

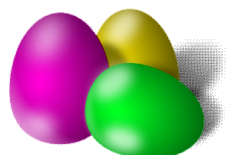
# Friends News

1232 W. Beltline, DeSoto, Tx 75115

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## Meet the Friends Place Team

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

\*

Joyce Tarver, RN

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Pam Long

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Stephanie Niesing

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Tina Kelemencky

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Meredith Lemaster,  
RN

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Delia Williams

Volunteers

\*

Tom Morrison

Jan Post

## What is Friends Place Early Stage Program?

Friends Place Adult Day Services specializes in programs and activities for all members based on each members specific needs. One such specialized program is our Early Stage Program.

Our Early Stage Program is targeted to meet the needs of the members that are early in their journey. For this program, we integrate several components into each activity. These components are discussion, writing and reading.

The discussion portion of the activity gives the members the security of a social group setting which enables them to engage in conversation and work on the activity being presented. A discussion that may start with a specific topic might morph into a discussion from the members own memories and experiences.

The writing component includes a writing exercise where we remind and re-engage hand-eye coordination. Some members may want to participate, but feel uncomfortable at first. With the help of the facilitator, they soon begin to try things and find out they can succeed. This is one of the main objectives of the program.

The third component is reading. With activities such as Book Club or Spanish Made Simple, we encourage members to read aloud. It's amazing to see more and more members try to read each week. Reading aloud is a wonderful exercise for the brain.

In summary, our Early Stage Program provides a social group setting and the "invitation" to become engaged in an exercise that works the brain and is usually met with a desire to contribute.

Our Early Stage programs include Book Club, Spanish Made Simple, Art Appreciation, Sign Language and Strengthen your Mind. If you have any questions about any of our programs, please visit with Marylynne.

## Friends Place "Give a little- Get a Lot" Gathering Campaign

Friends Place DeSoto has partnered with the Dallas Veteran's Administration in providing "goody" bags for some of the homeless and indigent Veterans who pass through their doors each and every day. Beginning March 1<sup>st</sup> through April 30, we will be collecting toiletries and small dry goods that our staff and members will be packaging to be donated to the Veterans. We will have a container in the foyer of the center for donations. Suggestions for donation are:

Combs	Small toothpaste tubes	Kleenex	Toothbrushes	Note pads
Mouth wash	Puzzle books	Brushes	Deodorant	Candy
Hair Brushes	Sewing Kits	Pens	Sanitizer	Dental Floss
Body Wash	Pkg. T-Shirts			

Questions? Contact Suzy or Tina at 972-274-2484

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## Misunderstood Wintertime Worry: Dehydration

During the winter months, people often don't consider that dehydration is a true health threat. With colder weather, we often have a very dry, raw environment with low humidity outdoors and heat running nonstop indoors, which is also drying. With flu season in full force, unsettled stomachs and the inability to keep anything down can rapidly cause dehydration issues. Improper hydration can throw mineral or medication levels out of balance, which is dangerous. Often the signs of dehydration are thought to be a worsening of Alzheimer's disease or dementia, since they mimic many of the same symptoms.

Dehydration is one of the most frequent causes of hospitalization for those 65 and older. Dehydration will cause more serious problems if not treated promptly, **SOME SEVERE ENOUGH TO CAUSE DEATH**. This is serious business!

### Common signs & symptoms

- Persistent fatigue, lethargy and/or muscle weakness
- Headaches
- Dizziness
- Nausea or poor intake of fluids
- Forgetfulness, confusion
- Deep rapid breathing, increased heart rate
- Loss of normal skin elasticity
- Decreased or no urine output
- Sunken eyes & dark circles

### Ways to avoid dehydration

- Offer & encourage water and/or juice at scheduled times throughout the day, 6-10 times depending on "successful" amounts
  - Offer bottled water instead of a cup of water; sometimes it can make a difference. These are easy to add powdered flavoring to, also.
  - Encourage lots of fresh fruits and vegetables
  - Serve salad, juice, fruit or soup-before meals
  - Include foods in meal planning that are made with water or milk - puddings, jello, soups
  - Offer healthy snacks between meals-carrot/celery sticks, melon balls, etc.
  - Remember other favorite or special treats that can be offered to help with hydration:
    - Popsicles, frozen fruit bars, sherbet or ice cream
    - Root beer floats, sherbet w/lemon lime carbonated beverages
    - Banana shakes made w/fresh berries
    - Applesauce, yogurt or frozen yogurt
- (continued at top of next column)

## Ways to avoid dehydration (continued)

The effects of dehydration can be a very serious matter. Use these tips for keeping hydrated to keep yourself and your loved one as healthy as possible during this winter season and throughout the year.

## Featured Member of the Month

### Charles Hill

This month's Member of the Month is our very own Charles Hill. Charles walks in to our center with a smile on his face and leaves the same way. His smile and happy attitude is infectious and we look to him for help when someone is sad.

Charles was born in Kansas City, Missouri. He lives with his wonderful sister Corine. Every time Friends Place has a dance or dinner, she supports Charles by attending and watching him get up and dance and get the entire crowd up and moving!

He loves sports - football, basketball and especially baseball. He played in his younger years and has the trophies to show for it. His love for music however surpasses everything else. He brings his guitar to Friends Place and is learning to play by playing along with the musicians.

Need someone to lead the sing-a-long? Charles loves to help and everyone loves him up there! Need someone to lead our conga line in the mornings? He is your guy. He is also the first one to jump in to help when we need chairs or tables moved. Thanks Charlie!

Charles served our country on a Naval submarine stationed at Pearl Harbor. He was able to travel around the world during his time in the Navy, and then settled in Sacramento, California. He worked for the City of Sacramento for over 20 years as an exemplary worker and was looked up to by all his co-workers.

We love Charles coming to Friends Place. He comes each day with that great smile and really makes us all feel better about starting our day.



**Birthday Wishes**

Leon Carter – Mar 3  
James Mickens – Mar 5  
Dorothy Coleman – Mar 7  
Charles Wade – Mar 13  
Kenneth Burke – Mar 25

**Welcome New Members**

Leon Carter  
Bill Acosta  
Jimmy Chancey  
Nicholas Cariotis

**Valentines Family Dinner and Dance**

Our Valentines Dinner and Dance was a wonderful success. Thanks to Lisa and all the staff and volunteers for some wonderful food. Joseph Bunker provided the great tunes. We all danced the night away, took some fabulous pictures in our Valentine's Photo Booth and enjoyed the fellowship of other families of Friends Place. As you can see, everyone had a wonderful time!



**Support Groups and Education for  
Caregivers in the Southwest Dallas Area**

**Alzheimer's Support Groups**

Date: Tuesday, March 8  
Time: 2:00 p.m. - General Discussion

Date: Tuesday, March 22  
Time: 2:00 p.m.  
Speaker: Cathy Judd, PA-C, DFAAPA,  
UTSW Dept. of Psychiatry,  
Psychneuroendocrinology Research Unit  
and Parkland Health & UTSW Hospital System

Topic: Dementia and Depression

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, March 19th  
Time: 11:00 a.m.  
Location: New Life in Christ Lutheran Church  
311 S. Cockrell Hill Rd.  
Duncanville, TX. 75116

Date: Wednesday, March 16th  
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**

Date: Monday, March 28th  
Time: 6:30 – 8:00  
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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1232 W. Beltline Rd.  
DeSoto, Texas 75115

**Mark Your March Calendars**

<b>T</b>	<b>1<sup>st</sup></b>	<b>Papa John's Sponsors Lunch/Pizza Demo Harley Brown-Entertainer</b>	<b>12:00 p.m. 2:00 p.m.</b>
<b>W</b>	<b>2<sup>nd</sup></b>	<b>Cockrell Hill Elementary Book Club</b>	<b>1:30 p.m.</b>
<b>Th</b>	<b>3<sup>rd</sup></b>	<b>Carol Lee, Storyteller</b>	<b>1:30 p.m.</b>
<b>T</b>	<b>8<sup>th</sup></b>	<b>Ben Myers, Entertainer March Birthday Celebration Support Group</b>	<b>2:00p.m. 2:00p.m.</b>
<b>W</b>	<b>16<sup>th</sup></b>	<b>Marty Allen Nelson Entertainer</b>	<b>11:30 a.m.</b>
<b>Th</b>	<b>17<sup>th</sup></b>	<b>St. Patrick's Day Celebration</b>	<b>2:15 p.m.</b>
<b>T</b>	<b>22<sup>nd</sup></b>	<b>Support Group Speaker: Cathy Judd, PA-C</b>	<b>2:00 p.m.</b>
<b>W</b>	<b>23<sup>rd</sup></b>	<b>Cockrell Hill Elementary Book Club</b>	<b>1:30 p.m.</b>
<b>Th</b>	<b>24<sup>th</sup></b>	<b>Music with Marty Ruiz Holy Thursday Devotional, Rev. Floyd Whatley</b>	<b>11:30 a.m. 2:00 p.m.</b>
<b>M</b>	<b>28<sup>th</sup></b>	<b>Yoga with Charla</b>	<b>2:15 p.m.</b>
<b>T</b>	<b>29<sup>th</sup></b>	<b>Texas Winds - Sentimental Journey Musical Program</b>	<b>11:30 a.m.</b>



**“ Give a Little- Get a Lot”  
Gathering Campaign**

**See details inside on how you  
can help Dallas County homeless  
Veterans**

**March 1 - April 30<sup>th</sup>**

**We will be gathering items to be  
given to the homeless and indigent  
Veterans who pass through the  
V.A. Center in Dallas.**

**For more information:  
Call Suzy or Tina at  
972-274-2484**