

Friends News

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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

*

Stephanie Niesing

*

Delia Williams

*

Carolyn Propes

*

Alieu Gassama

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Keshawna Stephens

Volunteers

Tom Morrison

Jan Post

Anita Gates

Jeannette Wilkins

Friends Place Annual Father's Day Celebration

Calling all Car Enthusiasts! On FRIDAY, JUNE 17TH, beginning at 10:00 a.m. (weather permitting,) The Cruiser Club will be in the house! (Well, the parking lot actually....) Muscle cars, trucks and a wide variety of classic cars will be here for us to ooooooh and aaaaaah over. Please come and talk to the owners, have your picture taken and have some great fun. Harley Brown will be entertaining us at 11:00 a.m. followed by a BBQ of Burgers and Hot Dogs with all the trimmings.

If the weather permits the cars will be awesome, but if not then the celebration moves indoors with lots of fun things planned. Call Suzy or Marylynne at 972-274-2484 for more information.



Brain Smart University By UT Southwestern Medical Center

Learn Memory Tips from Healthcare Experts About:

- How the Brain Ages Normally
- Alzheimer's disease
- Tips for improving brain health
- Current research update

Saturday, June 25, 2016

9:00 a.m.-1:00 p.m.

Guest Speaker: Dr. Mary Quinceno, Core Leader of the Alzheimer's Disease Center at UT Southwestern

Friendship West Baptist Church

2020 W. Wheatland, Rd. Dallas, Texas 75232

Call 1-800-272-3900 to register or online: www.alz.org/greaterdallas

Friends Place will be closed in Observance of Independence Day, Monday, July 4th, 2016 and reopen on Tuesday, July 5th.

Featured Member of the Month
John Griffin

Our member of the Month for June is John Griffin. John was born in Philadelphia, but attended school in Dallas. He attended Jesuit High School and he and some of the staff members continue a “friendly” rivalry between his alma mater and others who attended surrounding schools- (i.e. Sunset High School or Bishop Dunne).

John is a great asset to our family here at Friends Place. Whether it is a discussion on the history of our judicial system, or “Name that Tune”, he usually comes up with the right answer. John has twin sons who care for him and they live in Duncanville. As a child John played the accordion, but we are told that he really didn’t like it much. The accordion was the instrument of choice when John was growing up, so there may be lots of baby boomers with hidden talents all across the country.

John is a Vietnam Veteran and we thank him each day for his service to our country. After his military service, he returned to the area and worked in the insurance industry and real estate industry.

While at Friends Place John has struck up a friendship with another member, Scott. They are usually talking about airplanes, some other machine or gadget, or could be the state of the union. If you are seated with them during lunch, you will be assured of a lively conversation!



A HUGE thank you to all our members and family members who participated in our In Gathering for the Homeless Veterans that flow through the Veterans Administration Assistance Program. Friends Place collected over 200 items to be distributed to those in need. Each time we reach out to our members they help above and beyond, so thank you again for helping those in need.

Living with Dementia: Is it Still Safe to Travel?
Caregiver’s Corner by Pam Johnson

Vacations are supposed to be fun. However, if you are traveling with someone with dementia, it can be a very stressful time and sometimes even dangerous. Many family caregivers talk about wanting to travel “while we still can.” Then, they plan when and where to go. But families should first ask this most important question. “Is it too late to still travel?” And, answer honestly.

When families recount personal horror stories about travel mishaps, they are quick to add that the loved-one “never, ever did that before.” Unfortunately there are first times for everything and all too often the caregiver’s desire to get away shadows the reality of a loved-one’s limitations. Families have shared how someone disappeared from the room at a luxury resort in Mexico, left the cabin on a cruise ship in the middle of the ocean or got lost in the crowds in Europe or during a trip to the Rose Bowl. It just takes minutes for them to get lost, several endless hours to be found and years to deal with the emotional “what-ifs” - the realization of what could have happened. And, these are just the stories with happy endings.

Some of signs that travel should be limited include:

- Confusion or agitation in familiar settings
- Restless during outings or social events
- Fearful of separation from spouse
- Paranoid or delusional behaviors
- Problems managing incontinence
- Unable to state name or personal info
- Uncomfortable or anxious in crowds

Suggestions for safer traveling include;

- Stay together at all times, especially at the airport or during bathroom breaks or rest stops
- Travel at a their best time of day & take breaks
- Block hotel room doors or use bells to alert you
- Avoid Benadryl or meds for motion sickness
- Keep prescriptions with you (Not packed)

To ensure safe travels and a pleasurable vacation, plan ahead and take the necessary precautions before you go.

Birthday Wishes



Cora Jefferson - June 12
Domingo Ramirez - June 19
Betty Waldo - June 24

Team Member
Delia Williams – June 24

A Warm Friends Place Welcome to:

Linda Davis
Peggy Brown
Bertha Kierkendoll

Team Member- Keshawna Stephens

Do I Qualify for Veterans Benefits?
How Do I get Started?

Frequently when a family member calls about our services, one of the questions that comes up is "Are they a Veteran"? One of the reasons is that it is possible that attendance at Friends Place could be subsidized greatly by our contract with the V.A.

Each Veterans situation is unique and different. If you are already in the VA System, but need a referral for our services you can speak to your Social worker or contact Alicia White, LCSW at 214-857-0367.

If you are just beginning the process of using the V.A. System and do not have a V.A. Physician, then call the Intake and Benefits Counselor, Chris McGlauphery at 214-857-0371. For more information, please talk to Suzy or Marylynne.

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

Date: Tuesday, June 14th
Time: 2:00 p.m. - General Discussion

Date: Tuesday, June 28
Time: 2:00 p.m.
Speaker: Katie Dickinson, LMSW
Chief Administrative Officers, The Senior Source

Topic: Aging in the 21st Century

Aging has changed just as the aging population has changed. But is 60 really the new 40? This presentation will address these changes and the impact on our country when one in five Americans will be age 65 of older.

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, June 18
Time: 11:00 a.m.
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, June 16
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, June 27
Time: 6:15 – 8:00 – Potluck Dinner and
Entertainment

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

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

June Happenings

W	1st	Cyan, The Dashing Dachshund	12:00 p.m.
TH	2nd	Joseph Bunger, Singer	2:15 p.m.
W	8th	Cassidy, Therapy Dog	10:45a.m.
TH	9th	Zeta Sorority	10:45 a.m.
T	14th	Caregivers Support Group	2-3:30 p.m.
F	17th	Father's Day Celebration / Car Show and Harley Brown	10:00 a.m. 11:00 a.m.
TH	23rd	June Birthday Celebration with Jim Gatlin - Entertainer	2:00 p.m.
F	24th	DeSoto Steppers Line Dancers	2:00 p.m.
M	27th	Yoga with Charla	2:15 p.m.
T	28th	Mike Frankel Caregivers Support Group Speaker	11:30 a.m. 2:15 p.m.
W	29th	Cyan, The Dashing Dachshund	12:00 p.m.
T	30th	Party with Marty Ruiz	11:30 a.m.

Fathers Day Celebration

Classic Cars

Burgers and Hot Dogs

Live Entertainment

Friday, June 17th 10:00-2:00 p.m.
Call Suzy or Marylynne for more
information.
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