

Friends Staff:

Pam Johnson

Jane Kovacs

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

Jenn Lumpkin

Emily Aijkens

Hard to believe it, but we are already through the month of April!

And what a great month we had, no foolin'! The gray skies and showers let up and the sun peeked through, bringing those beautiful May flowers a bit early. We now are using the backyard even more, since three different groups from Chase Oaks Church in Plano volunteered their time and talents to spruce it up for us. These wonderful folks, from young children to grandparents and every age in between, assembled a beautiful new garden gazebo, trimmed, weeded, mulched, repaired, tilled, planted, power-washed and painted their way through a couple of Saturday's during the month. We ALL appreciate their hard work and efforts so very much, and have been thoroughly enjoying our discussions, activities and smaller gardening tasks in the beautiful backyard. Thank you to Friends Place staff members Chris, Mary, and Leanne for sharing their week-in time and caring efforts to assist in this significant improvement project, as well.

Our Earth Day Celebration was one event held mostly outdoors, with assistance from members of the Collin County Master Gardeners. Friends Place members re-purposed throwaway items such as leftover pavers, wine bottles, egg cartons, and burlap swatches to create various types of garden art. We planted seeds and the cared for the birds by preparing nesting materials & filling and placing bird feeders. We discussed an interesting slide show about environmentalists and how they have brought awareness and change, and then listed ways we can make a difference today for future generations. For the grand finale, we made (and ate!) dirt-with-worms pudding desserts...deeee-lish!!!

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

You are cordially invited to our delightful

Mother's Day Luncheon & Tea

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

Reservations required. 972-437-2940

Are You A Proactive Caregiver?

The old saying “can’t see the forest for the trees” makes perfect sense to someone caring for a loved-one with dementia. With so many day-to-day concerns, it’s easy to become either too focused on the disease as a whole or get totally bogged down by the minute details. Proactive caregiving balances today’s needs with tomorrow’s challenges.

Proactive caregivers empower themselves with education about the disease, assess, and plan ahead to prevent problems before they occur. It means taking action now rather than waiting until something serious happens before you become concerned.

Are they safe at home or left alone in a car? Can they follow rules? What would they do in case of fire, a serious fall or injury? Do they know their full (and correct) name and current address? Do they know to eat the sandwich or lunch left for them?

You can minimize the risks of falls or injuries in the home by having another family member or a professional assess potentially unsafe environments or situations. Seldom will you be able to recognize possible hazards that an outsider would notice. This might include elimination of throw rugs, extension cords or having a path free of obstacles. Also, it’s good to get into the habit of sitting down for showering or when toileting (for men) as most falls in the home occur in the bathroom.

Adult day programs, when used frequently, enable families to be proactive caregivers by

- Keeping language skills intact longer and vocal cords strong to prevent future swallowing difficulties
- Providing a social environment so they can form new friendships while current friends are still involved
- Creating opportunities for intellectual stimulation while they can still easily access long-term memories
- Staying active and engaged before excessive sleeping and/or mobility becomes a greater problem

Think ahead about what you might encounter around the next bend on your caregiving journey. Are you ready?

Caregiver’s Support Groups

All meetings are open to anyone in the community. Care for your loved one during the meeting is provided free of charge, with reservations. Call 972.437.2940.

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Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

Wednesday, May 4, 5:00-7:00 pm

Special Program Presented by

Diana R. Kerwin, MD, Medical Director

Texas Alzheimer’s & Memory Disorders

Texas Health Physicians Group

Light dinner provided

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Alzheimer Association’s Caregiver Support Group Meetings

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

Thursday, May 12, 2:00-3:30 pm

General discussion & sharing resources

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Thursday, May 26, 2:00-3:30 pm

“How Can a Geriatric Care Manager Help?”

Presented by

ElderCare Partners, A Division of The Senior Source

Presentation, informative handouts, Q&A

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New! Men-Only Support Group!

A great group for information and sharing to help you with those concerns unique to husbands and sons.

Held the 1st Thursday of each month

Friends Place Resource Room

Thursday, May 5, 2:00-3:30 pm

More information? Call: George Davis @ 972.900.9774

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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 3rd Tuesday of each month

Friends Place Resource Room

Tuesday, May 17, 2:15-3:30 pm

More information? Call: Pam Johnson @ 972.437.2940

Pacheco Pyle, Member of the Month for May

Accomplished author. Military wife. Mother of three boys. Huge heart for others. Served abroad. Devoted Christian. Teacher. Beloved friend. These are but a few quick descriptors of our dear Pacheco. "Rhymes with Jamaica," she cheerfully reports. Named after a close family friend, Pacheco is one blessed with a kind-hearted, happy nature which brings such joy to others. She listens intently, genuinely cares, and is so affirming that people are just naturally drawn to her.

Pacheco grew up in the Dallas area, and graduated from the University of North Texas. She served alongside her husband, Bill, with the Mercy Ships and Youth With a Mission organizations in Guatemala, the Dominican Republic, and South Africa for seven years. Pacheco was a secretary, school teacher, and writer. She wrote children's books and books about family life from the Christian perspective, publishing nine of them! As a mom, she was always on the sidelines or in attendance of her three sons' ballgames and performances. She loves being a grandmother now as her family is very important to her. We love that she spends some time with us, and we treasure her friendship.

May's Staff Member of the Month

Mary Dennison hails from a small town just south of Chicago, Illinois, called Bourbonnais. She is the "big sis" to three younger brothers, and baseball was the unifying theme throughout the Dennison home. Not only did they play ball, but the family also made regular trips to Wrigley Field to watch their beloved Cubs. "Practically religious," is how she describe those experiences. Her home-made chocolate chip cookies are practically a religious experience-WOW! Mary is pretty crazy about her dog, Eli. She noted that they were never allowed an animal in the family as kids, but each of them is now very attached to their respective pups. The four siblings live in various locations throughout the United States. Mary found her way to the great state of Texas by way of Arizona, and we are so glad she did! Along the way, Mary explored variety of career paths, including accounting, X-ray technician, and working in an orthopedic surgeon's office. She joined our staff a little over a year ago, and has become a mainstay of Friends Place.

"May is nature's way of saying, 'Let's party!'" ~Robin Williams

A warm welcome to new members!

Diane LaFever

Margaret Weathersby

Jim McCollom

Harold Abbey

Dale Braucht

Very best wishes to May birthdays!

Jackie Coalter (staff)	3
Warren Hubbard	5
Faynell Parker, Roy Stretch	9
Dot Gruber	19
Geraldine Bush	23
Rachel Charles	24
Carl Abady, Dolores Carrel, Marilyn Rauch	30

*"The way I see it, you should live every day
like it's your birthday." ~Paris Hilton*

Quotes on Motherhood...

*God could not be everywhere and therefore
he made mothers. ~Jewish proverb*

*All that I am or ever hope to be, I owe
to my angel Mother. ~Abraham Lincoln*

*A man loves his sweetheart the most, his wife the best,
but his mother the longest. ~Irish proverb*

**Best wishes for a blessed, lovely, and
Very Happy Mother's Day!**

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

<u>May 2016 Highlights</u>		
Th	5	Heart of TX Therapy Dogs 11:45 am
		Celebrate Cinco de Mayo with DJ 1:45 pm "My Music Guy"
F	6	Mother's Day Luncheon & Tea Featuring Harpist Carla Seigsmund & 12-1:30 pm Heritage Farmstead Fashions from the 1890's-1920's
M	9	Classical Violinist Henry Lee 11:00 am
T	10	Showtunes & more with singer 1:45 pm Brandon Perry
F	13	Heart of TX Therapy Dogs 11:45 am
W	18	Entertainer Toney Walsh 1:45 pm
Th	19	Heart of TX Therapy Dogs 11:45 am
Th	26	Entertainer Norris Perry sings 11:45 am
F	27	Heart of TX Therapy Dogs 11:45 am
M	30	MEMORIAL DAY CLOSED
T	31	Birthday Party with Marty Ruiz 1:45 pm

***Father's Day
Classic Memories Car Show***

Friday, June 17

Some favorite past-participants include:

The classic '57 Chevy,
Model T Ford,
'64 Rolls Royce,
Sporty Mustangs,
Foxy Corvette Convertible Stingray,
And many, many more.

10:30 am

Car Show & Music provided by DJ "My Music Guy"
1:45 pm

Dixie Swing Band performance

Hey all, let's "tie one on" together by wearing your
brightest, most festive necktie to note the occasion.

***What a special celebration-
Be sure to Save the Date!***