



Friends News

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News from the Friends Place Crafting Corner

Our crafting group most certainly enjoys the many interesting activities that Jane Tucker, Friends Places' illustrious staff crafting queen, brings to the table. She has a great eye for creative, useful projects and a tremendous heart for service and for doing something worthwhile with others in mind. This mindset is one shared by many of the folks who participate, and is one of which we and others have enjoyed the benefits from.

One of the creative (and challenging!) crafts they recently created is a series of twine-wrapped wine bottles, that, when put side-by-side and embellished with buttons and the word "Love," make a stylish decorative motif for a bookshelf or sideboard.

To welcome the change of the season, the crafters applied the decoupage technique to adhere colorful silk leaves in fall colors to the mason jars, then wrapped the new vases with a raffia bow. The dining room tables are now festively bedecked with the fall vases filled with fresh flowers like we always enjoy on the tables. Several of the ladies enjoy arranging and tending to these throughout the week, which is one of the ongoing volunteer opportunities available.

Another autumn craft involved painting, constructing, and adding the finishing touches to chubby wooden pumpkins. These cute tchotchkes are a perfect way to usher in the season with a little fall color and sparkle. They have also recently completed homemade soaps that smell simply fantastic. They truly do a little bit of everything!

Our crafters use their skills to fundraise for the Greater Dallas Chapter of the Alzheimer's Association for the Friends Place team. When we realized that September is celebrated nationally as Pet Month, the group got busy mixing, rolling out, and cutting out dog bone shaped treats, then packaged the dog biscuits for our four-legged friends. To satisfy the sweet tooth of the human counterparts, Oreo cookies were dunked in dark or white chocolate, and then placed in a mold with a dog paw imprint. Once these set, they were also packaged in a cute way for a nice treat for people. These pet-themed goodies have been a big hit with members, families, and the staff. The Alzheimer's Association is so impressed with our crafter's efforts that they plan to put this project on their social media site! What a fun way to make a difference for others.

Each of the crafting projects is for sale, with all proceeds going to the Alzheimer's Association. To date, over a hundred dollars has been raised for this cause! If you would like to order or purchase any of these items, just stop by the office.

Crafting project sessions are held on Tuesdays and Wednesdays during the week, and Jane and the regulars would very much like to invite anyone interested to join them. What a great time of year to do so, with the holidays coming up!

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.

Spotlight on Dot Gruber

We want to introduce you to an ever-so-interesting lady who we so enjoy spending time with at Friends Place, Mrs. Dorothy (Herbert) Gruber. Her family-of-origin hails from Hempstead, New York. Dot and her younger brother, Ray, were close to their parents Bill, who worked at the bank and handled estates, and their mother Rose, who took care of the family and did "everything." The family enjoyed getting out on the water in her father's boat. Dottie worked as a secretary after high school. She went to a USO outing where she met her future husband. Bob Gruber worked in real estate after he retired from the Air Force as a veteran of WWII and Korea, & the couple raised four children in the Dallas area. Dot worked as secretary for the University Lecture Series Department at SMU, attended the Alter Society, and did water aerobics at the YMCA. She loved to travel, and has been to Italy & France. She especially enjoyed cruises, and Dot even won a trip to Hawaii! Her favorite holiday is Christmas, and she enjoys the golf channel and Big Band music. Dot is a great conversationalist, and gets a big kick out of connecting with other ladies here from the New York and New Jersey area. We are so happy she found us!

Spotlight on Staff Member - Jane Tucker

One of our "craftiest" staff members is a longtime colleague and Altrusa sister of Friends Place Founder Pam Johnson., Jane has a huge heart for others. She thoroughly enjoys working here, where she facilitates our large and small discussion groups, leads the fabulous crafting projects, and is known for her moves on the dance floor. She is an active volunteer in the Alzheimer's Association's "Your Brain Matters" outreach campaign. Jane has been recognized for reaching out to at least a hundred people and was honored at a luncheon at the Arboretum. She is always ready to go above and beyond the call of duty, and brings such positive energy to our staff and program. Jane hails from a small German town in Illinois. She and her husband, Don, met and married at Park Cities Baptist Church here in Dallas. She sings in the choir at First Baptist Richardson, and is a member of the Town Creek Women's Club. They have two adult daughters, Kathryn and Stacy. Both live in Austin and are University of Texas grads-"Hook 'em!" Jane is proud of their close-knit family, and we are proud to call her "friend."

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, October 13th, 2:00-3:30 pm

General discussion & sharing resources

Thursday, October 27th, 2:00-3:30 pm

A special program to learn how to practice

"Mindfulness Meditation"

Gail Atwater, LMSW

Psychotherapist, Legacy Counseling

Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

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

Light supper provided

Thank you U.S. Memory 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, October 6th, 2:00-3:30

NEW! Frontotemporal Dementia (FTD)

Caregivers Support Group

4th Monday of each month

Monday, October 24th, 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, October 18th, 2:15-3:45 pm

Happy October Birthdays!!!

1	Betty Archer, Danielle Yarde
18	Andrea Bara
23	Nisha Issac
24	Daisy Watts
28	Johnnie Luna

A warm welcome to our newest members...

Craig Wadsworth

Jo Ferguson

Bill Smith

Reg King

Dick Polakoff

+++++

"October's Party"

October gave a party;
The leaves by hundreds came,
The Ashes, Oaks, and Maples,
And leaves of every name.
The sunshine spread a carpet,
And everything was grand;
Miss Weather led the dancing;
Professor Wind, the band....
The sight was like a rainbow
New-fallen from the sky.

By George Cooper

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

Awesome October Events

<i>It's Fair Week!</i>			
M	3 rd	Midway Games	10:30 am
		Blue Diamond Trio performs	1:45 pm
T	4 th	Texas Winds String Quartet	11:00 am
		Midway Games	1:30 pm
W	5 th	Clown, Juggler & Balloon Artist, "Bender"	11:00 am
		Cake Walk	
Th	6 th	Midway Games	1:30 pm
		Texana Butter Making Demonstration	10:15 am
		Heart of Texas Therapy Dogs	11:45 am
		Entertainer Marty Ruiz	1:45 pm
F	7 th	Heritage Farmstead Country Fair	
		Demonstrations	10:15 am
		Hillbilly Jug Band Singalong	1:45 pm
Th	13 th	Showtunes with Brandon Perry	1:45 pm
F	14 th	Heart of Texas Therapy Dogs	11:45 am
T	18 th	Norris Perry sings	1:45 pm
Th	20 th	Heart of Texas Therapy Dogs	11:45 am
W	26 th	BDay Party with crooner Toney Walsh	1:45 pm
F	28 th	Heart of Texas Therapy Dogs	11:45 pm
M	31 st	Halloween Party w/ DJ "My Music Guy" Come dressed for the occasion!	1:45 pm



Join us for live entertainment and a fabulous authentic German meal!

Friday, October 21st
5:00-7:00 pm

Tickets are available in the office or at the door

Suggested donation of \$10

Please call 972-437-2940

Benefit fundraiser for the Lewy Body Dementia Association.

LBD is a leading cause of dementia, second only to Alzheimer's.

Please make All Checks payable to "LBDA"

Friends Place located at 1960 Nantucket, 75080
