



Friends News

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Andrea Bara

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Nisha Issacs

Bill Ferguson



You are cordially invited to attend our patriotic

Veterans Day Salute

FRIDAY, NOVEMBER 11TH at 2:00 pm

A heartfelt, meaningful tribute honoring their dedication & sacrifice

Reception immediately following ceremony

We are honored to serve the Friends Place military veterans, and are so grateful for all they have done for our country. We sincerely hope you can join us!

Ocktoberfest Appreciations

Friends Place recently hosted a fundraiser benefitting the Lewy Body Dementia Association. Much gratitude to staff member Malissa Cestari, who worked tirelessly to coordinate the event, enlist donations and prepare the food. We appreciate Vicki Yarbrough of Grandbrook Memory Care for providing the beer, Adriana Castillo of US Memory Care for volunteer support, Sean Cahill of Buffalo Bluez for German potatoes, Alphagraphics for printing the tickets, and LaBatt Food Service for the brats and apple strudel. Friends Place provided the music by Chett Warzusen, a true treat. Thanks to Mary Cooley for taking the photographs, and to Rodney Lindemeier for posing in his authentic German gear as the authentic German guy! Special thanks to the staff and their family members who donated their time that evening and the families who supported us with their donations.



Family & Friends Thanksgiving Holiday Luncheon

Wednesday, November 24, 2016

12:00-1:30 pm

Featuring an enticing menu of:

Tossed Green Salad, Turkey & Gravy, Cornbread Stuffing Cranberry Sauce,
Green Bean Casserole, Sweet Potato Casserole, Hot Rolls, & Pumpkin Pie

Please join your loved one for our delicious, meaningful holiday gathering.

\$5.00 per guest

RESERVATIONS REQUIRED, SEATING IS LIMITED

Please call 972-437-2940 or contact Jackie in the office by Wednesday, November 18.

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. 972-437-2940

Alzheimer Association's

Caregiver Support Group Meetings

Usually held the 2nd & 4th Thursdays of each month
2:00-3:30 pm

Thursday, November 10th 2:00-3:30 pm

Topic discussion

Tips For a Successful Holiday Season

*There will be only one meeting this month,
due to the Thanksgiving holiday.*

Lewy Body Dementia

Caregiver Support Group

1st Wednesday of each month

Wednesday, November 2nd 5:00-7:00 pm

Light supper provided

Thank you Edwin Villarreal from ComFORCare, for
providing last month's wonderful dinner!

"Men-Only" Support Group

1st & 3rd Thursday of each month

November 3rd & 17th 2:00-3:30 pm

This specialized group addresses concerns unique to husbands and sons. For more information, please contact George Davis. 972-900-9774

Frontotemporal Dementia (FTD)

Caregivers Support Group

4th Tuesday of each month

Monday, November 28th 2:15-3:45 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, November 15th 2:15-3:45 pm

Addressing the distinct challenges and issues
caregiver wives face as relationships evolve.

November Spotlight on Veterans

It is fitting to recognize our Friends Place military veterans this November, the month in which we nationally recognize both Veterans Day and Thanksgiving. These men represent a living history of true American heroes, so humble about their experiences, bravery, and commitment to our great country. Their stories are fascinating snippets of history, always told in a self-deprecating tone, giving others credit, "I just did what had to be done." Their bond is incredibly strong, even so many years later. The esteem in which they hold the good old USA and all she has to offer is compelling.

So, to Chris, Willard, Jim, Ed, Michael, Duaine, Dick, Leon, Tom, Lloyd, Warren, Bill, Glenn, Clark, Richard, Roy, OL, Travis, Peter, Bill, Howard, Jenn, Phil, Jim, Lou, Dick, Richard, Walter, Jack, and Bill, who collectively represent the United States Army, Navy, Air Force, and Marines, we gratefully thank you for your service and sacrifice for our country. You represented us well, and we honor you, especially during this month. We appreciate what your families endured, also. You are the best!

Introducing Staff Member Andrea Bara

We are simply delighted to welcome new staff member Andrea Bara into the Friends Place fold. She has been back in the Dallas area for a couple years, coming from the West Texas town of San Angelo. Andrea brings a solid background of experience, as she has worked in the field of elder care for her entire career. Her strong work ethic, easygoing demeanor, and perceptive, caring heart certainly make her a quick favorite here at Friends Place.

Andrea is a busy gal, both at work and at home. She and her "better half," Calvin, have their hands full with her 16-year-old son and their two girls, ages 10 and 11. They enjoy a lot of family time together, playing at the park, watching movies, camping, watching the kids' sports, and shopping for basically anything. The family has two dogs, a poodle and a boxer. Andrea enjoys music, and always has it going at the house. She also loves Halloween and the traditional family party. Andrea also really likes cooking, (not baking, but the "real" cooking), especially Mexican or "soul" food. She is a great friend to know, heart and soul, and we are so very happy she found us!

Prepare for the Holidays with New Traditions

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.

A warm welcome to our newest members.

Howard Compton	Jun Abarquez
Jack Lathrop	Joe Shockley
Rick Shockley	Arlene Gode
Nancy Taylor	Chuck Brown

Happy November birthdays!

1 st	Bill Zorka
4 th	Lisa Bonner (staff)
5 th	Barbara Christenson
10 th	Chris Laudon (staff)
13 th	Chad Woolery
16 th	Janell Marek
20 th	Ray Glivinski
24 th	Bill Lynd

Giving Thanks...

*"For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends."*

— Ralph Waldo Emerson

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

Announcing our FP

November

Th	3rd	Heart of Texas Therapy Dogs	11:45 am
		Entertainer Larry Johnson	1:45 pm
M	7th	Classical Violinist Henry Lee	11:00 am
W	9th	Norris Perry performs	1:45 pm
Th	11th	Heart of Texas Therapy Dogs	11:45 am
		Veterans Day Salute	
		Reception following ceremony	2:00 pm
M	14th	Dixieland Swing Band Entertains	1:45 pm
Th	17th	Heart of Texas Therapy Dogs	11:45 am
		Singer Tommy Ray performs	1:45 pm
T	22nd	Performer Marty Ruiz	1:45 pm
W	23rd	Traditional Thanksgiving Luncheon	12 noon
		RSVP BY WED, NOVEMBER 16	
W	30th	Birthday Party with Toney Walsh	2:00 pm

Go ahead and book your appointment *now* for
that fun holiday hairdo or classy mani/pedi!

IMPORTANT INFORMATION

Holiday Schedule

CLOSED

Thursday & Friday, November 24 & 25

CLOSED

Friday, December 23 through Sunday, January 1

OPEN

Monday, January 2

for the first business day of the new year 2017!

Weather Cancellations

In case of inclement weather, please tune in
to **WFAA** for information. We will be open,
delay opening, or remain closed following

Richardson Independent School District's
emergency weather plan.
