



# Friends News

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## Friends Staff:

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Jocelyn Gulley

Joel Lindemeier

Chris Laudon

Paula Rzomp

Mary Dennison

Jane Tucker

Sandy Kniffen

Danielle Yarde

Jenn Lumpkin

Emily Aijkens

Cannon Woodbury

Ana Stuckie

Laura Hatfield



## Three Cheers!

Our Sixth Annual Classic Memories Car Show & Father's Day "Tie One On" Celebration was a big hit! We SO appreciate the car owners who brought their vehicles for the exhibit, shared their stories, and had great conversations with us. Thanks to the wonderful Altrusa volunteers for their assistance throughout the event, and to Mary Cooley, who graciously photographed the show so everyone could take a souvenir picture home. Thank you Jackie Coalter for all of the hard work and follow-ups that pulling something like this together requires. The entire Friends Place staff truly went out of their way to make the day so special for the members and their families. (And, gotta say, we do look outstanding in those new blue Friends Place polo shirts-wow!) The hamburgers & hot dog lunch was terrific, the music outstanding-here is a shout out to "My Music Guy" Herb DuPlant and the FABULOUS Dixie Swing Band-talk about terrific jazz and dancing! It all made such a fun day, and we all are delighted that the fellows here had such a great time!!! [Go to our Facebook page to check out the photos!](#)

## Longest Day Bake & Take a HUGE Success

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 sponsored a Bake & Take Sale on June 20. So many of our families & staff members donated yummy homemade goodies to sale. How nice to have such a wide selection of treats and to have a variety of prices & amounts from which to choose! Folks not only got a little something for themselves, but also very thoughtfully picked out and delivered treats to co-workers at their place of employment, took some to their dear friends, and showed appreciation to the fire department by dropping off entire pies!

Kuddos to staff member Malissa Cestari for setting up and manning the cozy "Friends Café" in the conference room for the bake sale that day. She had hot coffee, a selection of juices, and seating available for folks to share a conversation while enjoying something from the sale. Malissa is also our Friends Place Team Captain for the October 1<sup>st</sup> Walk to End Alzheimer's, the annual campaign to raise funds to find a cure. If you are interested in supporting our Friends Place team by either joining us for the walk (it is uplifting and FUN!) or by making a contribution to the team, please contact Malissa. There will also be more information available in the foyer nearer to the Walk date.

## Proud to be an American!

In noting the birth of our great nation this July, we want to extend our gratitude and respectfully salute the armed forces of the United States, both past and present. We are so privileged to be able to "let freedom ring" here and celebrate living in "the land of the free," because of the brave. Join us this month as we sing patriotic songs, do artwork and activities, and proudly wear our red, white, & blue!!! Happy Independence Day!



### **A Salute to Marilyn Rauch, Member of the Month**

Chicago native Marilyn Rauch is one outgoing friend who doesn't know a stranger. That makes perfect sense, as her occupational history was in sales. Her terrific sense of humor and the sense of caring that she conveys seems to naturally draw people to her. Marilyn is pretty crazy about her family, which includes her two sons, her daughter-in law, and two grandsons. Kind of a "girly-girl," She is known for her sparkly gold nail polish, and has a collection of tea cups. Marilyn enjoys a good legal story on the television shows Law & Order and Blue Bloods, celebrating the Passover holiday, vacationing in Pink Shell, Florida, and she really likes a Reuben sandwich. Marilyn finds great joy in music. She loves to sing and our weekly dances are one of her all-time favorite activities. And MARILYN LOVES ELVIS! SOOOO much!!! When asked if he makes her heart go "pitty-pat," she replied, "More than that!" This was followed with, "Does Elvis makes your heart go "Boom, boom, boom?" Her very serious nod and response was, "More than chocolate." A huge smile and peals of laughter followed. That true delight emanating from Marilyn makes her such a dear friend. We salute you!

### **And to Danielle Yarde, Staff Member of the Month**

The lovely Danielle Yarde joined our staff almost a year ago. A California native, Danielle's husband, C.J., is a New Yorker. Both attended the University of Performing Arts in Florida, and the college sweethearts have been together for 14 years. They married & decided to split the geographical difference, choosing the Dallas area to establish their home. Their bright, lively four-year-old-son Jaydon brings them much joy.

Danielle is a real worker, and she has a lot going on. She finishes her degrees in Psychology & Christian counseling this year, runs her own business as a Christian minister, and is an accomplished recording artist. She has her own product and clothing line associated with the ministry, and Danielle coordinates all aspects of the music, recording, scheduling, marketing, and tours. Throughout the years, she's ministered in over 35 countries, headlining gospel concerts with her group. Some of the most notable moments include performing for Desmond Tutu on his palace grounds, several Brazilian concerts way back in the rainforest, and performing for a crowd of 500,000 in India (in the rain!) "It is all very humbling," she says. Danielle loves a good movie, being on the beach & out in the great outdoors, and making a positive difference while serving others. That, she truly does.

### **A hearty welcome to new friends!**

Jim Brown

David Fair

O.L. Thompson

Lou Semff

Johnnie Luna

Glenn Adams

Cip Munoz

Golde Jay

Bob Spengler

David Bettler

Peter Winston



### **Happy July birthdays to:**

|                                 |    |
|---------------------------------|----|
| Jocelyn Gulley (staff)          | 1  |
| Deloris Brooks                  | 2  |
| Jenn Lumpkin (staff)            | 4  |
| Lillian Henderson               | 6  |
| Bob Crook                       | 8  |
| Ann Marie Rolfes, Peter Winston | 10 |
| Evaline Conner                  | 13 |
| Trudy Honore (staff)            | 19 |
| Bill Kennedy                    | 31 |

## 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.*

### Lewy Body Dementia

#### Caregiver Support Group

Always held the 1<sup>st</sup> Wednesday of the month  
Friends Place Resource Room

**Wednesday, July 6, 5:00-7:00 pm**

Light supper provided

Thank you Steve & Leslie Whatley from HomeWell Senior Care of Allen for providing last month's dinner!

### Alzheimer Association's

#### Caregiver Support Group Meetings

Always held the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month  
Friends Place Resource Room

**Thursday, July 14, 2:00-3:30 pm**

General discussion & sharing resources

**Thursday, July 28, 2:00-3:30 pm**

Don't miss our guest speaker

**Paul Markowitz**

**Founder of Senior Living Specialists**

Helping families find senior care living options

### 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 1<sup>st</sup> Thursday of the month

**Thursday, July 7, 2:00-3:30 pm**

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

### Wives-Only Support Group

Addressing the issues that arise within the ever-evolving role of being your husband's full-time caregiver.

Held the 3<sup>rd</sup> Tuesday of the month

**Tuesday, July 19, 2:15-3:45 pm**

More information? Call: Pam Johnson @ 972.437.2940

## 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 breathe, 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.

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



## July 2016

***Mark your calendar for upcoming events!***

|    |    |                                                |          |
|----|----|------------------------------------------------|----------|
| F  | 1  | Heart of Texas Therapy Dogs                    | 11:45 am |
| M  | 4  | CLOSED to celebrate<br>Independence Day!!!     | CLOSED   |
| T  | 5  | Country singer Jessie Frank                    | 1:45 pm  |
| Th | 7  | Heart of Texas Therapy Dogs                    | 11:45 am |
| W  | 13 | Cooner Toney Walsh performs                    | 1:45 pm  |
| F  | 15 | Heart of Texas Therapy Dogs                    | 11:45 am |
| T  | 19 | Entertainer Norris Perry sings                 | 1:45 pm  |
| Th | 21 | Heart of Texas Therapy Dogs                    | 1:45 pm  |
| T  | 26 | Birthday Party w/Tommy Ray                     | 1:45 pm  |
| W  | 27 | Historical Presentation<br>"Texas Fur Trapper" | 10:15 am |



## ***Freedom's Price***

***Today we celebrate freedom***

***thanks to those who came before.***

***Those brave men who fought and died***

***in each and every war.***

***Freedom always comes at a price,***

***and while we celebrate,***

***We should tip our hats to the heroes***

***who made our country great.***



***My patriotic heart beats red, white, and blue.***

***~Authors unknown***



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