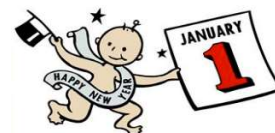




January 2019

Friends News



1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

January Happenings

Start the New Year with Music!

Tues. Jan. 8	Celebrate the King of Rock and Roll with Jacovie and ELVIS	2 pm.
Wed. Jan. 16	January Birthday Celebration with Sherry Hamilton	2 pm
Tue. Jan. 22	Norris Perry	11:15 am
Wed. Jan. 30	Sing -a-long with Kay	2 pm

Special Events

Mon. Jan 21	Art Class with June	10 am
Mon. Jan. 21	Martin Luther King Celebration	2 pm.

Health Happenings

Every Wed.	Chair Tai Chi	11:30 am
M, T, TH, Fr	Chair Exercise	11:30 am

Support Group at Friends Place

Alzheimer's Caregiver Support Group

2nd and 4th Tuesdays of each month

Date: Tuesday, January 8th

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

Topic: General Discussion

Date: January 22nd

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

Topic: Care Options and How to Pay for Them

Speaker: Jeannine Mosely,
Community Liaison
New Dawn Health and Hospice

Activities for your loved one
At no charge with advanced notice.

Call 972.274.2484



Please make your calendar:

FEBRUARY 4-22nd, dry goods,

Canned goods, Peanut butter, etc. can be dropped off.

Beginning in February, we will launch our Tri-City Food Drive serving the Desoto, Duncanville and Cedar Hill Food Pantries.



COME JOIN US!

We are having a
SOC HOP to
celebrate Elvis
Birthday

Tue Jan 8
2pm

Wear your
Poodle Skirt!!



Birthday Wishes to:

Ernestine J.- Jan. 3
Ruth T.- Jan. 4
Dave W – Jan 4
Rod H.- Jan. 5
Jessie G.- Jan. 6
Fred B.- Jan. 17
Wade S.- Jan. 24
Bill B.- Jan. 27
Robert S.- Jan. 31

Friends Place Team Members:

Alyssa Tarver - Jan. 24
Stephanie Neising – Jan 27

Other Support Groups in the Area

Date: Saturday, January 19

Time: 11:00 a.m.

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

Date: Wednesday, January 9th

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, January 28th

Time: 6:00 pm

Speaker: Speaker – TBD

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

Stay Hydrated in the Winter Months

Fact: In cold weather, we lose more fluids through respiratory water loss. When it is cold enough that you can see your own breath, you are seeing water vapor that your body is losing with each exhale. The colder the temperature, the more fluids you lose when you breathe.



Fact: Wearing extra jackets, boots, scarves help conserve heat, but also makes your body work harder. You may not realize you are sweating more than usual as the cold dry air evaporates your sweat and the result is **DEHYDRATION.**

Just a Reminder!

As a reminder, Friends Place Adult Day Services Will adhere to the same closure policies as the DeSoto Independent School District. Please check your local television station or radio for the latest updates. We will also leave a message on our phone at 972-274-2484 and on our website at <http://www.friendsplaceads.com/locations/desoto-home-page/>

