



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

*

Suzy

Dunn-Bradford

*

Evelyn Tave

*

Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Joyce Tarver, RN

*

Pam Long

*

Stephanie Niesing

*

Delia Williams

*

Donja Ivy, LVN

*

Shalawn Moore

*

Haley Westerkamp

*

Ann Anderson

*

Sheila Brown

*

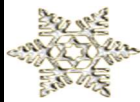
CaSandra Herring

Volunteers

Tom Morrison

Jan Post

Anita Gates



You Are Cordially Invited to Friends Place Winter Ball

Thursday, December 22nd

5:00-7:00 p.m.

Come celebrate the holiday season with an evening of dancing in a Winter Wonderland. Dress in your fanciest attire and have your holiday picture taken in front of a starry sky backdrop. Entertainment for the evening will be provided by the sounds of Joseph Bunker and Marty Allen Nelson. Reservations Please. Mark your calendar for a fun evening. Call 972-274-2484 to reserve your table.

VALET PARKING PROVIDED!

Friends Place Celebrates Four Years in DeSoto

Friends Place Desoto celebrated our Grand Opening on December 3rd, 2016. Marylynne Henry, Owner and Executive Director worked many months prior to our opening the doors on October 30, 2012. She searched for the perfect building, then went to work in designing the interior to provide an open, bright and calming center. Many hours actually go into planning a space designed for those with Alzheimer's or other dementias. Suzy Dunn-Bradford, Assistant Director and Marylynne traveled across the metroplex finding furnishings that would showcase the space - always having the members needs in mind. From chairs with arms to reminiscent pieces that would begin conversation -- all were intentional furnishings to make Friends Place the wonderful center that it is.

We opened the doors with 5 members. We had 4 staff members. (So we clearly met the states ratio!) We kept them engaged and we ate lunch with the members. We learned so much in the early days that made us a better center today.

Thank you to the community for supporting not only a new concept in the southern sector, but a new business. Thank you to our members and their families for helping us to spread the word about Friends Place. Our goal has always been to put our members first with love and respect and we will continue that goal for years to come.

Music Therapy as a Treatment for Alzheimer's

Who has not experienced the power of music and marveled at its ability to bring joy, ease pain and elevate our mood. Often when we hear a song, it is so much more than words and lyrics. It becomes the link to one of our special memories of a wonderful place in time.

The use of music as a viable treatment to improve health is not a new concept. Writings of Aristotle and Plato from more than 2,000 years ago, indicate that music was used to treat demented older people. After WWI and WWII, veterans were exposed to music to aid in recovery from physical or emotional traumas. The many positive outcomes prompted a need for formal training and the first music therapy degree program was created in 1944.

Music Therapy is much more than merely listening to music or singing. It is designed to be a personal, interactive and engaging healthcare intervention. In more recent years, it has been recognized as an actual treatment for Alzheimer's and other dementias.

At the 2016 National Adult Day Services Association Conference, Andy Tubman, Co-Founder of Musical Technologies presented a demonstration of the SingFit® Prime Program. He explained that "with our technology and music therapist designed programming that includes trivia, movement and visual cues, our thousands of seniors are deeply engaging in a musical, whole-brain exercise daily". Tubman added, that this program enables a "mass distribution of music as medicine."

Friends Place is proud to announce that we have contracted with Musical Technologies to be able to provide our members with the vast benefits of SingFit®. Specific staff members have been selected to receive the specialized training and certification that will allow us to offer this amazing program beginning in January 2017.

We believe that music is medicine for those with dementia. It enables them to achieve and/or maintain an optimal level of physical, intellectual and emotional wellness. Music keeps life in motion.

Member of the Month

Thomas McIntosh is this month's Member of the Month. Thomas is a native of Dallas, graduating from Lincoln High School. He loved choral music which explains why he always has a song for you each time he greets you. Did you know that Thomas played tennis from an early age and continues to enjoy it? Tennis is one of those games that you can either play hard, or slow and easy. That's Thomas! He is slow and easy. His wonderful smile and laugh will cheer you up, and if it's a dance you're after, then he is your guy!! He met his lovely wife Lena in church and have been married over 47 years. They attend Marsalis Church of Christ. They have one daughter, Brandi and Thomas enjoys the company of 2 grandsons.

He has always been an outside guy, which explains why he is one of the first ones outside after lunch. You want to be a fly on the wall when some of those guys get to talking about old times. The laughs and smiles keep going, and going, and going!

Thomas was drafted by the U.S. Army and served 2 years. At our Veterans Program this last week, he proudly accepted a letter of congratulations by the Former President Bush. He, along with all our other veterans enjoyed a wonderful afternoon.

Thomas and his wife, Lena have traveled all over the world. From the Holy Lands, Madrid Spain, to "Red Rock" Canyon, Las Vegas; Thomas loves the outdoors. I am told that it's a real toss up between tennis and taking walks for Thomas. Both are great for your health, and I know you would enjoy both with Thomas.

The next time you're at the center, find Thomas and ask for a dance and a song- you won't be disappointed!

The Friends Place Staff Wishes all our families the very best Christmas Season. May your holidays be filled with peace on earth, good will towards all men.





Birthday Wishes to:

Annette Davis- 12/12

A Warm Friends Place Welcome to:

Elvira Fisher

Robena Foster



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

**CLOSED- Friday, December 23 thru
Sunday, January 1st.
WE WILL RE-OPEN MONDAY, JANUARY 2nd.**

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

Alzheimer's Support Groups

Date: Tuesday, December 13

Time: 2:00 p.m. – How to Survive the Holidays

**No Support Group Meeting on Fourth Tuesday
due to 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, December 17

Time: 11:00 a.m.

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

Date: Wednesday, December 14

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

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

Friday, Dec. 2nd-Kimberly Nicole/Jazz
2:00 p.m.

Monday, Dec. 5th- Texas Winds
11:00 a.m.

Thursday, Dec. 8th- Gatlin Entertainment
2:00-3:00p.m.

Friday, Dec. 9th- Desoto Line Dancers
2:00-3:00 p.m.

Tuesday, Dec. 13th- Harley Brown
2:00-3:00p.m.

Storytelling

Thursday, Dec. 1st
Carolee- 2:00-3:00p.m.

Daily Exercise @ 11:30

Special Events

Tuesday, December 20th
Zeta Sorority Christmas
2:00-3:00 p.m.

Thursday, December 22nd
Winter Ball
5:00-7:00p.m.
R.S.V.P. Required
Valet Parking Provided