



1232 W. Beltline, Desoto, Tx 75115

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Meet the Friends Place Team

Marylynne Henry

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Suzy
Dunn-Bradford

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Evelyn Tave

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Lisa Stinson

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Lucretia Honore

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Patrice Trimble

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Joyce Tarver, RN

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Pam Long

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Stephanie Niesing

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Delia Williams

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Carolyn Propes

*

Donja Ivy, LVN

*

Shalawn Moore

*

Haley Westerkamp

*

Ann Anderson

Volunteers

Tom Morrison

Jan Post

Anita Gates

Friends Place Partners with Warrior Spirit Project



Friends Place members and team work on our Community Service Project this month - bean bags for the Warrior Spirit Project. Each pillow will be used as props for the Steady Warrior trauma-sensitive yoga and meditation classes.

National Adult Day Services Convention

The National Adult Day Services (NADSA) Convention was held September 21-23rd in Indianapolis, Indiana. This was a wonderful opportunity to view many new and innovative ideas to enhance our center's programs. Marylynne Henry, Owner/Executive Director and Suzy Dunn-Bradford, Assistant Director visited several Adult Day Service Centers in the Indianapolis area. We were able to speak to the various innovators who work tirelessly to bring only the best possible ideas and programs to all of the attendees. It is an exciting time for Friends Place. It was very rewarding for us to be able to share our strengths that make the Friends Place model successful. We are very proud of our programs and look forward in implementing some of the technological modules and Person Centered Care programs which we learned about at the conference.

Caregiver Corner by Pam Johnson

Mindfulness, Meditation and Dementia

Mindfulness and meditation are two effective techniques for reducing stress associated with caring for a loved-one with dementia. Although each of these are shown to be effective stress-reducing activities, UCLA researchers found even greater health benefits to caregivers when these two skills are combined. Various studies indicate that practicing mindful meditation improves both emotional and physical well-being.

While some consider meditation and mindfulness as separate but related concepts, most all agree that they are two complimentary skills. The lines between the two seem to be blurred with some believing that you can't do one without doing the other. Perhaps, the real question is can you be mindful without actually meditating.

Eric Harrison, Director of the Perth Meditation Centre, says they are not always exactly the same. According to Harrison, 'meditation' is "about body-mind stillness, detachment from thought, relaxation and rest."

Mindfulness is the practice of being present, aware and in the moment. The mind focuses on the here and now, not troubles of the past or worries of the future.

One can choose to be mindful any time, during any day, by totally and completely focusing on only one single thought or one specific activity. An afternoon break for a cup of tea or coffee can cultivate mindfulness when the focus shifts totally to the experience. By immersing ourselves into the moment, feeling the warmth of the cup, smelling the aroma of the brew, savoring the flavor, and visualizing one of our favorite peaceful places, we can create mindfulness.

Due to increased awareness and focus on wellness principles, the practice of mindfulness meditation has become one of the most well-known types of meditation. Making this part of a daily routine, can change our attitude, behaviors and responses. In numerous studies, caregivers practicing mindfulness report being calmer and more relaxed. There is increased satisfaction and emotional wellness which helps to prevent or decrease many stress related health problems.

Happy and healthy caregivers are always going to be able to provide care in a more loving and patient manner. There are less frustrations for everyone concerned. And, at the end of the day, probably everyone will eat better, sleep better, and laugh a little more often.

Member of the Month

Our member of the month is the very special Jessie Pearl Mullen. Jessie is the youngest of seven children born to Richard and Ida Johnson. Jessie, being the apple of her father's eye had a special kind of way of getting things done! She was born in Navarro, Texas and spent most of her childhood either in Navarro, Cheneysboro or Corsicana. When you come into the center, one of first things you will notice is Jessie. She always has a smile on her face, and most days she is playing a practical joke on Patrice or Lucretia. Most mornings when she comes through the door the "games" begin. If a new staff person greets her and asks to hang up her jacket or purse, her response is usually, "That's OK. I'm not staying!" Now what do I do???

Jessie quietly goes about helping and caring for other members. She is always ready to be our member hostess to stay with any new member on their first day at the center.

Jessie's interests during her school years included sports, cooking and not surprisingly, she was voted "Miss Jackson High" her senior year. She chose the nursing field, which explains her caring nature with our members.

Jessie married the Reverend Elbert Lee Mullen and together they pastored and nurtured the members of the Metropolitan AME Church. In addition to her duties as First Lady of her husband's church, she was a constant presence in the community. Whether it was volunteering at her children's school, leader at the local 4-H Club, teaching Sunday school or leading the youth, Jessie has spent her entire life serving others. Please make a point to meet Jessie the next time you are at Friends Place. She may "pull your leg", but she will definitely do it with a smile.

Save the Date

Friends Place Family Thanksgiving Dinner
Friday, November 18, 2016
12:30-2:00 p.m.
R.S.V.P. \$5.00 per family member
972-274-2484

Birthday Wishes



Marcelet Harris- 10/1
Willie Williams- 10/2
Fadell Cox- 10/8
FayeSkinner- 10/17

Friends Place Team

Ann Anderson- 10/5
Alieu Gassama- 10/8
Haley Westerkamp- 10/20

A Warm Friends Place Welcome to:

Sheila Penner
George Roseboro

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. 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, October 11th

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

Date: Tuesday, October 25th

Time: 2:00 p.m.

Speaker: Carolyn Legg, Caregiver Connection 4U

Topic: Housing Options, Be Prepared

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, October 15th

Time: 11:00 a.m.

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

Date: Wednesday, October 19th

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, October 24th (note date change)

Time: 6:00 – 8:00p.m.

Speaker:

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

What's Happening

Music Series

Tues, Oct 4 - Marty Ruiz @ 11:30

Tues, Oct 11 - Harley Brown, Country Classics @ 2:00

Thur, Oct 13 - Gatlin Entertainment @ 2:00

Fri, Oct 14 - Kimberly Nicole, Jazz Singer @ 2:00

Tues, Oct 25 - Mike Frankel, Accordion Player @ 11:30

Thur, Oct 27 - Red Oak High School Theater Group @ 11:30 -12:30

State Fair Week

Mon, Oct 3 - Julius Sternes from State Fair of Texas Presentation @ 10:15 am

Wed, Oct 5 - Petting Zoo @ 11:00 - 12:00

Thur, Oct 6 - Leather Making Demonstration with Nate @ 10:00 am

Fri, Oct 7 - Exhibits and Awards Ceremony @ 2:30 pm

M-F, Oct 3rd thru 7th - Midway Games - Cake Walk, Dart Throw, Ring the Pumpkin, and more!

Save the Date! Friends and Family Thanksgiving lunch - Fri Nov 18

Health Happenings

Mon, Oct 31 - Yoga with Charla @ 2:30

Daily Exercise @ 11:30

Special Events

Mon, Oct 10 - Oktoberfest Lunch Celebration

Tues, Oct 11 - October Birthday Celebration with Harley Brown @ 2:00

Mon, Oct 31 - Halloween Costume Contest @ 1:45