

Friends Staff

Pam Johnson

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Claire Iwuoha

Jackie Coalter

Trudy Honore

Malissa Cestari

Leanne Yarrow

Lisa Bonner

Jocelyn Gulley

Joel Lindemeier

Chris Laudon

Paula Rzomp

Mary Dennison

AD Chowdhury

Jane Tucker

Sandy Kniffen

Danielle Yarde

Stephanie Quintana

Jenn Lumpkin

Emily Aijkens



Fab February to Magnificent March!

Friends Place members enjoyed a February that was fast, fun, fabulous, and full! We had a LOT to celebrate, including a marvelous Mardi Gras. Crewe King Tom Daugherty & Queen Betty Archer, along with the Royal Court of Anne Smith, Kay Davis, Tony Daboub and Ray Glivinski (and Court Jester Chris Laudon, of course!) presided over the festivities, which included ragtime music, tons of beads, gumbo, King Cake, and tasty beignets, which family members also enjoyed as they headed home.

And what LOVELY Valentine's Day festivities! Our special entertainer Doc Gibbs "wowed" the crowd, tickling the ivories as he sang the classic love songs and favorites that still mean so much. Several of our member's families joined us for the music, dancing, and cookie reception that followed. Such fun!

We have much to look forward to during the month of March, as well. Variety is the name of the game this month. Along with our usual fabulous retinue of musical entertainers, we look forward to performances ranging from Classical Violinist Henry Lee to the Lake Highlands Songbirds, and even the fun clogger dancing group, the "Cloghoppers." Our ladies will have a variety of gorgeous china patterns from which to choose during the upcoming Easter Tea. Of course, this will include a selection of hats to don, teacakes to nibble on, and a selection of springtime poetry to enjoy. Delightful!



Don't miss out on the nonprofit musical outreach group **Texas Winds, "Hot Cakes & Hot Music" benefit fundraiser**. This group of professional musicians will perform their beautiful program "Sentimental Journey" during the pancake supper. Texas Winds provides first-rate musical entertainment, bringing inspiration and awakening fond memories for seniors. Through the generosity of individuals and by obtaining grants, audiences get to experience the joy and power of live performances. Friends Place remains an avid admirer of their mission, and we recognize first-hand the positive benefits that they whole-heartedly impart. Please join us in supporting their efforts. Invite your friends and family to have dinner with us and enjoy the show! See the back page for details.

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 furnaces 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, milk-puddings, jello, soups
- Offer healthy snacks between meals-carrot/celery sticks, melon balls, etc.

(continued at top of next column)

Ways to avoid dehydration (continued)

- 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

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.

Greater Dallas Alzheimer's Association

MINDSHARE 2015

The Alzheimer's Association brings together the most current information, resources and activities through Mindshare events:

- Research and TrialMatch®
- Brain health prevention
- Caregiving strategies
- Engagement opportunities

In a variety of workshops and educational sessions offered throughout the Greater Dallas 34 county service area, the current Mindshare calendar is:

March 18	Legal and Financial Check Up
April 8	Enhancing the Caregiver Experience
June 9	East Texas Mindshare
July 29	Denton County Mindshare

Seating is limited, and registration is required. Complimentary care may be provided. Go to www.alz.org/greaterdallas for time, location, and more information on each session. You may register online, or call 1-800-272-3900.

Virginia Boswell, Member of the Month for March

Rural Nebraska gal Virginia Boswell exemplifies the solid values and virtues instilled from her traditional, loving, hard-working family of farmers. Her husband Edgar lived in a nearby small town, and the couple met and started their family at a young age. They soon became the parents of two girls, Vicky and Deborah, and Virginia is now the very proud grandmother of five grandchildren and five terrific great-grandchildren, too!

Virginia worked alongside her husband in farming, sales, waitressing, as gatekeeper for federal and state parks, and eventually owning a craft store in rural Nebraska. They were able to retire early and “live the dream” of traveling together throughout the United States, Canada, and Mexico. She is a member of the First Christian Church, and enjoys camping, gardening, crafting, reading and traveling, to name a few things. Virginia is witty and kind, and always has some useful words of wisdom regarding farming, sewing, and gardening. She likes to watch a good ballgame, be it football or baseball, and likes country music and movies that are westerns. We are delighted to honor our dear Virginia this month!

Introducing Staff Member Sandy Kniffen

Hailing from Abilene, our gal Sandy Kniffen truly grew up deep in the heart of Texas. She met her future husband, Paul, her senior year in high school, where, as she says with a grin, “He chased me until I caught him!” The couple lived in a few other areas of the country, namely in the Washington, DC area and in Ohio, but they got back to Texas as quickly as possible. They have resided in the Dallas area for over 30 years now. Sandy and Paul have three grown children—two boys and girl, and now the apples of Sandy’s eyes happen to be their five and six year old grandsons, Landon & Noah. She loves going to their soccer games or just hanging out with the boys, and firmly declares them the brightest kids around!

Sandy is a very competitive tennis player, and with a lot of hard work she won the Nationals in 1990! She is very active in her church, where she teaches children’s classes and writes the newsletter. Sandy enjoys cooking, reading, dancing, and most of all, being with people. Her vivacious energy and bright smile reflect her genuinely kind, positive, generous nature. We are truly delighted to call her friend.

Happy March Birthdays to our Members

1	Lois Caddell
2	Mildred Vaughan
7	Judy Fleming
17	Ezell Banks, Stan Franklin
18	Don Broome
19	Jane Kovacs (staff)
21	Michael Medizadeh, Anne Smith
24	Carol Burke
28	Bob Runyon
29	Claire Iwuoha (staff)

And a hearty welcome to new members!

Betty Lou Daughtery	Betty Fore
Dorothy Gruber	Larry Jinks
Bob Kempf	Elwin Setliff
Glen Shaffer	Gary Skelton
Edith Tylock	



Lewy Body Dementia Caregiver Support Group

Friends Place Resource Room
5:00-7:00 pm Wednesday, March 2
There will be a light supper provided.
Always held the 1st Wednesday of the month

Alzheimer Association’s Caregiver Support Group Meetings

Friends Place Resource Room
Discussion group 2:00-3:30 pm Thursday, Feb. 11
Guest Speaker 2:00-3:00 pm Thursday, Feb 25

Friends Place Adult Day Services
1960 Nantucket Dr.
Richardson, TX 75080



March 2015

Th	3	Heart of Texas Therapy Dogs	11:45 am
F	4	Performer Tommy Ray	1:45 pm
W	9	Crooner Tony Walsh	1:45 pm
Th	10	Classical Violinist Henry Lee	11:00 am
F	11	*Heart of Texas Therapy Dogs	11:45 am
		*Texas Winds Benefit	
		Hot Cakes & Hot Music	5-7:00 pm
T	15	Larry Johnson entertains	1:45 pm
Th	17	*"Cloghoppers" St. Patrick's Day	11:00 am
		dance performance	
		*Heart of Texas Therapy Dogs	11:45 pm
F	18	"My Music Guy" DJ & dance	1:45 pm
T	22	"Songbirds" perform Irish tunes	1:45 pm
Th	24	Norris Perry sings our favorites	1:45 pm
F	25	Heart of Texas Therapy Dogs	11:45 am
		Ladies' Easter Tea	2:15 pm
M	28	TX Winds "Musical Morning"	11:00 am
T	29	Birthday Party with Marty Ruiz	1:45 pm

May the luck of the Irish be with you!

Hotcakes & Hot Music Benefit Supper Texas Winds Musical Outreach

Friday, March 11 5:00 to 7:00 pm

Enjoy a sampling of Texas Winds performers
and a delicious pancake supper

Dine in or take out, invite your family and friends

Please let us know how many will be attending

Did you know??? Families can sponsor a prestigious Texas Winds performance at Friends Place to honor for your loved one. Perfect for a birthday, Mother's Day, or any special occasion, this unique idea brings such joy to so many, and is a delightful way to create a one-of-a-kind experience. This is a gift you can feel really good about giving. For more information on this unique philanthropic organization, look for the Texas Winds website at www.texaswinds.org.