



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

Jane Tucker

Sandy Kniffen

Danielle Yarde

Jenn Lumpkin

Emily Aijkens

Cannon Woodbury

Sixth Annual

Father's Day Classic Memories Car Show

'57 Chevy, '64 Rolls, Mustangs, Cool Corvettes and MORE!

(Wear sunscreen! We'll have some hats, sunglasses, shade, & water available.)

Friday, June 17 at 10:30 am

"Tie One On" with us! Wear your most notable necktie, just for fun.

(We have a few extras if you don't have one.)

DJ "My Music Guy" plays your favorites!

Families are invited to join the classic car owners for a burgers & dogs lunch.

Be sure to reserve the day on your loved one's calendar

and make a reservation for your lunch, too, if you plan to join us.

There will be a lot of people here, so no drop-ins please.

RSVP by Friday, June 10

972-437-2940 or office@friendsplaceads.com

Enjoy the sounds of "The Dixieland Swing Band" immediately after lunch.

As a kick-off for the Alzheimer's Association's 2016 Dallas Walk to End Alzheimer's, and in observance of "The Longest Day," Friends Place is sponsoring a

Bake & Take Sale

Monday, June 20, 2016

You can help support our efforts. **BAKE**...a batch of cookies, a tray of brownies, some yummy cupcakes or any other homemade treat. Drop them off and we'll bundle for sale, or bring your homemade goods wrapped, ready to sell. Please let us know if you will be able to **BAKE** for us.

TAKE...Purchase something yummy to enjoy here with other families in our "Friends Cafe." Hot coffee and beverages will be available. Or **TAKE** treats to show your appreciation to: friends, extended family, co-workers, helpful neighbors, supportive clergy, your local fire and police departments, your nail tech...or **TAKE** something special home for an after dinner treat tonight.

What a tasteful way to make a difference for others while recognizing "The Longest Day," which is held annually on the summer solstice. The duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease, as well as their caregivers.

Malissa Cestari, Staff Member of the Month

We are blessed indeed to work with Malissa Cestari. With a heart bigger than Dallas itself, she is one who deeply cares for others. Malissa is steadfastly dedicated to both her immediate and extended family, which includes her parents, four sisters & brother, husband Tom's family, Malissa & Tom's own four children and precious grandchildren, and as of late May, a new son-in-law. She definitely considers her friends and our Friends Place members as family, too. Malissa is willing to drop everything on her day off to come in and cover a pressing need, stay late to be sure everything is taken care of, and work relentlessly toward making each situation as perfect as possible. Her efforts are invaluable with the food service and with our much anticipated special events. An avid animal lover and collector of cookbooks (she has *hundreds!*), Malissa is a woman of many interests. She enjoys camping trips, sharing dinners with friends, and traveling from coast-to-coast to explore and spend time with family. We are so very grateful for her years of dedication to Friends Place!

Bill Kennedy, June Member of the Month

What a lovely thing to be considered the "eternal optimist," as is our dear Mr. William Kennedy. Bill is a person gifted with really positive outlook. Very outgoing and social, he is genuinely open to and interested in new activities or topics, and inspires others to join in and "enjoy the ride." A man of culture, Bill and his beautiful bride, Harriet, attend every new show at the Dallas Museum of Art and at the Kimball. He enjoys musicals, too. And, the couple has season tickets to the Winspear Broadway Series and Lyric Stage. Bill LOVES to dance. He can really "cut the rug," and is quite in-demand as a dance partner. An avid golfer, talented painter and artist, international traveler, outdoorsman who loves hunting and fishing, Bill also enjoys crossword puzzles and playing cards, and has always read multiple books a week. As a family man, Bill coached his kids on YMCA teams and guided his son David with many projects working towards his Eagle Scout. Bill is the father of two boys and two girls. He and Harriet now enjoy their six grandchildren, ranging in ages from two to nineteen years old. It is indeed a pleasure to recognize this special man as our June Member of the Month.

Caregiver's Support Groups

All meetings are open to anyone in the community, along with our Friends Place families. If you know someone who might benefit from these support groups, please let them know. Care for your loved one provided free of charge, with reservations. Call 972.437.2940.

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Lewy Body Dementia Caregiver Support Group

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

Wednesday, June 1, 5:00-7:00 pm

Light supper provided

Thank you Chris Clausen from CNC Homecare
for providing last month's dinner.

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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, June 9, 2:00-3:30 pm

General discussion & sharing resources

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Thursday, June 23, 2:00-3:30 pm

Lori A. Leu, CELA

Certified Elder Law Attorney

"Ask the Attorney"

An opportunity to ask questions and obtain
helpful information about important legal matters

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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 and sons.

Held the 1st Thursday of the month

Thursday, June 2, 2:00-3:30 pm

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

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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 the month

Tuesday, June 21, 2:15-3:45 pm

More information? Call: Pam Johnson @ 972.437.2940

A hearty welcome to new friends!

Jean Canosa

Vern Tucker

Beverly DeRidder

Lois Wells

Lou Montanio

Bobby Monaghan

Ruth Goldberg

Jane Gowen

Ronn Cox

Very Happy June Birthday Wishes!

Harold Abbey	8
Ronn Cox	9
Cannon Woodbury (staff)	9
Lloyd Faulkner	12
Isla Creighton	14
Anina Weinreb	16

In-house and Online Resources

Friends Place offers information covering a wide variety of topics related to Alzheimer's disease and dementias, caregiving, and aging issues. Books are available for checkout, and we also offer some of the most popular items for purchase in our Resource Room and Lending Library. Please see Jackie in the office for help.

If you need assistance with special topics or need answers on specific issues, Pam Johnson and Jane Kovacs are always available for consultations, at no charge. Please call for an appointment.

Or, visit our website at www.friendsplaceads.com and follow us on Facebook, where you'll find links to articles, current information and useful resources.

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 information
- 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.

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

*******June 2015*******

Th	2	Heart of Texas Therapy Dogs	11:45 am
		Singer Jessie Frank performs	1:45 pm
M	6	Texas Winds Harp & Cello	11:00 am
W	8	Entertainer Tommy Ray sings	1:45 pm
F	10	Heart of Texas Therapy Dogs	11:45 pm
T	14	Boy Scout Flag Day Ceremony	1:45 pm
W	15	Smooth Crooner Toney Walsh	1:45 pm
Th	16	Heart of Texas Therapy Dogs	11:45 am
F	17	Classic Memories Car Show!	10:30 am
		DJ "My Music Guy" spins favs	
		Dixieland Swing Band perform	1:45 pm
M	20	Bake & Take Bake Sale	All day
		fundraiser/The Longest Day	
T	21	Enjoy singer Norris Perry	1:45 pm
Th	23	Accordianist Matt Tolentino	1:45 pm
F	24	Heart of Texas Therapy Dogs	11:45 am
T	28	Birthday Party w/Marty Ruiz	1:45 pm

Please note we will be closed Monday, July 4th.

Hats Off to a Terrific Mother's Day Celebration!

What a tremendous turnout for our annual Mother's Day Luncheon & Tea. The Friends Place staff appreciates all of the kind words we have received in response to the event, and are honored to conduct such highly anticipated and enjoyed festivities.

Setting the celebratory tone, talented musician Carla Siegesmund provided a beautiful harp accompaniment. Colorful spring floral centerpieces nestled into charming teapots topped the white linen tablecloths, with lovely porcelain china cup & saucer sets in various patterns at each place setting. And what a delicious menu; wow!!!

The philanthropic group Altrusa International graciously assisted with the hostess duties and provided the cookies. Models from Plano's Heritage Farmstead mingled throughout the tables, discussing and showcasing vintage styles dating from the 1880-1920's.

What a lovely, "oh-so-special," occasion and fun way to honor motherhood and the special women in our lives!