

Friends News

1960 Nantucket, Richardson, TX 75080

(972)437-2940

Fax (972) 437-2953

www.friendsplaceads.com

Friends Staff

Pam Johnson

Jane Kovacs

Claire Iwuoha

Jackie Coalter

Trudy Hardy

Malissa Cestari

Leanne Yarrow

Lisa Bonner

Jocelyn Gulley

Joel Lindemeier

Chris Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Danielle Yarde

Jenn Killion

AD Chowdhury

Laura Hatfield

Andrea Bara

Heather Brackett

Nisha Issacs

Bill Ferguson

Spotlight on Volunteers: A Note of Gratitude and Kindness

As we reflect on this past year, we are filled with gratitude and sincere appreciation for all the many acts of kindness that have touched the lives of everyone – our members, staff and families - at Friends Place. Throughout the year, we have recognized the many groups and individuals that have shared their gifts, their hearts and their time. We feel that we cannot thank them enough for the many blessings they have given so freely and to so many!

So, to each of these caring volunteers, we say “**Thank You**” once again, for the beauty of your kindness and treasures of your friendship.

- **Altrusa International of Richardson** - Assists with the Mother's Day Tea, Father's Day Classic Car Show, donation of pillow stuffing and cupcakes for state fair week
- **Chase Oaks Church in Plano** - Life Groups spent several Saturdays during April to transform our gardens, assembled a newly purchase gazebo, and much more!
- **Cindy Cramer** – Assists weekly with our hospital pillow project & sewing crafts
- **Collin County Master Gardeners** - Worked with our members and provided everything needed so that each one could create their very own miniature garden
- **General Richard E. Carey**, Reverend Tim Ayers, and the Plano Senior High School's ROTC – Made our 2016 Veterans Day Salute a truly patriotic and meaningful event
- **George Davis** – Organized and facilitates our bi-monthly Men's Support Group
- **Bob Gruber and Kathy Ogle** - many presentations on behalf of Texaslivinghistory.org
- **Heart of Texas Therapy Dogs** –Special thanks to Barbara Wilson, her wonderful volunteers and our furry friends for 46 visits during 2016 & 11 years of pure joy!
- **Heritage Farmstead in Plano** – Volunteers modeled vintage clothing at our Mother's Day Tea, and arranged for exhibits / special demonstrations throughout the year
- **Victoria James and her entire family** – Huge help at our Friends Place Thanksgiving dinner- Assists with set-up, serving, clean up for the entire event...for the 3rd year!
- **Jesuit Boys Service Project** - Colby Eads, Sam Olden and Reece Ellison visit 3 hours weekly, assisting with activities, gardening and just visiting. Colby organized this year-round project at his school as a memorial tribute to honor his uncle, Mike Day
- **Mary Cooley** – Volunteer photographer for almost all of our special events!
- **Classic car owners** from various car clubs that participated in our Father's Day Classic Memories Car Show and spent the entire morning visiting with us
- **Students** from local high schools, universities /colleges and organizations and other individuals that have simply showed up with helping hands

Caregiver's Corner by Pam Johnson

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.

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, December 8th 2:00-3:30 pm

Discussions about the holidays, sharing of resources and special refreshments provided.

*There will be only one meeting this month,
due to the Christmas & Hanukkah holidays.*

Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

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

Light supper provided

Thank you Lisa Higgason with Doctor's Hospice Dallas
for providing last month's wonderful dinner!

"Men-Only" Support Group

1st & 3rd Thursday of each month

December 1st & 15th 2:00-3:30 pm

A specialized group to address unique concerns of
men in the caregiver role. For more information,
Please contact George Davis. 972-900-9774

Frontotemporal Dementia (FTD)

Caregivers Support Group

Usually meets the 4th Monday of each month

*** December 19th 2:15-3:45 pm**

*Changed to the 3rd Monday this month only,
due to the holidays

"Wives-Only" Support Group

Held the 1st & 3rd Tuesday of the month

Tuesday, December 6th & 20th 2:15-3:45 pm

Addressing the distinct challenges and issues
that women face as wives and caregivers

Personalized Caregiver Notebook Workshop

Everyone wants to provide the best care possible for their loved one. An up-to-date personalized "Caregiver Notebook" is a practical tool that will help with that goal. Some sections might not be used on a daily basis, but can be a lifesaver to reference in an emergency situation.

These notebooks allow families to create an environment of optimal care. This information becomes even more indispensable in the event that the primary caregiver became incapacitated. Family caregivers tend to juggle so many responsibilities that this possible scenario is often not addressed. The notebook ensures a smoother transition in the event of any unexpected emergency, and gives you peace of mind knowing that the details have been covered.

The purpose of a notebook is to have a central place to document and reference the essential aspects of your loved one's care. Among many things, this includes:

- Critical information at-a-glance
- Daily routine and care information
- Medication schedules and information
- A calendar for tracking schedules
- Health information
- Professional medical contacts
- Detailed log of phone conferences/appointments

Organizing a personalized caregiver notebook can be a daunting task. Friends Place will be offering several workshops to assist you in starting the new year. Please join us for our first one!

CAREGIVER NOTEBOOK WORKSHOP

MONDAY, JANUARY 16, 2017

10:00 AM-1:00 PM

FRIENDS PLACE CONFERENCE ROOM

Suggested donation to defray cost:

\$20 for Friends Place families

\$25 for non-members

Materials & Lunch provided

Registration required as class size is limited!

Contact Jane Kovacs for details:

972-437-2940

A Warm and Sincere Welcome to Our Newest New Friends

Ray Gonzales

Mary Taylor

Paul Edminston

Tom Ball

Larry Tripp

Firman Cook

Gina Good

Penny Calvin

Bill Epstein

Best Wishes for a Very Happy Birthday!

Ruth Hill	Dec. 5 th
Lou Montanio	Dec. 9 th
Richard Rose	Dec. 14 th
Elvin Setliff	Dec. 17 th
Clark Shupp	Dec. 24 th
David Bettler	Dec. 25 th
Jo Ferguson	Dec. 26 th
Laura Hatfield (staff)	Dec. 26 th

A Friendly Housekeeping Reminder!

Please help us start the New Year off right. If you are missing any glasses, jewelry, sweaters, etc., please take a minute to look in our Lost and Found Box.

Families that have not – to the best of their knowledge – lost anything or have anything missing, please take a moment to look through our Lost and Found Box.

Unfortunately, we have an abundance of missing personal items, jackets and sweaters. We know they belong to someone, and if they are not claimed before we close for the holidays, all items will be donated.

Also, due to limited storage space, as of January 2nd we will not be able to keep emergency sweaters or jackets. Should you want your loved-one to have something "just in case", you will need to take it back home at the end of each day. Please know that we always have additional wraps for both men and women that we are happy to loan for the day as needed.

December 2016

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

<i>December 2016</i>			
Th	1	Heart of Texas Therapy Dogs	11:45 am
		Entertainer Marty Ruiz	1:45 pm
F	2	Plano Senior High Chamber Choir "A Dicken's Christmas"	11:30 am
		Berkner High School Christmas Choir Performance	2:00 pm
W	7	Tommy Ray performs	1:45 pm
F	9	Heart of Texas Therapy Dogs	11:45 am
		JB Entertains	1:45 pm
W	14	Songs & dance with Norris Perry	1:45 pm
Th	15	Heart of Texas Therapy Dogs	11:45 pm
T	20	Birthday Party with Toney Walsh	1:45 pm
W	21	Hanukkah Celebration led by Eli Davidson	11:00 am
Th	22	Texas Winds Flute Trio	11:00 am
		Larry Johnson performance	1:45 pm

Friends Place Holiday Closure Dates:

Closed: Friday, December 23 Reopen: Monday, January 2, 2017

***"Peace to all, both far and near.
Prayers for your good health and cheer.
Wishing very rich blessings for you
and for those you hold dear."***

To our wonderful friends and families,
we wish you a lovely, safe, peaceful,
fulfilling holiday season and new year!

Thank you for your trust, confidence and
allowing us to be of service to
you and your family.

On behalf of all of the staff
of Friends Place-

Happy, Happy Holidays!