



Friends News

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Meet the Friends Place Team!

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 Lumpkin

Laura Hatfield

Andrea Bara

Heather Brackett

Nisha Issacs

Bill Ferguson

Reflections of Gratitude for 2016

Annual fundraisers have been meaningful activities for us each and every year. We are thankful to have the chance to give-back to the community. These events enable us to support other worthwhile organizations while creating both a social and philanthropic opportunity for all of our families and staff to enjoy.

First, we want to thank each of our families and staff members that baked goods, bought tickets and helped in various ways to make the following events a huge success. And, we appreciate the contributions of time, talents, goods and resources from other community businesses that made the following achievements possible. We applaud each of the following non-profit organizations for their good works:

Texas Winds Musical Outreach

The "Hotcakes and Hot Music Benefit Supper" raised **\$1,290**
(Save the date for the 2017 benefit, to be held March 24, 2017!)

2016 Walk To End Alzheimer's

Kicked off with our "The Longest Day" Bake & Take Sale in July and ending October 1st -sales of crafts, dog biscuits, crafts, and out-of-pocket donations, together with FP Desoto - raised **\$7,353**

Lewy Body Dementia Association

"Octoberfest" German Night Fundraiser raised **\$2,602**

Clinical Partnerships with Universities

We are grateful for the opportunity again this past year to serve as a clinical practicum site for the following universities:

- TWU School of Occupational Therapy and The Houston & Florence A. Doswell College of Nursing
- UTD Collier Center of Speech Pathology
- Baylor Universities' Louise Herrington School of Nursing
- West Coast University School of Nursing

This partnership has allowed our members to enjoy additional attention and assistance. At the same time, these healthcare students have been able to experience best dementia care practices. A special thank you to all these students and their instructors for their care and concern for our members.

Showcasing our January Member of the Month

The lovely Paulette Armour is relatively new to Friends Place, and we are delighted she found us! Paulette was born in Paris, France (NOT Paris, Texas!), and has lived in and traveled to many locations all over the world. She met her future husband, Louis T. Armour, Sr. in Germany, and the couple wed in November of 1955. Louis served 22 years in the United States Army, and the couple first resided in El Paso before being stationed in the Middle East and Africa. They traveled to and enjoyed literally "anywhere and everywhere - too many to name." A devoted wife and mother, Paulette and Louis had three children: Louis, Jr., who resides in Oklahoma, Nathalie, with whom Paulette lives in Lewisville, and Paul, who lives in Malawi, Africa. She is the proud grandmother of eight grandchildren & nine great-grandchildren. Paulette always loved taking care of her family, and, in turn, she is so very well-loved. She enjoys crossword puzzles and sewing, and with her quiet, sharp wit, sweet spirit, and willingness to try new things, Paulette is simply a delight to spend time with. We welcome her back to Texas, and to Friends Place, with open arms.

Spotlight on Staff Member Nisha Issacs

We are happy to introduce Carrollton's own Nisha Issacs. A young woman of many interests, one of them being travel, she has an extensive backpacking trip planned to Morocco and throughout Europe. Nisha has been to about 30 states, and learned medical Spanish during her study abroad program in Costa Rica, where she also bungee jumped! Nisha understands her native language, Malayalam, but doesn't speak it too well. As a youngster, she studied both Classical Indian dance (Bharatanatyam) and modern Indian dance (Bollywood). Some of her 'favorites' include concerts, running (she holds a school record in track!), and wow, what a sweet tooth! Currently a senior at UTD, Nisha does psychology research with kids, focusing on the development of healthy eating habits and self-esteem. She is a senior Healthcare Studies major, with a Biology minor, and will graduate in May. Her mom is a nurse, so that's where her interests in medicine began. Nisha has already been accepted into medical school, and we know that with her intellect, winning personality, and determination, she will most definitely be a great success!

Thinking of you, get well soon!

Louise Yoss	Chad Woolery
Bill A. Kennedy	Mark Taylor



With heartfelt sympathy to the families of:

Jo Graham	Larry Jenks
Brad Bradshaw	Bill Epstein

Very happy January birthday wishes to:

5 th	Tom Daughtery
7 th	Rick Shockley
9 th	Travis Toland, Bill A. Kennedy
11 th	Malissa Cestari (staff)
12 th	O.L. Thompson
19 th	Mary Helen Chaney
22 nd	Joel Lindemeier (staff)
30 th	Sandy Kniffen (staff)
31 st	Kay Davis

Save the dates!

 *Valentine's Day Celebration* 
Tuesday, February 14 2:00 pm
Special Musical Entertainer **DOC GIBBS**

Doc has performed with entertainers such as:
The Drifters, Joan Rivers, and Percy Sledge.

Refreshments immediately following the show
Be sure to reserve the day on your February calendar!

CAREGIVER NOTEBOOK WORKSHOP

MONDAY, JANUARY 16, 2017

10:00 AM-1:00 PM

FRIENDS PLACE CONFERENCE ROOM

Suggested donation to defray cost:

\$20.00 for Friends Place families

\$25.00 for non-members

Materials & Lunch provided

Registration required, class size limited!

Contact Jane Kovacs for details:

972-437-2940

janekovacs@friendsplaceads.com

Caregiver Corner by Pam Johnson

Fibs, Facts and Delusions

In the world of dementia, there is always a dilemma when it comes to telling lies vs being honest. Is it ever okay to tell a lie? Is honesty really the best policy when caring for someone with Alzheimer's or dementia? These might seem to be easy questions but not if the one you love has vivid hallucinations or serious delusions.

Few people can truthfully say they have never lied to someone at some time. How honest are most, when asked, "Do these jeans make me look fat?" or "How do I look with a mustache?" We use little white lies because it makes them feel better than if we were candid.

A fib is used for something unimportant. When a person with dementia has hallucinations and delusions, their reality is quite different than ours and the facts are blurred. The truth is often perceived as a lie and honesty is more likely to increase anger and frustration rather than be calming and reassuring.

Through the years, many different terms have been used to refer to a more compassionate type of communication dealing with untruths. Caregivers will often use therapeutic lies as an act of kindness not to be deceitful. In support groups, families have often shared with others that many benefits of learning how to speak "Fibberish". This is term created by a caring wife to best describe a language of loving deceptions. Because if they see it, hear it, think it ...then it is real. And, the facts as we know them do not work in a delusional world of fantasy.

We need to step back from our reality and address the situations with a different approach. One effective way to approach almost any hallucination is to ask ourselves, "What if it were so?" Then, respond appropriately.

When you are caring for a loved-one with a dementia, it truly doesn't matter who is right or wrong. It is important that they feel, safe, satisfied and reassured.

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

Held the 2nd & 4th Thursdays of each month

Thursday January 12th 2:00-3:30 pm

Thursday, January 26th 2:00-3:30 pm - Program

"Pleasurable Approaches for Positive Outcomes"

Learn effective approaches for assisting with ADL's

Presented by Pam Johnson

Lewy Body Dementia Caregiver Support Group

1st Wednesday of each month

Wednesday, January 4th 5:00-7:00 pm

Light supper provided

Thank you Gwen Bollinger with ICON Hospice for providing last month's wonderful dinner!

"Men-Only" Support Group

1st & 3rd Thursday of each month

January 5th & 19th 2:00-3:30 pm

This specialized group addresses unique concerns of men in the caregiver role. For more information, please contact George Davis. 972-900-9774

Frontotemporal Dementia (FTD)

Caregivers Support Group

4th Monday of each month

Monday, January 23rd 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 1ST & 3rd Tuesday of the month

Tuesday, January 3rd & January 17th

2:15-3:45 pm

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

Friends Place Adult Day Services
1960 Nantucket Drive
Richardson, TX 75080

*Blessings & Best Wishes from all of us to you,
 for a very, very, Happy New Year!!!*

January, 2017

Th	5 th	Heart of Texas Therapy Dogs	11:00 am
M	9 th	Mocktail Hour	4:00 pm
W	11 th	Norris Perry entertains	1:45 pm
F	13 th	Heart of Texas Therapy Dogs	11:45 am
M	16 th	Mocktail Hour	4:00 pm
T	17 th	Musical Party w/Marty Ruiz	1:45 pm
Th	19 th	Heart of Texas Therapy Dogs	11:45 am
M-F	23 rd	Staycation Week:China!	All week
M	23 rd	Bday Party w/Crooner Toney Walsh	1:45 pm
M	23 rd	Mocktail Hour	4:00 pm
F	27 th	Heart of Texas Therapy Dogs	11:45 am
F	27 th	Chinese New Year presentation by Julie Pan	1:45 pm
M	30 th	Mocktail Hour	4:00 pm
T	31 st	"Experience the Drum Circle" With Edward Henderson	1:45 pm

At Friends Place, we are delighted to announce

2017's 'Brand New Programs'

Designed to elicit

*Excitement, Entertainment, and Enthusiasm
 throughout the entire month!*

FUN STAYCATION WEEK

Featuring a weeks worth of staycation experiences
 Including the foods, people, history, crafts, music, and
 culture of a new travel destination each month.

January's Destination: CHINA!

Check your calendar and Daily Chronicle
 for dates, updates and announcements!

MOCKTAIL HOUR

Served at 4 :00 pm, Monday afternoons

Good friends, delightful conversation, relaxing music,
 a mocktail and some munchies.

***What a lovely way to wind down
 after your first busy day of the week!***