



Friends News

1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

Meet the Friends Place Team

Marylynne Henry

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Suzy
Dunn-Bradford

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Evelyn Tave

*

Lisa Stinson

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Lucretia Honore

*

Patrice Trimble

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Joyce Tarver, RN

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Pam Long

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Stephanie Niesing

*

Delia Williams

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Carolyn Propes

*

Donja Ivy, LVN

*

Shalawn Moore

*

Haley Westerkamp

*

Ann Anderson

*

CaSandra Herring

*

Sheila Brown

Volunteers

Tom Morrison

Jan Post

Anita Gates

Friends Place Family Thanksgiving Lunch



Please mark your calendar

Friday, November 18th from 12:00-2:00 p.m.

for our Annual Family Thanksgiving Lunch. Friends Place will be serving the traditional turkey, cornbread dressing, sweet potato casserole, green beans, green salad and an assortment of great pies!

This is a wonderful time to enjoy friends we have made at the center, and to share Friends Place with your family. Members lunch is provided and family members are \$5.00. For reservations please call 972-274-2484. Please make plans to attend! If you have questions, please call and speak to Lisa or Suzy.



Friends Place Veteran's Program

**Tuesday, November 8th-
2:00 p.m.**

Please join us as we celebrate and honor our Veterans. In attendance will be:

Mayor of Desoto- The Honorable Curtistene McCowan
Desoto High School R.O.T.C. Students
Red Oak High School R.O.T.C. Students

Please mark your calendar and plan to attend. For further information, please call the center at 972-274-2484

Prepare for the Holidays with New Traditions

By Pam Johnson

Holidays are full of family activities and traditions, but can be a challenge for families living with dementia. With a little planning and adjustments, the holidays can still be an enjoyable time for your family.

- Update others of your current status with a short note or phone call to briefly explain some of the changes visitors might notice. Ask for their understanding, acceptance, and flexibility.
- Modify the traditional holiday routine. Keep your loved one's regular routine as much as possible.
- Recognize your limits. Delegate and manage only what you can, NO guilt. Boundaries are good. Pare down big traditions and expectations.
- Build on past memories and traditions by involving your loved one in manageable tasks by breaking them down into smaller, safe components.
- Schedule events during their best time of day, starting new traditions as needed. For example, do holiday brunch instead of dinner if sundowning is a problem or mornings are better.
- Adapt gift giving as needed. What was once enjoyed may not now be appropriate. Ask others to consider intangible gifts such as "one-on-one time together" coupons, caregiver respite, etc.
- Limit yourself to only what you can handle in shopping/gift giving. Also, include the person with dementia in gift giving, when possible.
- Use nametags, speak names & pronouns together. Assist your loved one in recall with tactful, subtle cues & reminders. Plan how to engage them at gatherings. Keep their dignity intact.
- Use all of the senses to enjoy the sights, sounds, & scents of the holiday season. Visit decorated neighborhood light displays, attend familiar church/community services, bake together, enjoy holiday music or videos.
- Realize that perceptions change, which can make too much decorating very overwhelming. Blinking lights may be scary, or certain decorations could be interpreted as edible treats.

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- Be gracious and flexible, have a "plan B" quiet spot to go to, a less stimulating alternative activity, or someone who will tend to your loved one apart from the crowd if it's "too much."

With advanced planning, you and your loved one can avoid the frenzy of the holidays. By ensuring that everything is in your loved one's best interest, the season is made less stressful and more enjoyable for everyone.

Member of the Month

Our member of the Month is Willie Williams. Willie was the only boy born into the Williams family of 5 children. He spent his childhood in Jacksonville, Texas. If you know Willie, then you know that he is a very quiet, gentle man. Being the only boy and 4 sisters, he had to always be ready for anything!

Willie served his country in the U.S. Army for six years and was stationed in Korea. After his commitment was fulfilled, he came back to Texas and married his lovely wife, Linda. They settled down in Dallas and raised four great children. His career path led him to a long and steady career with the City of Dallas. When not fishing, or playing dominoes on the front porch, Willie's day is filled with family- eleven grandchildren and five great grandchildren! A Sunday fish fry was a staple with the Williams family!

Any time you see Willie, he always has a smile to light up your day. He is the first one to offer help for another member, or offer an encouraging word wherever it's needed.

Let's talk dominoes. Several of our members LOVE to get a game up, and Willie is always up for a game! Good thing they don't play for money-everyone would be broke. Make sure you seek Willie out for a game of dominoes the next time you're at Friends Place. You can be sure to get a great game and a whole lot of fish stories, but you'll love every minute spent with Willie.



Save the Date

Thursday, December 22nd
5:00-7:00 p.m.

Friends Place Winter Ball

Dining and Dancing under
A Winter Wonderland Sky



Ina McGee - November 9
 Joe Willis - November 11
 Ruth Lilly – November 21
 Nadell Byrum - November 24
 Frank Curtis - November 24

Friends Place Team

Joyce Tarver- November 18

A Warm Friends Place Welcome to:

Ruth Lilly
 Verdell Luster
 Willie Hill



Friends Place will be closed on the following days to
 celebrate the holidays with our families:

CLOSED- Thursday, November 24th

CLOSED- Friday, November 25th

Christmas Holiday Closures

CLOSED- Friday, Dec 23 through Sunday, Jan 1

WE WILL RE-OPEN MONDAY, JANUARY 2nd

**Support Groups and Education for
 Caregivers in the Southwest Dallas Area**

Alzheimer's Support Groups

Date: Tuesday, November 8th

Time: **3:30 pm** – Meditation and Stress Relief
 With Dan Ciconni

NOTE TIME CHANGE – THIS MONTH ONLY

**No meeting on 4th Tuesday due to Thanksgiving
 Holiday.**

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, November 19

Time: 11:00 a.m.

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

Date: Wednesday, November 16

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, November 28th

Time: 6:00 – 8:00p.m.

Speaker: Speaker –Robbie McCullough,
 Helping Seniors Protect Against Identity Theft

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

Tue 1st Ben Myers 2 pm
Thu 3rd Texas Winds Vocal Pops 11 am
Mon 7th Gary Freeman 2 pm
Wed 9th Dancing Divas 2 pm
Fri 11th DeSoto Line Dancers 2 pm
Tue 15th November Birthday Celebration
with Harley Brown 2 pm
Tue 22nd Norris Perry 11:30 am

Health Happenings

Monday, Nov. 28th Yoga with
Charla 2:15 pm

Daily Exercise @ 11:30

Special Events

Tue 3rd Carol Lee-Storyteller 2 pm

Tue 8th Veteran's Program 2 pm

Mon 14th Therapy with Cassidy
10:45 am

Fri 18th Family Thanksgiving Lunch
12:30 pm
R.S.V.P. Required \$5.00
972-274-2484

Wed 23rd Zeta Phi Beta Sorority 1:45