



## Meet the Friends Place Team

Marylynne Henry

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Suzu

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

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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

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Carolyn Propes

## Volunteers

Tom Morrison

Jan Post

Anita Gates

## April is National Volunteer Month

April has been designated National Volunteer Month since President Richard Nixon created the first National Volunteer Week in 1974. More than 64 million people volunteer somewhere across the U.S. Whether at the local church, food bank, and coaching children's sporting events or volunteering at Friends Place, these acts deserve to be applauded and thanked for the countless hours put in to each organization. Collectively 8.1 billion hours are spent volunteering in the U.S.

That donated time and expertise is valued at \$173 billion. What an economic impact! Our volunteers here at Friends Place spend time sharing stories with our members and participate in our activities. Jan is here every Tuesday to help during lunch and visit with our members. She enters into our discussions and is wonderful at likes to get to know our members by sitting and talking.. Anita comes and helps out in the afternoons during Bingo time. We always need another set of set of eyes when several call out "BINGO!" at once. Tom is here every week volunteering and heading up Bingo. He is the best caller ever and often there are multiple winners!! Our volunteers help with activities and each come to Friends Place with a smile and a willingness to engage our members and help out wherever they are needed. Hats off to Jan Post, Anita Gates and Tom Morrison who visit us each week. We thank them for their time.

## Alzheimer's Association Community Partner Public Education Events

The Community Partners of the Alzheimer's Association offer several area conferences and workshops for caregivers. These can range from general information to specific resources available to the caregiver. Listed below is a few that will be coming up in the near future?

### Hope for the Caregiver Conference

Location: Prestonwood Baptist Church  
6801 W. Park Blvd. Plano, Texas 75093  
Loft 456 ( 3<sup>rd</sup> Floor, Children's Ministry Bldg.)  
Date: April 9, 2016 Time: 8:30-12:30p.m.  
Cost: \$10 per family (includes water, coffee,  
pastries, childcare and respite care)  
To Register: alz.org for info or  
gheaton@prestonwood.org

### Self Care: You Matter

Location: The Point at C.C. Young  
4847 W. Lawther Dr.  
Dallas, Texas 75214  
Date: April 20, 2016  
Time: 9:45-12:15 p.m.  
R.S.V.P. to 469-828-3485 or  
[rduncan@ccyoung.org](mailto:rduncan@ccyoung.org) by  
Wed. April 13, 2016

### A Day with Teepa Snow

Location: North Park Presbyterian Church  
9555 N. Central Expressway, Dallas, Texas 75232  
Date: June 21, 2016 Time: 9:00-3:00p.m.  
Cost: \$10 (does not include lunch)

Registration: [act.alz.org/goto/CaruthHavenCourt](http://act.alz.org/goto/CaruthHavenCourt)

Topics from tips for caregivers, How to deal with stress, or how to be an advocate and partner, not an adversary or boss each one is a wonderful wealth of information.

For more information call Marylynne at Friends Place. 972-274-2484 or visit  
[http://www.alz.org/greaterdallas/in\\_my\\_community\\_63835.asp](http://www.alz.org/greaterdallas/in_my_community_63835.asp)

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### Featured Member of the Month

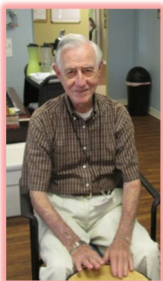
Need help with a task? Need a good laugh? Then Oran "Gene" Guillory is your guy! You will not find a better friend than Gene Guillory. Each time Gene comes to hang out at the center, he is willing and able to help us with activities – just give him a job and he is ready to go.

Gene was born in Dallas Texas. He and his lovely wife Carletta are one of the few people who can say they are Native Texans. Gene was born at Methodist Hospital in Oak Cliff, attended Sunset High School and went to college at Southern Methodist University and North Texas in Denton.

He met his lovely bride of over 63 years at the Sunset Theater. She was 13 years old, he was 17 years old and the rest, as they say, is history. They have 2 children, 10 grandchildren and 5 great grandchildren. Gene keeps busy with family and is the life of the party at every gathering. He enjoys joking around and has an uncanny way of putting a smile on the saddest face. I am guessing he was the practical joker in his younger years.

His service to our military was in the Navy, where he used his creativity as the Sports Editor for the North Islands Naval Station Newspaper. He served for two years in Coronado, California.

After his military service, he went into sales where he captured the hearts of every one he met. He also used his great personality to excel and received too many awards to count. He has been active in his church in many areas: teaching Sunday School, youth sports, and was voted #1 Dad. It's no wonder that Gene is loved by all.



### Compassionate Communication Learning a Language of Dignity By Pam Kovacs Johnson

When someone has dementia, their language skills are impaired, making communication challenging for everyone concerned. In order to help them maintain their dignity and minimize stress, it is essential that caregivers learn to speak differently than they always did in the past. It is truly like learning a new language.

Good communication skills and guidelines enable effective, compassionate conversations as well as prevent many disease related behaviors. It also makes it easier for caregivers to assist with activities of daily living; such as, eating, dressing, bathing and toileting.

Keeping in mind that communication is a two-way process, some tips and techniques include:

- Look directly at the person when speaking
- Speak slowly and say words clearly
- Use short, simple sentences
- Avoid clichés and unfamiliar words or sayings
- Repeat or reword as needed
- Use nouns instead of pronouns
- Important information should be at the end
- Avoid open ended questions
- Use positive words and statements

There will be times when you just can't understand what they are trying to say to you. It helps to pay close attention to their body language, allow plenty of time without interrupting and focus on the words or phrases that do make sense. When they lose their train of thought, repeat their last words back to them. If you still don't understand, it is best to simply say so.

We use our words and body language to state our needs and desires, to share our thoughts and opinions, to socialize, and share our feelings and emotions. When caregivers use a language of dignity, every word and actions expresses affection and says to their loved-one, "What you say and think, matters to me."

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### Birthday Wishes



Charles Hill – Apr 2  
Willie Gardener – Apr 6  
Lamar Johnson – Apr 10  
Nick Cariotis – Apr 10  
Vernon Black – Apr 16  
John Griffin – Apr 22  
Bill Sigsbee – Apr 25  
Bonnie Parks – Apr 29  
Horace Williams – Apr 30

### Friends Team Members

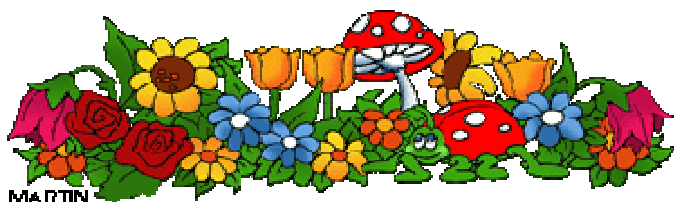
Tina Kelemencky – Apr 9  
Evelyn Tave – Apr 17

### *A Warm Friends Place Welcome to:*

Horace Williams  
Bill Sigsbee  
James Randall  
Scott Hartless  
James Gordon

## Spring Planting at F.P. is Here

Spring Is Here and we will be working on our vegetable garden and flower garden in the coming weeks as the weather gets nicer. This is a wonderful opportunity to engage our members in an activity outside and to reminisce about carefree days and playing until the street light comes on!! Come join us.



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

Date: Tuesday, April 12  
Time: 2:00 p.m. - General Discussion

Date: Tuesday, April 26  
Time: 2:00 p.m.  
Speaker: Rick Mills, Attorney

Topic: "Are your Papers in Order?"

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, April 16  
Time: 11:00 a.m.  
Location: New Life in Christ Lutheran Church  
311 S. Cockrell Hill Rd.  
Duncanville, TX. 75116

Date: Wednesday, April 20  
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, April 25  
Time: 6:15 – 8:00  
Speaker: Dr. Pavasias  
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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Friends Place Adult Day Services  
1232 W. Beltline Rd.  
DeSoto, Texas 75115

**April Happenings**

W	6 <sup>th</sup>	Cyan the Daring Dachshund Cockrell Hill Elementary Book Club	12:00 p.m. 1:30 p.m.
TH	7 <sup>th</sup>	Joseph Bungler, Singer/Entertainer	2:00 p.m.
T	12 <sup>th</sup>	Cassidy, Our Therapy Dog Carol Lee, Story teller  Support Group	10:45 a.m. 2:15 p.m.  2:00 p.m.
TH	14 <sup>th</sup>	Dixieland Band	2:00 p.m.
F	15 <sup>th</sup>	Texas Winds- Solo Harpist	11:00 a.m.
W	20 <sup>th</sup>	Cyan the Daring Dachshund Wayne Blanchard-Singer April Birthday Celebration	12:00 p.m. 2:00 p.m.
TH	21 <sup>st</sup>	Zeta Sorority Celebration	10:45 a.m.
M	25 <sup>th</sup>	Charla-Yoga Class	2:15 p.m.
T	26 <sup>th</sup>	Mike Frankel- Accordion Player Support Group- Speaker Rick Mills, Attorney	11:30 a.m.  2:00 p.m.
W	27 <sup>th</sup>	Cassidy, Our Therapy Dog	10:45 a.m.

**Save the Date**

**Friends Place 4th Annual Mothers  
Day Luncheon and Style Show**

**Friday, May 6**

**12:00-2:00**



**Food, Fashion,  
Jewelry**

*Once again Morgan  
Fairfield will be here  
with some great  
fashions and jewelry  
you will want to take  
home. Come early to  
celebrate the women  
who care for loved ones  
and all the women in  
our lives.*

**R.S.V.P. to Suzy at  
972-274-2484**

**Space is limited so call early!!**

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