



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

*

Lisa Stinson

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Lucretia Honore

*

Patrice Trimble

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Joyce Tarver, R.N.

*

Pam Long

*

Stephanie Niesing

*

Delia Williams

*

Carolyn Propes

*

Aliou Gassama

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Keshawna Stephens

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Donja Ivy, LVN

*

Shalawn Moore

Volunteers

Tom Morrison

Jan Post

Anita Gates

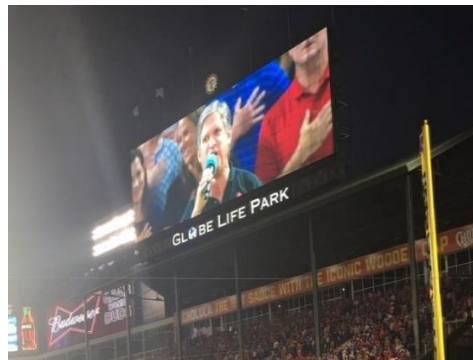
Jeannette Wilkins

The Longest Day at Friends Place

On Thursday, June 21st, members of the Upsilon Lambda Omega Chapter of Alpha Kappa Alpha Sorority visited Friends Place to help celebrate “The Longest Day”. Throughout the day the sorority sisters engaged in activities, spending time with each of our members. From leading singing to exercise, each one brought a fresh smile and loving face.

The sorority collaborated nationwide with the Alzheimer’s Association for this “Longest Day” event. Chapters across the country recognized the Summer solstice by giving back, symbolizing the challenging journey of those living with the disease and their caregivers. We thank each sorority sister who gave of their time and talent to enhance the day of each person at the center. Additionally, each family caregiver was treated to a special goodie bag which included a gift card from the areas Chick-Fil-A restaurants. Friends Place thanks the sorority members for their time spent with us. The sorority took “Longest Day” and made it the “Greatest Day.”

Our Norris Perry Sings at Rangers Game



Almost since our center opened, Norris Perry has entertained for our members. We are extremely lucky to have him at Friends Place. Did you see him at the Rangers Game? He was sighted on the jumbo-tron singing the traditional “God Bless America” during the 7th inning stretch! Norris’s repertoire is extensive and we are lucky to have him entertain us. Check out Norris Perry Entertainment or YouTube him. He entertains all across the metroplex and is a wonderful addition to our Friends Place Family! Go Rangers!!

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

Member of the Month

July's Member of the Month is our very special Mr. Ross Wyche – or, to his family, Big Ross. Ross greets us each day with his cute quirky smile and his Brooklyn “Hey, how you doin?”

Ross was born in Brooklyn, New York and grew up for most of his childhood in Queens, New York. Ross's dad owned a grocery store, so he learned early to take responsibility and help others. As a child Ross loved tinkering with model planes when he was inside, but his summers were spent in the fresh air at summer camps. Did I also mention Ross is a HUGE New York Mets fan? Every time we talk sports the Mets are always the “best” team around, so don't even try to convince him the Rangers rule in Texas.

Ross is one of those guys who you love to spend time with. Ross has fond memories of vacations on Long Island Sound at the beach. Disney World was another great get-a-way for Ross and his family.

Ross served our country in the U.S. Air Force. He was assigned to security at Ft. Smith. His duties were wide spread but one of his main responsibilities was guarding the aircrafts. Before retiring from the Air Force in 1974, his last assignment was as Desk Sargent for the base security. Ross, we thank you for your service.

Ross loves to share stories of his childhood in the New York area, attending Mets baseball games and with that “New York” accent, you could sit for hours listening to him. He loves music and is usually the first one to the music room when we have an entertainer. His favorite music must be jazz, because when we have a jazz performance, he thoroughly enjoys it.

Hanging out with him after lunch on the patio is a real treat. Whether you're reminiscing about childhood friends, music, or your favorite TV show, Ross is always there with a funny story and a great smile.

Caregiver's Corner by Pam Johnson

DIRM: An Effective Technique for Coping with Daily Challenges of Dementia

Using the principles of DIRM can greatly minimize or even prevent many of the upsets and frustrations that caregiver's encounter each and every day. Very simply, DIRM is an acronym for “Does It Really Matter?” And, if one takes the time to ask this essential question, before reacting or responding, they find the answer is all too often a resounding “NO.” It doesn't matter.

Think about it. How many times do we get upset because they are wearing a coat when it's a 100°, asking the same question 20 times, or helping in ways that are not helpful? And, this short list of annoying happenings goes on and on. These are not things that we can change. We can change how we respond. There are going to be “battles”, but we can use these principles to help choose them more wisely.

Keeping in mind the following quote by Dolly Parton promotes a healthier mental attitude.

“We cannot direct the wind,
but we can adjust the sails.”

Although it's difficult at times, we need to accept that our loved-ones are not going to change. Things are never going to be the way they used to be. By choosing to have a different perspective, everyone's attitudes and temperaments are better. Also, you are more likely to achieve the desired outcome.

Saying the word DIRM with outreached hands, palms up and in kind of a chanting, meditative way will almost always put a smile on your face and lighten the mood. For those times that you think it really does matter - stop, reflect, take a deep breath, say DIRM; and, then ask yourself:

- Who is it a problem for?
- Could it be harmful to them or another?
- Do they have any unmet needs – such as worries, fears, loss of control, feelings of uncertainty?

Hopefully, then, you will realize that their happiness is really all that matters. It will keep your sanity intact.

Birthday Wishes



Helen Hickman July 5
Duane Bailey July 20
Marvin Hall July 22
Jean Reeser July 26

Friends Place Staff
Lisa Stinson July 22

A Warm Friends Place Welcome to:

Celestine Thomas
David Smith

Activities at Friends Place

At Friends Place we take great pride in providing engaging activities that offer our members the opportunity to be in a social setting with trained staff and to participate in activities in a safe environment.

The goals of our program are to:

- Maintain language skills
- Stay physically & cognitively active
- Improve retrieval of long term memories
- Maintain social skills
- Improve quality of life

We do this with activities such as group discussions, crossword or word searches, music, Art Appreciation, Sign Language or Spanish Classes, dominoes, assorted card games, gardening, basketball, golf, Book Club and word categories. The list goes on and on. We engage the members via different activities to reminisce perhaps of an earlier time, to exercise the brain and to have the socialization that comes with being in a small group, and feeling safe in your environment while enjoying the company of other people.

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

Date: Tuesday, July 12
Time: 2:00 p.m. - General Discussion

Date: Tuesday, July 26
Time: 2:00 p.m.
Speaker: James Henderson

Topic: Navigating the VA System
Aid and Attendance

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, July 16
Time: 11:00 a.m.
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, July 20
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, July 25
Time: 6:00 – 8:00
Speaker: Janet Boyanton, Attorney
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

July Happenings

W	6th	Cyan, The Dashing Dachshund	12:00 p.m.
F	8th	Ben Myers Ice Cream Social	2:00 p.m.
T	12th	Caregivers Support Group- General Discussion	2:00-3:30 p.m.
TH	14th	Gary Freeman	2:00 p.m.
M	18th	Ice Cream Social	3:30p.m.
W	20th	Marty Allen Nelson	11:00 a.m.
W	20th	Birthday Celebration	3:30 p.m.
M	25th	Yoga with Charla	2:15 p.m.
T	26th	Norris Perry- Singer	11:30 a.m.
T	26th	Caregivers Support Group- Speaker	2:00-3:30 p.m.

AUGUST HAPPY HOUR

Come Celebrate the
Dog Days of Summer

Friday, August 12th
4-6 p.m.

Come inside from the heat,
or order out

Dinner at Friends Place
BBQ Sandwiches with all the
trimmings. Cool off with your
favorite Ice Cream Sundae.

R.S.V.P.

972-274-2484