

# Friends News

December 2019



1960 Nantucket, Richardson, TX 75080

(972) 437-2940

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www.friendsplaceads.com

**We follow the Richardson Independent School District inclement weather days delayed starts & closings.**

## 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  
Gayle Rumbeck  
Diana Kirk  
Undra Jones  
Elizabeth Juhasz



## *Delightful December Dates!*

W	2	Mocktail Monday Happy Hour	4:00 pm
Th	5	Heart of Texas Therapy Dogs	11:45 am
		Entertainer Tommy Ray performs	1:45 pm
F	6	Berkner High School Choir Holiday songs	11:30 am
T	10	Plano Sr. High Chamber Choir "Dickens' Christmas"	11:30 am
W	11	Interactive Entertainer Marty Ruiz	1:45 pm
Th	12	UTD Musical Outreach performance	11:00 am
		Midweek Devotionals	11:00 am
F	13	Heart of Texas Therapy Dogs	11:45 am
M	16	December Birthday Party featuring Crooner Toney Walsh	1:45 pm
Th	19	Thirsty Thursday Holiday Happy Hour	4:00 pm
F	20	Jazz Singer Ruby Weston performs	
CLOSED 23-27 OPEN 30, 31 'TIL 3:00 PM. CLOSED JAN 1. OPEN 2, 3.			

## **We Couldn't Do It Without You!**

**What a terrific staff we have at Friends Place!** From the daily ins and outs of making this program an engaging, meaningful, safe, encouraging, successful and delicious place to be, to the strenuous additional responsibilities met during support groups, ongoing training, and special events, they truly go above and beyond the call of duty. We are deeply grateful for each one. **And the volunteers—we are blessed with the best!** They add such depth to the program and are so appreciated for sharing their time, talents, encouragement, and prayers. Cindy Cramer, Daniel Collins, Jane Peterson, Paula Rzomp, the Jesuit boys, the wonderful Altrusa ladies, and the many university students. We thank you beyond measure!

## **A Warm Welcome to New Members**

Herb Stem, Carl Beitchman, Barbara Ritchey, Veneta West, Betty, Bob Ziepprecht, Gene Sharp, Jerry Carmicle, Jim Harms, Jean Rizer, Jill Carriker

## **And, Very Happy December Birthday Wishes to--**

Elizabeth Juhasz 2 (staff), Jim Fox 12, Anna Stevenson 15, Undra Jones 17 (staff), Diana Kirk 18 (staff), Laura Hatfield 29 (staff), Frances King 31



## A Season of Joy and Giving

Pam Johnson

Most of us would agree that the best gifts are the ones we give as a caring expression of our love or concern for another. Throughout the year, Alzheimer's caregivers give many "gifts" to those they love on a daily basis. But caregivers are often much better at giving than receiving.

As a caregiver of someone with dementia, we have the opportunity every day to give them the gift of memory because we, as family or friends, are the keepers of those great stories and adventures. With a few key words or cues, we can help them unlock the window into their long-term memories and recall, once again, some of their most enjoyable experiences and escapades.

Despite the many challenges of caregiving, one still encounters special moments of joy. A family caregiver suggested that each of us might replace feelings of sadness, grief or frustration with feelings of gratitude. It would mean that we recognize each minute of our time or caregiving task as a reflection of our love – our gift to them. And, in giving in this manner we receive feelings of accomplishment, satisfaction and pleasure in return.

With a belief that it is better to give than receive, caregivers can also provide the gift of joy to others that want to help. When we graciously accept their offers of time, talents and gestures of concern, we give them feelings of fulfillment and gratification in exchange.

All caregivers need support at some time during this journey. Before family members and friends stop asking, consider these tips that make it easy for everyone. Use posted notes on a bulletin board or refrigerator to indicate specific tasks that would be helpful. Also, consider asking if you can call on them at a future date, as other needs might arise. Practice saying, "thank you" instead of, "no". Just think about how good it feels to help support a charitable organization or do a random act of kindness, and let good works begin at home.

## Caregiver's Support Groups

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



### Lewy Body/Frontotemporal Dementia

Meets 1st Monday/month

Monday, December 2      4:00-5:30 pm



### Ladies' Support Group

Meets 1st/3rd Wednesdays/month

December 4 only this month      2:00-3:30 pm

Please enjoy our Holiday Open House on 12/19!



### Men as Caregivers

Meets 1st/3rd Thursdays/month

December 5 only this month      2:00-3:30 pm

Please enjoy our Holiday Open House on 12/19!



### Alzheimer's Association's Caregiver Support Group

Usually meets 2nd & 4th Thursday/month

**This month, please join us for a**

### ***Holiday Open House***

December 19      2:00-3:30 pm

INVITING ALL SUPPORT GROUP PARTICIPANTS



### Caregiver Coffee Chat

Meets each 2nd Monday/month, 9:30-10:30 am at  
Love U A-Latte, 541 W. Campbell Ste. 125.

***This month we're celebrating the holidays with a  
come-and-go holiday coffee  
at Jane Peterson's home.***

*Monday, December 9 from 10-12.*

See flyer in the foyer for directions.

*From our Friends Place family to yours:*

***Live, laugh, love,  
And have a cool Yule!***

***Very best wishes!***