nantucket Dr.  
Richardson, TX 75023



### ***Fabulous, Fantastic February***



M	1 <sup>st</sup>	Jesse Frank performs your favorites	1:45 pm
Th	4 <sup>th</sup>	Heart of Texas Therapy Dogs Interactive entertainer Marty Ruiz	11:45 am 1:45 pm
T	9 <sup>th</sup>	Fat Tuesday/Mardi Gras Activities	all day
W	10 <sup>th</sup>	Entertainer Norris Perry performs	1:45 pm
F	12 <sup>th</sup>	Heart of Texas Therapy Dogs Valentine Party/Dance to Doc Gibbs	11:45 am 2:00 pm
M	16 <sup>th</sup>	Crooner Toney Walsh	1:45 pm
W	17 <sup>th</sup>	Texas Winds "Piano & Violin Duo"	11:00 pm
Th	18 <sup>th</sup>	Heart of Texas Therapy Dogs	11:45 am
M	22 <sup>nd</sup>	Showtunes with Brandon Perry	1:45 pm
Th	25 <sup>th</sup>	BD dance party w/Larry Johnson	1:45 pm
F	26 <sup>th</sup>	Heart of Texas Therapy Dogs	11:45 pm



### ***Valentine Friend***

*A Valentine friend is someone you choose  
To share your life with you,  
Someone who is always there,  
Whether you're happy or blue.  
With a Valentine friend, you can be yourself  
You don't need to pretend;  
When you're careful to choose a  
compatible match,  
You create a perfect blend.  
With you for my special Valentine friend,  
My life is full and bright;  
You bring contentment, joy and peace;  
You're my Valentine delight!*

***By Joanna Fuchs***



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