



Friends News

1232 W. Beltline, Desoto, Tx 75115

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www.friendsplaceads.com

July Happenings

Musical Magic

Mon July 2	John Goodwin	2 pm
Thu July 12	The Sounds of Sherry Hamilton	2 pm
Mon July 16	Ben Myers Birthday Celebration	2 pm
Tue July 24	Norris Perry	11:00
Tue July 31	Mike Frankel "Mr. Accordion"	11:30

Special Events

Thu July 19	Pasta Pierre – Homeless Veterans Fund Raiser / Dine in or Take out	4-6pm
Mon July 2	June's Art Class	10:00am
Tue July 3	July 4 th Celebration – Ice Cream Social	2:45 pm
Fri July 27	Desoto Line Dancers	2 pm

Health Happenings

Every Wed	Chair Yoga / Chair Chi	11:30 am
M,T,Th, Fr	Chair Exercise	11:30 am

Support Group at Friends Place

Alzheimer's Caregiver Support Group

Meets 2nd and 4th Tuesdays

Date: Tuesday, July 10th

Time: 2:00-3:30 p.m.

Topic: General Discussion

Date: Tuesday, July 24th

Time: 2:00-3:30 p.m.

Topic: Dementia and Spirituality

Speaker: Rev. Richard Cadigan

Caregiver's Support Group

Activities for your loved one

At no charge with advanced notice.

Call 972.274.2484

Helping Homeless Veterans

Come to **FRIENDS PLACE** to
PAY THE RANSOM and release
PASTA PIERRE

All donations of new items:

Pkg T-Shirts, underwear, toothpaste
Brushes, hand sanitizer, deodorant,
Sunscreen, socks, ball caps, etc.

Assorted sundries will get you a **Spaghetti Dinner**
with Salad and Garlic Bread. All donations will
be taken to the Dallas V.A. for our Homeless
Veterans



PAY PASTA PIERRE'S RANSOM

Friends Place Spaghetti Dinner with
All the trimmings.

Thursday July 19th

4-6 pm.

Order in or take out!!

**Cost: Donation of sundry items (see list) to
be donated to the Homeless Veterans
972-274-2484**



Birthday Wishes to:

Hugh W. – July 1
Eunice C. – July 11
Courtland B. – July 13
Curtis G. – July 18
Duane B. – July 20
Marvin H. – July 22
Jean R. – July 26

Staff Birthday

Anita Gates – July 21
Angela Rider – July 16
Lisa Stinson – July 22

Other Support Groups in the Area

Date: Saturday, July 21st

Time: 11:00 a.m.

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

Date: Wednesday, July 11

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, July 30th

Time: 6:00 pm

Speaker: TBA

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

Coming in August

Yep, the hot weather is continuing in Texas! Mornings can be pleasant, but as the day goes on The heat continues to rise. Please help our Seniors to beat the heat by following a few simple Suggestions:

- Get out early if you have plans.
- Always carry water and drink often
- Make inside plans until the heat spell Passes.



Dehydration: Serious Business

Common Signs and Symptoms:

- Headaches, dizziness, confusion
- Persistent fatigue, lethargy/muscle weakness
- Loss of normal skin elasticity

Ways to Avoid Dehydration:

- Encourage fluids throughout the day
- Encourage lots of fruits and vegetables
- Special treats- popsicles, frozen fruit bars, Root Beer Floats, Applesauce or frozen yogurt
- Serve salad, juice, fruit or soup before a meal.

Dehydration s one of the most frequent causes of Hospitalization for those 65 and older. Dehydration will Cause more serious problems if not treated promptly.