Friends Place Newsletter

August 2019



1960 Nantucket, Richardson, TX 75080

972-437-2940

Fax 972-437-2953

www.friendsplaceads.com

Friends Staff

Jane Kovacs

Jackie Coalter

Claire Iwuoha

Trudy Hardy

Malissa Cestari

Leanne Yarrow

Lisa Bonner

Christopher Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Danielle Yarde

Laura Hatfield

Andrea Bara

Heather Brackett

Brittany Graves

Gayle Rumbeck

Diana Kirk

Undra Jones

Elizabeth Juhasz

Understanding & Avoiding Dehydration

Recognizing the signs and symptoms of dehydration is important. Many seniors, especially those with Alzheimer's, often have either a reduced or virtually no sense of thirst. Signs of dehydration are often thought to be a worsening of Alzheimer's, since they mimic many of the same symptoms.

Dehydration is one of the most frequent causes of hospitalization for those aged 65 and older. It will cause even more serious health problems if not treated promptly, some severe enough to cause death.

Common Signs and Symptoms

- Persistent fatigue, lethargy and/or muscle weakness
- Headaches
- Dizziness
- Nausea, poor intake of fluids can't keep anything down
- Forgetfulness, confusion
- Deep rapid breathing, increased heart rate
- Loss of normal skin elasticity slow to return to position when pinched
- Decreased or no urine output
- Sunken eyes dark circles

Ways to Avoid Dehydration

- Offer & encourage water and/or juice at scheduled times throughout the day
 6 to 10 times depending on "successful" amounts
- Encourage lots of fresh fruits and vegetables
- Serve salad or juice either fruit or vegetable <u>before</u> the meal
- Include foods in meal planning that are made with water or milk puddings, jello, soups
- Offer healthy snacks between meals carrot/celery stix, melon balls
- Remember other favorite or special treats that can be offered to help with hydration
 - o Popsicles, frozen fruit bars, sherbet or ice cream
 - o Root beer floats, sherbet with lemon lime carbonated beverages
 - o Flavored water or water with citrus or cucumber slices
 - Chocolate or strawberry flavored milk
 - Smoothies or milkshakes made with fresh strawberries, blueberries, or bananas
 - Applesauce cups
 - o Yogurt cups or frozen yogurt

Make sure you and your loved ones stay hydrated and healthy, not only during these months of our hot Texas summer, but throughout the entire year!

Are you prepared for your loved one's continuing care if something temporarily happens to you?

Caregiver Notebook Class

Wednesday, August 28 11:00 am-2:00 pm \$20 for FP members, \$25 for general public Lunch provided; Reservations required: 972-437-2940 Take advantage of this class, led by Friends Place

Director Jane Kovacs. The notebook is an invaluable resource which can help you daily or in an emergency.

Please bring personal calendars, any medical, emergency, or other contacts, medication lists, insurance information, etc. for the individual this notebook references.

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

.....Lewy Body/Frontotemporal Dementia.....

Meets 1st Monday/month August 5 4:00-5:30 pm

.....Wives' Support Group.....

NEW DAY!!! Meets 1st & 3rd Wednesday/month August 7 & 21 2:00-3:30 pm

.....Men as Caregivers......

Meets 1st & 3rd Thursdays/month August 1 & 15 2:00-3:30 pm

Alzheimer's Association'sCaregiver's Support Group

Discussion Group the 2nd Thursday/month August 8 2:00-3:30 pm Guest Speaker the 4th Thursday/month

August 22 2:00-3:30 pm

"Ask the Doctor"

Claudia R. Padilla, MD

Research Medical Director, AT&T Memory Center Baylor University Medical Center

Come meet friends you will love a latte!

.....Caregiver's Coffee Chat.....

Each 2nd Monday/month

August 12 9:30-10:30 am

Meet at Love U A-Latte, 541 W. Campbell Ste 125 We cannot espresso how much you mean to us!

It's a groovy August at Friends Place!

Th	1	Heart of Texas Therapy Dogs	11:45 am
T	6	Marty Ruiz	1:45 pm
Th	8	Midweek Devotionals	11:00 am
		Thirsty Thursday Happy Hour	4:00 pm
F	9	Heart of Texas Therapy Dogs	11:45 am
M	12	Mocktail Monday Happy Hour	4:00 pm
W	14	Woodstock Wednesday with entertainer Marty Ruiz Wear Hippy-dippy duds to celebrate 1969!	1:45 pm
Th	15	Texas Winds Trinity River Dixie Kings Crooner Toney Walsh	11:00 am 1:45 pm
W	21	Staycation Hawaii! Hula Dancer performs	1:45 pm
Th	22	Midweek Devotional Thirsty Thursday Happy Hour	11:00 am 4:00 pm
M	26	Mocktail Monday Happy Hour	4:00 pm
F	30	August Birthday Party with performer Anne Hinson	1:45 pm

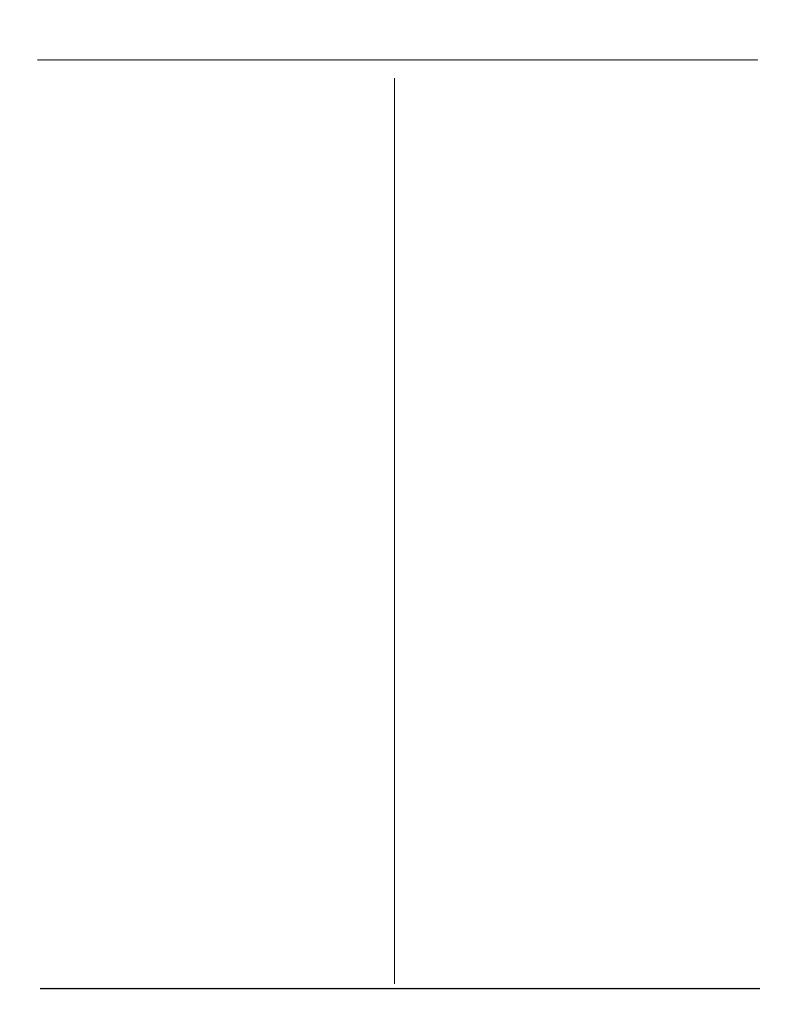
We will be closed on Monday, September 2, for Labor Day.

A very warm welcome to our new members

Bob Lanett, Alex Camp, Mike Yarborough, Marigny Lanier, Dean Braby, Thelma Taylor



The British				
1	Carl Neel			
2	Jackie Gibbs			
4	Glen Shaffer			
8	Chuck Martin, Paul Braziller			
15	Kathleen Crowe			
16	Bill Norris			
17	Leanne Yarrow (staff)			
18	Paula Fornara			
20	Renata Weaver			
22	Ed C.			
23	Felix Jimenez			
26	Jim Reynolds			
27	Willie Duck			
31	Jerry Ferguson			



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