



Friends News

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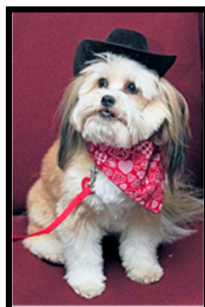
Emily Aijkens

Cannon Woodbury

Laura Hatfield



Heart of Texas Therapy Dogs



For more than 10 years, we have been blessed here at Friends Place to have such an endearing and enduring partnership with the Heart Of Texas Therapy Dogs organization. They are a non-profit, all volunteer organization that visits hospitals, assisted living facilities, nursing homes, schools, and support and service organizations. Founded in 2003, this group of volunteers is made up of registered teams from the national group Alliance of Therapy Dogs (ATD). They currently have 165 members with 210 dogs in the Dallas/Ft. Worth area, and visit 65 facilities on a monthly basis. We appreciate all of the handlers, and most especially, their Founder Barbara Wilson, who coordinates the visits and works with us on special events such as the Friends Fair in the fall, themed dances, and holidays, of course! Weekly visits from the dogs bring us much joy. They are always so well-behaved, sweet, loving, giving, and are definitely well-dressed! We are grateful to this wonderful group of folks and their delightful canine counterparts. Many thanks!!!

Celebrating the Dog Days of Summer!



VA Contract Awarded to Friends Place Richardson

We are pleased to announce that our programs and services are now available at no cost for most eligible veterans. In July, Friends Place was awarded a contract with the U.S. Department of Veterans Affairs, as part of the VHA Standard Medical Benefits Package. Based on an individual's disability and specific financial situations, minimal copay might be required in some instances. All other costs for attendance are paid directly to the center by the VA. Veterans must be referred by a VA physician. Interested veterans/families should contact their VA social worker to learn more. We are proud to continue to show our honor and respect for veterans through this partnership with the VA that enables us to provide our premier daytime program free of charge to these brave men and women.

Buster Ellis, August Member of the Month

Buster Ellis is one of those fellows who you just want to be around. Born the sixth child in a staunch Baptist farming family in Arkansas, he grew up with a strong work ethic, a healthy sense of positivity, and a devoted heart for service to others. Buster volunteered with the Optimist Club, an organization which believes that the giving of one's self in service to others will advance the well-being of humankind, community life and the world. He's also a volunteer for the Mended Hearts Organization, which is dedicated to "inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support." A very outgoing guy with a mellow temperament, "Buster has never met a stranger," as his lovely wife, Lois mentions. The couple has five children between them, and their large family includes eleven grandkids and two great-grandkids. Even though they are pretty spread out in Seattle, Omaha, and Colorado Springs, the family remains close, checking in with each other weekly and traveling often to visit. Besides his wonderful family, the former salesman also enjoys sports, country & western dancing, spicy foods, 40's & 50's music, reading Readers Digest, and playing dominos. We enjoy getting to know Buster, and are definitely lucky to call such an all-around great fellow, our great friend.

Joel Lindemeier

August Staff Member of the Month

We have a true man-of-the-world in our midst, working right here at Friends Place for the past four years. Joel Lindemeier has been the go-to guy when we need help with computer issues (he's amazing!), for keeping Friends Place well-maintained (ALWAYS a big job!), and for anything involving muscle (6'4"=what a help!). Joel grew up in the area, but spent every holiday traveling the world. His extensive travels have taken him to every Western European country except Portugal, and Joel spent summers with his maternal grandparents in Lima, Peru. His mother Patricia's family comes from one of the founding families there, dating back to Spanish nobility. They have a beautiful coat of arms, of which Joel is quite proud. His Dad, Rodney, is originally from Minnesota, and Joel and his brother Alex were raised here. Alex recently

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got married to Esme, so the family is expanding. Joel is quite proud of his Border Collie/American Terrier mix pup, Elliot. He enjoys good craft beer, playing cards and computer games, and visiting friends in Austin. A known practical joker, Joel has quite the sense of humor, and a wicked giggle. He loves making a difference for people here at Friends Place, and we most certainly appreciate all he does!

A warm Friends Place welcome to...

Bill Zorka

Laura Davis

Ruth Hill

Phil Puckett

L.F. Vanlandingham

Very Happy August Birthdays to...

1

Carl Neel

6

Connie O'Conner

14

Dale Walls

15

David Fair

17

Leanne Yarrow

22

Ed Carter, Gary Farris, &
David Brayshaw

25

Francis Knapp

29

Jean Canosa & Buster Ellis

Some housekeeping tasks, please...

Please be sure to update:

Medication changes, address, home or cell number,
email address, emergency contacts

so we can quickly and easily locate you.

This is **vital** in an emergency situation, be it illness, weather, or something going on in the community.

Be sure to have your cell phone:

ON you, powered ON, and set LOUD

Thank you for your help
in ensuring the safety of your family member.

Caregiver Corner...

Different Dementias - Do You Need to Know?

Can you have dementia and not have Alzheimer's? The answer is "Yes." Although Alzheimer's disease (AD) is the most common form, there are other types of dementia, too. Lewy Body Dementia, Vascular Cognitive Impairment (VCI), Frontotemporal Dementia and Parkinson's Disease Dementia are all types of irreversible dementias.

Dementia is used to describe a group of symptoms that includes memory loss, impaired thinking, reasoning and judgement, and language problems. Although these are the symptoms that all types of dementias have in common, some are more prominent depending on the specific disease. It's important to know the cause of the dementia as each type varies in patterns of progression, duration of the disease and significant symptoms. Then, families can plan and make better decisions for the future.

Hallmarks of the different dementias –

- Alzheimer's (AD)– short term memory deficits due to problems encoding memories/information
- Lewy Body – fluctuating cognition & hallucinations
- Vascular Dementia (VCI) – cognitive impairment & memory problems due to retrieval deficit
- Frontotemporal (FTD) – behavior & language
- Parkinson's – movement disorder

Alzheimer's Association's support groups typically address all types of dementias. At these meetings families will discover a wealth of community resources, information, referrals, support and caregiving tips. But, sometimes families find it can be especially helpful to attend a specialized support group since each disease has its own unique set of concerns and challenges.

In keeping with our mission to support the commitment, efforts and desires of family caregivers to continue to care for loved-ones at home as long as possible, we are pleased to offer monthly support groups and educational programs. Please feel free to invite other family members and friends that might benefit from these meetings.

**Please note that we have a New
FTD Caregiver Support Group starting August 23rd!**

Caregiver's Support Groups

*Meetings are open to anyone in the community and loved ones can attend activities free of charge during the meeting, **with reservations**. Call 972-437-2940.*

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Alzheimer Association's Caregiver Support Group Meetings

2nd & 4th Thursdays of each month

Thursday, August 11th, 2:00-3:30 pm

General discussion & sharing resources

Thursday, August 25th, 2:00-3:30 pm

Don't miss our guest speaker

Diana R. Kerwin, M.D.

**Internal Medicine-Geriatrics, Cognitive Disorders Specialist
Founder of Texas Alzheimer's and Memory Disorders**

Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

Wednesday, August 3rd, 5:00-7:00 pm

Light supper provided

Thank you to **Atria Senior Living Richardson** for providing last month's wonderful dinner and goody bags!

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"Men-Only" Support Group

This specialized group addresses concerns unique to husbands and sons. Contact George Davis, facilitator, @ 972-900-9774 for more information about this group.

1st Thursday of each month

Thursday, August 4th, 2:00-3:30 pm

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NEW! Frontotemporal Dementia (FTD) Caregivers Support Group

4th Tuesday of each month

Tuesday, August 23rd, 2:00-3:30

Please join us for this important first meeting. Call Pam Johnson for more information @972-437-2940

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"Wives-Only" Support Group

Held the 3rd Tuesday of the month

Tuesday, August 16th, 2:15-3:45 pm

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

Awesome August Events

M	1	Brandon Perry performs	1:45 pm
Th	4	Heart of Texas Therapy Dogs	11:45 am
F	12	Heart of Texas Therapy Dogs	11:45 am
		Sorta Sisters entertain us	1:45 pm
T	16	Crooner Toney Walsh entertains	1:45 pm
Th	18	Heart of Texas Therapy Dogs	11:45 am
Th	25	Entertainer Marty Ruiz	1:45 pm
F	26	Heart of Texas Therapy Dogs	11:45 am
W	31	Birthday Party w/Norris Perry	1:45 pm

Please note:

**We will be closed on Monday, September 5th
to celebrate Labor Day.**

*****Save the date! *****

October 1, 2016

Walk to End Alzheimer's

Help bring awareness and funding to the forefront
of the Alzheimer's Association's efforts
in care, support, and research.

And, you have a LOT of fun while doing that!

To register for our fantastic FP team, go to:

act.alz.org/goto/FriendsPlace

Registration is free,
fundraising & donations are encouraged.

**If you have any questions or need help with
registration, please contact our team captain
Malissa Cestari either here at FP, or email her at:
fpalzwalk@gmail.com.**

Walk for your loved ones, your family, and your future.

**Every dollar you raise
helps to raise awareness and find a cure.**
