



Friends Staff:

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Lisa Bonner

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Paula Rzomp

Mary Dennison

AD Chowdhury

Jane Tucker

Sandy Kniffen

Danielle Yarde

Jenn Lumpkin

Emily Aijkens

March, 2016: 'Twas Simply Marvelous!

The marvelous month of March Madness brought not only our interesting daily activities and weekly performers, but also many special events. The St. Patty's Day celebration included visits from the sparkly-costumed "Cloghopper" clogging dance troupe, Heart of Texas Therapy Dogs (ALL decked out in green!) and Irish songs from the beautifully-in-tune "Songbirds" singing group. Everyone donned Easter bonnets for the oh-so-special Ladies Easter Tea. With the beautifully prepared tables, tasty nibbles, and thoughtful readings, there was much to smile about. Lovely! Friends Place also hosted a benefit for the fabulous musical outreach program, Texas Winds. The D'Aniellos, Jinks, Davis's, Lucidos, and several others enjoyed the wonderful live music and a twirl on the dance floor. With hot pancakes fresh off the griddle, it was truly a fun Friday night out. Rounding out the month, the very generous Collin County Master Gardeners brought enough supplies and manpower to assist our members with creating their own miniature garden. These thoughtful folks provided containers, soil, plants, and decorative miniatures for each person to make and take their own horticultural creation home. We are sincerely grateful for their kindness. These little gardens will, no doubt, provide continuing enjoyment for our members!

Skipping ahead to early May,

this year, we are celebrating Mother's Day in an even better way!

From our ever-so-popular tea party, we are updating our celebration into a delightful

Mother's Day Luncheon & Tea

And you are cordially invited to the festivities!



Friday, May 6th

12:00-1:30 pm

Finger sandwiches, salads, fruits, assorted breads, teas & cookies

Musical accompaniment from harpist Carla Siegesmund

Presenting a historical fashion show, featuring attire from the 1890's-1920's

Fashion show curated by Heritage Farmstead Museum of Plano

Families are invited to attend this special event, reservations required. 972-437-2940.

Caregiver Support Groups

Care for your loved one provided free of charge, with reservations.

Lewy Body Dementia Caregiver Support Group

Always held the 1st Wednesday of the month
Friends Place Resource Room

Wednesday, April 6 5:00-7:00 pm

Light dinner provided

Much gratitude to Tami of Senior Helpers for
providing the light dinner at the March meeting.

Alzheimer Association's Caregiver Support Group Meetings

Always held the 2nd & 4th Thursdays of the month
Friends Place Resource Room

Thursday, April 14, 2:00-3:30 pm

General discussion & sharing resources

Thursday, April 28, 2:00-3:30 pm

Update: Alzheimer's Disease, Research & Studies

Mary Ellen Quiceno, M.D.

UT Southwestern Medical Center

Director of the Cognitive & Memory Disorders Clinic

Associate Professor

New! Men-Only Support Group!

For you fellows who are full-time caregivers for your wife
or mother, a group to help you with those concerns
unique to husbands & sons.

Held the 1st & 3rd Thursdays of the month
Friends Place Resource Room

Thursdays, April 7 & 21, 2:00-3:30 pm

More information? Call: George Davis @ 972-900-9774

New! Wives-Only Support Group!

Addressing the issues that arise within the ever-evolving
role of being your husband's full-time caregiver.

Held the 2nd Wednesday of the month
Friends Place Resource Room

Wednesday, April 13, 2-3:30 pm

More information? Call: Pam Johnson @ 972.437.2940

Compassionate Communication: Learning A Language of Dignity

By Pam 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."

April's Member of the Month: Ezell Banks

We are delighted to introduce you to Ezell Banks! The second of Lester & Mary Banks' five children, he spent most of his life in Milwaukee, Wisconsin. Ezell married his high-school sweetheart, Barbara, and the couple raised son Dante and daughter Verneesha in Milwaukee, as well. Starting out as a UPS driver, Ezell moved up through the ranks, eventually becoming a manager for the company. Ezell served as president of the Congregation at Atonement Lutheran Church. He enjoyed playing golf, and vacationed with his family on a yearly basis. One favorite trip was to the Dominican Republic, and their trip to Africa was truly a dream come true. Ezell has a keepsake collection of old albums and books; he especially enjoys books on politics. He is a big sports fan, and of golf, in particular. Ezell can really "cut the rug," and is in great demand on the dance floor. Quietly observant, Ezell astutely comments on whatever the subject happens to be. He is a terrific friend to have, and we are so happy he moved to Texas a few years ago!

Staff Member of the Month: Jocelyn Gulley

We are so proud of each of the Friends Place staff, but Jocelyn Gulley is one staff member who really stands out. She deeply cares for others, and is committed to understanding the interests, abilities, and needs of each Friends Place member. As Floor Manager, Jocelyn is instrumental in keeping everything running smoothly. She is always there to guide, encourage, and assist both staff and members with arrivals, activity preparations, and with migrating to different groups throughout the day. Originally from Arkansas, Jocelyn got to Texas "as quickly as she could." She is very close to her family, especially to her dad and her own three children, with whom she treasures spending quality time. Jocelyn's two teenaged boys are Denzel and DeVarr'e. Her beautiful daughter Krissy is eleven years old. Jocelyn has a real knack for artistic lettering, and she enjoys all kinds of arts and crafts. She likes to dine on Cajun food at Razoo's Restaurant, and she is quite a good dancer, too. Jocelyn is a "girly girl," and has fun getting her hair and nails done...and those eyelashes, too, of course! With her gorgeous smile, caring heart, and outgoing personality, our dear "Jocey" is a fabulous force to be reckoned with!

A warm welcome to new friends!

Jean Shepherd	Buster Ellis
Marilyn Rauch	Connie O'Connor
Joan Peurifoy	Richard Rose
Duaine Clevenger	

And very best April Birthday Wishes to:

8 th	Louise Yoss
10 th	Kay Roth
14 th	Bob Rombuck and Joan Peurifoy
15 th	Mary Dennison (staff)
20 th	Kathryn Herring

So much to look forward to in April...

Our always amazing mix of energetic activities and awesome entertainment throughout the month!

Welcoming new West Coast University and Texas Women's University nursing students!

A new novel selection for our Friends Place Book Club!

Celebrating National Poetry Month!

Groups meeting not only indoors, but groups meeting outdoors to enjoy the beautiful weather, gardening, sports, and activities in the great yard and patio area!

It's time to save the date for our annual...

Father's Day Classic Memories Antique Car Show

Friday, June 17th

10:30 am and throughout the day

The Dallas Swing Band musical entertainment!

Burger & Hot dogs lunch with the car owners!

Be sure to reserve the day on your June calendar!

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

April 2016



T	5	Entertainer Tommy Ray	1:45 pm
Th	7	Heart of Texas Therapy Dogs	11:45 am
W	13	Norris Perry performs	1:45 pm
F	15	Heart of TX Therapy Dogs	11:45 am
M	18	Country singer Jesse Frank	1:45 pm
W	20	Dance Party w/ Marty Ruiz	1:45 pm
Th	21	Heart of Texas Therapy Dogs	11:45 am
F	22	Collin County Master Gardeners Earth Day Event	10:15 am
T	26	Birthday party w/Toney Walsh	1:45 pm
F	29	Heart of TX Therapy Dogs	11:45 am

April showers bring May flowers, and it will find us...

Digging into the Gardening Program

With lots of gardening activities coming in the next few months, Friends Place members can really dig into the program and have a blooming-good time!

Friday, April 22 at 10:15 AM

2016 Earth Day Extravaganza!

The ***Collin County Master Gardeners*** are graciously lending a hand and their expertise in a wide variety of interesting and enjoyable projects, large and small. Be sure to book the date on your calendar!

Throughout April,

Volunteers from Plano's Chase Oaks Church will be donating manpower, muscle, and their Saturdays towards beautifying our outdoor campus. Plans include pruning, power-washing, repainting furniture, and a new patio gazebo. So kind, so generous, so gracious, and so very well appreciated!
