

Friends Place Newsletter

May, 2019



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Brittany Graves

Gayle Rumbeck

Brea Harris

Austin Van Volkenburg

Diana Kirk

Cordially inviting you to our ever-so-delightful

Mother's Day Luncheon & Tea

Friday, May 10th 12:00-1:30 pm

Finger sandwiches, assorted salads, fruits, teas & desserts

Musical accompaniment from harpist Carla Siegesmund

Military Spouse Appreciation Day Recognitions

And a fashion show curated by Beaucoup Boutique

Reservations required by Friday, May 3. 972-437-2940

Please mark those calendars & save-the-date for our annual

Father's Day "Tie One On" Party

Daylong celebration on Friday, June 14th

Wear your favorite necktie (ladies, you too) and

get ready to have some FUN! Prizes awarded!

Burger & Dogs Picnic-style Lunch, and an afternoon

*performance featuring the fabulous **Sorta Sisters***

(Don't forget to wear your boogie shoes!)

May Calendar Events

"May is nature's way of saying, 'Let's party!'" ~Robin Williams

Th, May 2	Heart of Texas Therapy Dogs	11:45am
	Singer Tommy Ray performs	1:45pm
	Thirsty Thursday	4:00pm
F, May 3	Cinco de Mayo!	
	Heart of Texas Therapy Dogs	11:45am
M, May 6	Mocktail Monday	4:00pm
T, May 7	Quilt Talk with Tisha Copeland	1:45pm
Th, May 9	Midweek Devotional	11:00am
F, May 10	Mother's Day Luncheon & Tea	12-1:30pm
M, May 13	Music by Tony Macaroni	1:45pm
W, May 15	Texas Winds String Trio	11:00am
Th, May 16	Thirsty Thursday Happy Hour	4:00pm
M, May 20	Mocktail Monday Happy Hour	4:00pm
T, May 21	Staycation Mexico	
W, May 22	Ann Hinson sings your favorites	1:45pm
Th, May 23	Midweek Devotional	11:00am
Th, May 30	May Birthday Party with Norris Perry	1:45pm

Mindful Self-Care Scale

We all want to be our best selves, especially when the state of being in which we exist so directly affects our loved ones. Unfortunately, with the constantly busy state in which we find ourselves, that critical aspect of our lives often falls to the end of the list.

If you would like to make sure that you, as a care person, provide the best care possible, *prioritize* the time to take care of yourself—physically, emotionally, and spiritually. Take a moment to consider these different points that you might employ in your self-care practices. If you are not, how can you adjust your daily routine to do so?

Physical care

*I drink at least 6-8 cups of water and eat a variety of nutritious foods.

*I exercise at least 30-60 minutes.

Supportive relationships

*I spend time with people who are good to me. (Supportive, encouraging, and believe in me)

*I feel I have someone who will listen to me if I become upset. (friend, counselor, group)

Mindful awareness

*I have a calm awareness of my thoughts and feelings, and carefully select which of these guides my actions.

Self-compassion and purpose

*I kindly acknowledge my own challenges and difficulties.

*I engage in supportive and comforting self-talk. ("My effort is valuable and meaningful")

*I remind myself that failure and challenge are part of the human experience.

*I give myself permission to feel my feelings. (for example, to allow self to cry if I need to)

*I experience meaning and/or purpose in my work and personal life. (for a cause)

Mindful relaxation

*I do many things to help me relax, including intellectual (read a book, write), interpersonal (connect with friends), creative (draw, write, play music, organize).

Supportive Structure

*I maintain a manageable schedule & balance between the demands of others and what is important to me.

*I maintain an organized, comfortable, and pleasing living and working environment to support my tasks.

Caregiver's Support Groups

Open to the public. Care usually available at no charge with reservation. 972-437-2940

Lewy Body/Frontotemporal Dementia

Meets 1st Monday/month

May 6 4:00-5:30 pm

Wives' Support Group

Meets 1st & 3rd Tuesday/month

May 7 & 21 2:00-3:30 pm

Men as Caregivers

Meets 1st & 3rd Thursdays/month

May 2 & 16 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group

Discussion group the 2nd Thursday/month

May 9 2:00-3:30 pm

Guest speaker presentation on 4th Thursday/month

Ask the Attorney featuring **Lauren Olson**,

Attorney at Leu & Peirce, Elder Law Attorneys

May 23 2:00-3:30 pm

Caregiver's Coffee Chat each 2nd Monday/month

May 13 9:30-10:30 am

Meet at Love U A-Latte, 541 W. Campbell Ste 125

A very warm welcome to our newest members! Joan, Harvey, Larry, Anna, Pete, Paula, Pat, & Lloyd.

Happy May Birthdays to you!

Jackie Coalter (staff)	3
Bobbie Bodenmiller	6
Sheridan Simmond	18
Shari Harr	20
Norma Phillips	21
Dan Roe	26
Mike Malcom	26

"The way I see it, you should live every day like it's your birthday." ~Paris Hilton

"Strangers are just friends waiting to happen."

~Steve Klaka

We look forward to getting to know you!



Quotes on Motherhood...

*God could not be everywhere and therefore
he made mothers. ~Jewish proverb*

*All that I am or ever hope to be, I owe
to my angel Mother. ~Abraham Lincoln*

*A man loves his sweetheart the most, his wife the best,
but his mother the longest. ~Irish proverb*

*Best wishes for a blessed, lovely, and
Very Happy Mother's Day!*

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


