



## 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

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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

\*

Carolyn Propes

\*

Ali Gassama

## Volunteers

Tom Morrison

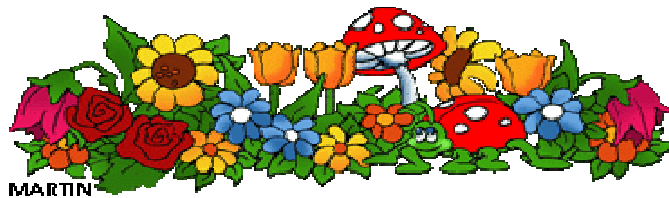
Jan Post

Anita Gates

## Mother's Day Luncheon and Style Show

Don't miss our Mother's Day Luncheon and Style show on  
Friday, May 6<sup>th</sup> from 12:00- 2:00 p.m.

Reservations can be made by calling Suzy at 972-274-2484 by Friday, May 2<sup>nd</sup>. This is a wonderful way for us to honor Mom's, Sisters, Daughters and friends of Friends Place. Please be our guest as we enjoy some great food and fellowship. There will be raffle prizes to win; clothing and jewelry to consider taking home and just a fantastic time to enjoy and celebrate with everyone. It promises to be a great time!



## Coming in June!

## Father's Day Classic Car Show Celebration



Calling all guys and car enthusiasts. Join us here on

Friday, June 17<sup>th</sup> beginning at 10:00 a.m.

Weather permitting, The Cruiser Club will be here with a wide variety of classic cars, muscle cars and trucks for us to oogle and google over. Come take your picture with one of these classic cars, then come enjoy some great Burgers, Brauts and all the trimmings. Please call Suzy at 972-274-2484 to reserve a place in the food line and listen to some great music while you dine!

It's going to be a Blast so call today.

**Friends Place is CLOSED on Monday, May 30 for Memorial Day!**

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## Featured Member of the Month

### Ida Brown

Ida Brown is our featured Member of the Month. Ida Brown - hmmmmmm..... the friendliest, feistiest 92 year old woman you will ever meet! Ida knows no stranger and if given the chance she would dance from room to room greeting everyone she meets. When ask how she is on any particular day, her reply is "Pretty good for an old lady!!" When you see that quirky little smile, it's the best way to start the day!

Ida was born Ida M. Griego in Santa Fe, New Mexico on May 13, 1923. She was the oldest of 10 children! That gives you some idea why she is always helping people here at Friends Place. Ida grew up on a farm and her Dad was a horse trainer. Her Mom worked as a cook serving her family and others. I am sure Ida got her giving spirit from her parents. What a wonderful place to grow up in beautiful New Mexico as a child. She also lived in Salt Lake City, Utah and graduated from high school in La Madera, New Mexico.

Ida has always enjoyed the great outdoors and I am told that as a young woman she could beat anyone in a foot race!! At 92, she still walks fast everywhere she goes.

Ida married David Brown and was happily married for 43 years. Talk about a whirl-wind romance! They met on a blind date and he wisely proposed within 2 months. They married and lived in Colorado and California before moving to Texas. Ida loves to cook and comments almost daily on the food at Friends Place. She is bubbly and always has a good word to say to Carolyn our Chef, and evens offers to help clear the table and wash the dishes. Don't ask her what she wants to drink- could be anything from Lemonade to Bourbon- she always has us in stitches. Ida's favorite phrase is "God is so creative!" Her infectious smile and sassiness is unmatched by anyone! Ida greets everyone she sees with a warm hug and "My oh my!! It's my best friend! How are you doing my darling?" She genuinely is a pleasure and a breath of fresh air. I hope you get to be the recipient of Ida Brown's hugs and smiles the next time you are visiting Friends Place.

## Are You A Proactive Caregiver?

By Pam Kovacs Johnson

The old saying "can't see the forest for the trees" makes perfect sense to someone caring for a loved-one with dementia. And, sometimes the reverse is true. 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. They 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. It might even include getting into the habit of sitting down for showering or when toileting (for men). Remember that 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 they start spending most of the day sleeping and/or mobility becomes a greater problem

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

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### Birthday Wishes



Ida Brown - May 13  
Margie Brawley - May 18  
Jessie Mullen - May 23  
Dusty Rhodes - May 23

Friends Place Team Members  
Lucretia Honore - May 7

### A Warm Friends Place Welcome to:

Phillip Bledsoe  
Nadell Byrum  
Fadell Cox

### Staff Members

Carolyn Propes  
Ali Gassama

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

Date: Tuesday, May 10

Time: 2:00 p.m.

Speaker: Speaker: Cathy Judd

**\*\*NOTE: Speaker meeting 2<sup>nd</sup> Tuesday  
this month Only\*\*\***

Topic: "Sleep and Alzheimer's"

Date: Tuesday, May 24

Time: 2:00 p.m. - General Discussion

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

### Veteran's Aid and Attendance: Who is Eligible?

Veterans and survivors who are eligible for a VA pension and require the AID and ATTENDANCE of another person, or are housebound, may be eligible for additional monetary payment. These benefits are in ADDITION to monthly pension, and are not paid without eligibility to PENSION.

There are so many resources available to our Veteran's and one of these relate to the Aid and Attendance that is calculated if you are eligible to receive any funds through the Pension Program. James Henderson at [james.henderson@dallascounty.org](mailto:james.henderson@dallascounty.org) can answer questions and direct you to the correct department. He can really be your advocate to receive any benefits that you may have qualified.

Did you know that the Aid and Attendance increased monthly pension amount may be added to your monthly pension amount if you meet certain criteria? We urge you to take advantage of contacting him for your duly earned benefits via the Pension program for you and/or your spouse. We can put you in contact with James and he can help you to navigate the Veteran's website or to speak to you personally if you are on the Veteran's campus.

Date: Saturday, May 21

Time: 11:00 a.m.

Location: New Life in Christ Lutheran Church  
311 S. Cockrell Hill Rd.  
Duncanville, TX. 75116

Date: Wednesday, May 18

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

Caregiver Support Group meets on  
Thursday, May 19 @ 1:00-2:00 pm

No Last Monday Support Group in May due to  
Memorial Day Holiday

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)

Friends Place Adult Day Services  
1232 W. Beltline Rd.  
DeSoto, Texas 75115

### May Happenings

T	3 <sup>rd</sup>	Harley Brown Entertains	2:00 p.m.
W	4 <sup>th</sup>	Cyan, The Dashing Dachshund	12:00 p.m.
TH	5 <sup>th</sup>	Texas Winds Musical Outreach Presents Paul Demmer	11:00 a.m.
F	6 <sup>th</sup>	Mother's Day Luncheon and Style Show	12:00-2:00 p.m.
T	10 <sup>th</sup>	Caregivers Support Group Speaker: Cathy Judd- "How Sleep affects Alzheimer's" Caregivers	2-3:30 p.m.
W	11 <sup>th</sup>	Carol Lee-Storyteller	2:15 p.m.
TH	12 <sup>th</sup>	Cockrell Hill Students Book Reading Club	1:30-2:15 p.m.
F	13 <sup>th</sup>	Kimberly Nicole	1:30 p.m.
T	17 <sup>th</sup>	Birthday Celebration Ben Myers- Entertainer	2:15 p.m.
T	23 <sup>rd</sup>	Yoga with Charla	2:15 p.m.
T	24 <sup>th</sup>	Support Group General Discussion	2:15 p.m.
TH	26 <sup>th</sup>	Gary Freeman, Singer	2:15 p.m.
M	30	CLOSED for Memorial Day	All Day



### Mother's Day Luncheon and Style Show

Friday, May 6<sup>th</sup>

12-2p.m.

Reservations Please

Call Suzy at

972-274-2484

