



Meet the Friends Place Team

Marylynne Henry

*

Suzy

Dunn-Bradford

*

Evelyn Tave

*

Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Joyce Tarver, RN

*

Pam Long

*

Stephanie Niesing

*

Delia Williams

*

Carolyn Propes

*

Alieu Gassama

*

Keshawna Stephens

*

Donja Ivy, LVN

*

Shalawn Moore

*

Haley Westerkamp

Volunteers

Tom Morrison

Jan Post

Anita Gates

We Need You!

Support the Friends Place Team: The Walk to End Alzheimer's

On Saturday, October 1st, 2016 thousands of walkers will gather on The Lawn at Reunion to join the 2016 Greater Dallas Walk to End Alzheimer's. We gather to share in the vision of a world without Alzheimer's. Held annually by more than 600 communities nationwide, the Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants from all ages and abilities to reclaim the future for millions.

Friends Place has been a part of this for many years and we invite you to join our team.

If you can't walk, please support us by donating to our team. Donate or register by going to <http://act.alz.org/goto/FriendsPlace>. Please contact Marylynne or Suzy with any question at 972-274-2484. By walking and working together, we could be one step away from a cure!! See you Oct.1st!



"A Walk in Their Shoes"

Friends Place is proud to host a Caregivers Support Group the second and fourth Tuesday of each month. This is an outreach to the community in partnership with the Alzheimer's Association to bring resources and support to families who are dealing with the many aspects of Alzheimer's and other dementias. Each caregiver brings a unique experience and the goal is for everyone to gain some insight and resources to help them along this journey. Meredith Pond, Client Care Coordinator for Home Instead Senior Care will be our guest speaker on Tuesday, September 27th from 2:00 p.m.-3:30 p.m. She will demonstrate, through hands on exercises, some of the issues that someone with dementia struggles with. It is an opportunity to "Walk in Their Shoes" for an instant so that we, as caregivers, can better understand and find ways to take this uncharted journey together. With advanced reservations, Friends Place Staff will keep your loved one engaged while you attend this very important Caregivers Support Meeting. Please call Marylynne or Suzy for more information at 972-274-2484.

Member of the Month

Our September Member of the Month is Henry Hicks. One thing you can say about Henry is that he is the most cordial and polite person you will ever meet. He is always available to help out and is always agreeable!

Henry was born in Waco, Texas but grew up in the great neighborhood known as Oak Cliff, Texas. From one Oak Cliffer to another, it's a wonderful place to spend your childhood. His parent's, George and Martha Hicks moved from Waco when Henry was a young man. He attended South Oak Cliff High School. Henry has always been an over achiever which is evident by his long work ethic during high school and his accomplishment of becoming an Eagle Scout.

Henry joined the Air Force where he made the military his career. He served his country for the next twenty years as a flight engineer for helicopters. He met his wife Vicky while stationed in Maryland. Henry has two children and three beautiful grandchildren. He is not Henry to the grandkids, it's "Pops". And like most of us with our grandchildren, he dotes on them and loves them dearly. They are with Henry's daughter Ashley, most days and when they come into the center he is greeted with a great big hug!

After retirement from the Air Force, he formed his own company and the line of work he chose put him in harm's way many a day. He spent the next three years overseeing the security for the Dallas Cowboy Cheerleaders! Henry says "it's a hard job, but someone has to do it!" Henry brought in his scrapbook from the years spent keeping America's Cheerleaders safe, and has shared some great stories with us.

Henry loves to play pool and is our resident "pool shark". Some days are spent playing pool, or one of his favorite activities involves math! What a whiz! He and Rod really challenge everyone. No matter what activity he is engaged in, playing pool or sharing stories, Henry is an asset to Friends Place.

Friends Place Observes Labor Day

Friends Place will be closed on
Monday, September 5th in Observance of
Labor Day.

We will reopen on Tuesday, September 6th.

Have a safe Holiday.

Your Friends Place Staff

"How Much Does Stress Weigh?"

Caregiver Corner by Pam Johnson

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.

Birthday Wishes



Eve Ogiermann- September 20th
Michael Tillman- September 21st
Tommy Henry- September 21st
Michael Jones- September 24th
Dave Bates- September 25th
Gene Guillory- September 25th
Henry Hicks- September 26th

Friends Place Team

Suzy Dunn-Bradford- September 12th
Donja Ivy- September 12th
Patrice Trimble- September 29th

A Warm Friends Place Welcome to:

Jacob Jackson
Dr. Peggy Mitchell
Lloyd Clemons
David Bates
Joe Wilkerson

STATE FAIR OF TEXAS AT FRIENDS PLACE

The State Fair of Texas runs September 30th - October 23rd. Friends Place will celebrate our own version of the State Fair the week of October 3rd-7th. This year commemorates the 130th Anniversary, yes since 1886, we have celebrated our local State Fair of Texas. Friends Place will have Midway games, prizes, and our favorite State Fair foods all week long. During our State Fair Week we will feature The Great Hall of Exhibits. A State Fair Representative will be here on Monday, October 3rd to admire all our exhibits. The week of September 26-30th, members will be asked to bring items that they have either made in years past, or maybe a collection of some sort that has a special meaning to the family. Additionally, we will be displaying items we have worked on here at the center. It's always fun to see the many talents of our members!

Mark your calendar for the week of October 3-7th. Plan to come for lunch on Thursday, October 6th for the traditional fair food- Corny Dogs, French fries and homemade funnel cakes. It's a LOT of fun! Speak to Suzy or Shalawn for more details!!

Support Groups and Education for Caregivers in the Southwest Dallas Area

Alzheimer's Support Groups

Date: Tuesday, September 13th

Time: 2:00 p.m. - General Discussion

Date: Tuesday, September 27th

Time: 2:00 p.m.

Speaker: "A Walk in Their Shoes"
**Facilitated by: Meredith Pond, Client Care
Coordinator, Home Instead Senior Care**

Activities and supervision for your loved one at
No charge with advanced notice.

Call 972.274.2484

Location: Friends Place Adult Day Services
1232 W. Belt Line Road
Desoto, TX. 75115

Date: Saturday, September 17th

Time: 11:00 a.m.

Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, September 21st

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, September 26th

Time: 6:00 – 8:00p.m.

Speaker: Dr. Aanchal Taneja, Texas Parkinson and
Movement Disorders Clinic

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

September Happenings

M	5 th	CLOSED FOR LABOR DAY	
T	6 th	Joseph Bunker- Singer Extroinore	2:00
TH	8 th	Dixie Land Swing Band	2:00
T	13 th	Ben Myers Entertains	2:00
T	13 th	Caregiver Support Group	2:00-3:30
W	14 th	Marty Allen Nelson	2:00
TH	15 th	Birthday Celebration Chuck Kemper- Entertains	2:00
TH	22 rd	Zeta Sorority	2:00
F	23 rd	DeSoto Line Dancers	2:00
M	26 th	Yoga with Charla	2:15
T	27 th	Caregiver Support Group- "A Walk in Their Shoes"	2:00-3:30
TH	29 th	Gary Freeman	2:00

Looking ahead to Christmas Holidays!
Our Christmas / New Year's closure will be
Friday, December 23, 2016 through
Sunday, January 1, 2017
We will re-open on Monday, Jan. 2, 2017.

" A Walk in Their Shoes"

Facilitated by Meredith Pond

Tuesday, September 27th, Meredith Pond will give us a birdseye view and demonstration of living with dementia. It will be a hands on opportunity to try and understand this much understood disease. Call the center at 972-274-2484 if you need respite care for your loved one.

UpComing Events

October 3-7th- State Fair Week: State Fair Rep will be here to speak to members and enjoy corny dogs/funnel cakes on Oct. 6th. Call for calendar of events.

November 7-11th- Veterans Celebration:

Dignitaries from across the Metroplex will be here to celebrate and thank all our veteran's. Call for schedule of events.
