

Friends News



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The fall season is upon us, and it is time to kick-off the busiest time of the year. With many wonderful activities, entertainers, and especially meaningful celebrations planned, we invite you to mark your calendar and save-the-date for our premier events. You will be truly glad you did!

• Monday, September 26: Celebrating the "Fabulous Forties"

We have a fun day of reminiscing planned about the happier aspects of that tumultuous decade. The Sorta Sisters will be performing that afternoon, so dig out that red lipstick, get your dancing duds on, and be ready for some FUN!

• Saturday, October 1, 9:00 AM: Dallas Walk to End Alzheimer's

Join our team! Such meaningful camaraderie; what a great experience and all for a great cause. Staff member Malissa Cestari is our team captain, and can help you with any questions. More info is on the back of this newsletter.

• M-F, October 3-7: Family & Friends Fall Festival

Our annual autumnal festival is a packed week of music, entertainment, foods, midway games & excitement. One aspect of our fair is the Exhibit Hall. Friends Place members are invited to put handicrafts, pieces of collections, or other items of interest on display, just as at the state fair. Examples are: photographs, needlework, canning items, woodwork, florals, clothing pieces, quilts and more. Please consider participating! More info will be available in the foyer soon.

• Friday, October 21, 5:00-7:00 PM: Oktoberfest

It's OKTOBERFEST time again! Calling all families and friends to join us for this end-of-the-week, deliciously entertaining fundraiser, with all donations going to the Lewy Body Dementia Association. We are offering authentic German potato salad, brats, sauerkraut, and beer in hopes of raising funds, awareness, education, and support in regards to the second highest and remarkably unrecognized cause of dementia.

• Friday, November 11: Friends Place Veterans Day Salute

We are honored to thank our many veterans and their families in this heartfelt salute to the military. We have special music, speakers, dignitaries, biographical information, presentations, and more. This important ceremony is truly something special, one you won't want to miss.

• Wednesday, November 23: Friends & Family Thanksgiving Luncheon

What a lovely time together, sharing a delicious traditional meal with the extended Friends Place family. There is a small charge of \$5 per guest, and this much-anticipated event will fill up fast. We will post more information closer to the date, and will need to know how many of your family and friends plan to attend, so we can prepare the feast!

December will bring numerous holiday celebrations and much joy! **Please note, we will be closed for the holidays on Friday, December 23 & reopen Monday, January 2, 2017.**

Caregiver Corner by Pam Johnson

"How Much Does Stress Weigh?"

Well...how much does a feather weigh? If you were to hold a feather in your hand, it might seem insubstantial. It shouldn't be difficult to hold it in your hand, palm up, and arm extended for several minutes. But, what if you continued to cradle it in your hand, unsupported, for an hour or a day or a week or a month? What seemed weightless at first soon becomes too heavy to grasp. Stress related to caring for a loved one is just like that, too. Eventually, it becomes more than one can endure.

Stress affects all of us. It's something that most folks consider to be just part of life. Some deal with stress better than others, and each of us in our own way. But, chronic stress - the day-in-day-out stress related to the pressures of caregiving- can have serious consequences.

According to The Family Caregiver Alliance, 30-40% of dementia caregivers suffer from depression and emotional distress. Other effects of stress on a caregiver's mental and emotional health include decrease in quality of life, greater risk for cognitive decline, and increased feelings of anger and irritability.

Family caregivers experience significant changes in their physical health, too. Some common health concerns include digestive problems, frequent headaches, and a greater propensity of viral infections. Chronic stress also increases the risk of heart disease and diabetes, as well as other serious medical problems.

To reduce or prevent some of adverse effects of stress:

- Join a support group
- Exercise on a regular basis
- Talk to a qualified mental health professional
- Make time for pleasurable activities
- Be socially active and stay in touch with friends
- Explore stress-reducing activities such as yoga, meditation or tai chi
- Pay attention to your body's responses
- Make your emotional and physical health a priority

Research shows that caregivers are able to provide better care, when chronic stress is handled effectively.

September Spotlight on Dolores Carrel

This month, we meet the lovely Dolores Carrel. She and her sister, Mary Lou, grew up in Norman, Oklahoma, the daughters of Daisy & Jimmy Zachery. As a youngster, Dolores loved her cat named Shadow, and she enjoyed being a Girl Scout, singing in the Baptist church choir, and the arts-especially drawing & painting. Throughout the years, Dolores has remained ever-steady in her interests, and to this day she still enjoys painting and calligraphy, (and is quite talented at it!), and singing in the Baptist church choir, here in the Dallas area. "It is so much fun!" she exclaims. Dolores worked as a teacher's aide, retiring in 1994. She raised three children: sons Ron and Jim, who both live in Oklahoma, and daughter Dianna, who lives in the Dallas area. Dolores is now the proud grandmother of ten grandchildren, and she loves the close relationship they have. A very neat, outgoing person, Dolores is easy to talk with and fun to get to know. She collects snowmen and porcelain birds, enjoys mysteries, dogs, church hymns, vanilla ice cream, and a good cup of coffee in the morning. We are delighted to know Dolores, she is a wonderful friend to have!

Spotlight on Staff Member Laura Hatfield

We are pleased to introduce you to one of our newest staff members, Program Assistant Laura Hatfield. Laura is a graduate of the TWU School of Nursing, and comes to us with an extensive background in all phases of nursing. She and her husband have a grown daughter who lives in the Austin area. Empty nesters often have a hard time adjusting, but Laura has many interests and is involved in many things. She's served the community as a Rape Crisis volunteer and has been an English as a Second Language volunteer for seven years. Laura is actively involved in her church, and she very much enjoys her Bible study group. She participates in a sewing group, as well, and has fun creative ideas to implement. Laura worked at a fabric store before coming to Friends Place, so she is a natural for taking up leadership of the sewing circle and ongoing pillow project, where our members make and donate pillows to local hospitals for post-surgical patients. Laura has a great rapport with our staff, members, and families, and we are so happy to welcome her to Friends Place!

"September days are here with summer's best of weather and autumn's best of cheer. ~H. H. Jackson



Happy September birthdays!

Goldie Jay	5th
Jody Wosensiedler, Pam Johnson (staff)	6th
Willard Baker, George Esterly	10th
Grace Denning, Gary Skelton	18th
Jim Brown	19th
Vicki Folks	23rd
Laura Davis	28th
Michael Casey	30th

A warm welcome to our newest members!

Kathleen Crowe

Dorothy Schmidt

J.J. Hunt

Rosemary Wendling

Dan Cox

Jim Rehkemper

Clark Shupp

UTD Graduate Students

Welcome to the fall semester UTD students! Led by Diane Garst Walsh, MS, CCC-SLP, they'll join us on Monday mornings for clinical rotations. Always on the forefront of research & education in the field of aging and dementia, Friends Place is pleased to partner with several area universities for their internship programs.

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.*

Alzheimer Association's Caregiver Support Group Meetings

2nd & 4th Thursdays of each month

Thursday, September 8th, 2:00-3:30 pm

General discussion & sharing resources

Thursday, September 22nd, 2:00-3:30 pm

Don't miss our guest speaker

Jeryn Laengrich, MS, CCC/SLP

Senior VP & Chief Service Officer for Cariloop

Presenting on "A Different Kind of Caregiving Experience"

Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

Wednesday, September 7th, 5:00-7:00 pm

Light supper provided

Thank you Accapella Home Care for
providing last month's wonderful dinner!

"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, September 1st, 2:00-3:30

NEW! Frontotemporal Dementia (FTD)

Caregivers Support Group

4th Monday of each month

Monday, September 26th, 2:00-3:30 pm

Please join us for this important first meeting.

Call Pam Johnson for more information @972-437-2940

"Wives-Only" Support Group

Held the 3rd Tuesday of the month

Tuesday, September 20th, 2:15-3:45 pm

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



Th	1st	Heart of Texas Therapy Dogs	11:45 am
W	7th	Dixieland Swing Band	1:45 pm
F	9th	Heart of Texas Therapy Dogs	11:45 am
		Larry Johnson entertains	1:45 pm
W	14th	Musician Tommy Ray performs	1:45 pm
Th	15th	Heart of Texas Therapy Dogs	11:45 am
F	16th	Classical Violinist Henry Lee	11:00 am
Th	22nd	Entertainer Norris Perry sings	1:45 pm
F	23rd	Heart of Texas Therapy Dogs	11:45 pm
M	26th	Fabulous Forties Festivities	daylong
		Sorta Sisters perform	1:45 pm
T	27th	Birthday Party w/ Crooner Toney Walsh	1:45 pm
		Jesuit Boys Choir w/ Texas Winds Musical Outreach	11:00 am
W	28th		

CLOSED MONDAY, SEPTEMBER 5TH FOR LABOR DAY

Support Alzheimer's care, support & research.

JOIN OUR FRIENDS PLACE TEAM!

**The Alzheimer's Association,
Greater Dallas Chapter**

2016 Walk to End Alzheimer's

Saturday, October 1st

Walk begins at 9:00 am

The Lawn at Reunion Tower

Join the Friends Place team online at alz.org,
or

Contact team captain Malissa for some help!
972-437-2940

If you are unable to walk but would like to contribute,
please participate by donating & posting an "In honor
of..." flower in the FP foyer. See Jackie for details.

Every dollar you raise helps to find a cure.