

# Friends News

December 2020



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www.friendsplaceads.com

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

## Friends Staff

Mina Choudhury

Jane Kovacs

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Christopher Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Diana Kirk

Elizabeth Juhasz

Brandon Morgan

Sindy Meraz



## *Delightful December Dates!*

Th	10	Thirsty Thursday Holiday Happy Hour	3:15 pm
M	14	Holiday Afternoon Tea	1:45 am
W	16	December Birthday Celebration	12:30 pm

**CLOSED**

**HOLIDAY DEC 24-JAN 1.**

**OPEN JAN 4**



## *Holiday Tea*

*Join us for a TEA-lightful afternoon!*

*Monday December 14<sup>th</sup>*

## **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, and successful place to be, to the strenuous additional responsibilities met during this unprecedented time, they truly go above and beyond the call of duty. We are deeply grateful for each one and we thank them beyond measure!

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

Steve DiPasquale, John Thornton, Bob Campbell, Jerry Fry

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

Elizabeth Juhasz 2 (staff), Terry Bybee 3, Ben Hale 9, Ivan Shomer 13, Anna Stevenson 15, Diana Kirk 18 (staff), Dale Crowder 23, Alfreda Johnson 24, John Thornton 29, Laura Hatfield 29 (staff), Frances King 31



## The Holidays and Alzheimer's During COVID-19

The holidays are often a joyous time, but they can also be overwhelming, especially for families affected by Alzheimer's or dementia. The current COVID-19 crisis is adding even more complexities that can feel overwhelming for many families impacted by Alzheimer's. Many will be unable to spend time with their loved ones or participate in traditional holiday celebrations — but a holiday is still a holiday, no matter where and how it is celebrated. To help families navigate these challenges and provide a meaningful and enjoyable holiday season, here are some tips to help plan appropriately for both in-person or virtual celebrations.

### Tips for in-person holiday celebrations

Celebrate smart, celebrate safe. Consider smaller gatherings this year. Take a person-centered approach. Focus on what is enjoyable for the person living with Alzheimer's. Take time to experiment with new holiday traditions that might be less stressful or a better fit for your loved one. Caregivers should not feel like they must do everything. Pick the most important traditions and let others help with the cooking, cleaning, and hosting.

### Tips for virtual holiday celebrations

Connect with your family members virtually. Schedule a FaceTime, Skype, or Zoom call with your loved one and invite other family members to participate. Consider taking the call to the next level by conducting a holiday activity such as baking cookies, exchanging gifts, or singing favorite holiday songs. Prepare a favorite holiday meal or dessert. Make plans to prepare your loved one's favorite holiday meal or dessert. If you are unable to share the meal in-person, drop it off or have it delivered. Go for a holiday stroll. Indoor gatherings generally pose more risk than outdoor gatherings. If an extended indoor holiday celebration seems ill-advised, consider gathering immediate family for a neighborhood walk to soak in the season. Just remember to bundle up!

Let this be a season of love and joy for all. Wishing you and yours, many **Blessings and Joyful Gifts.**



## Caregiver's Support Groups

*Open to the public. All Support Groups are Via Zoom*



### Lewy Body/Frontotemporal Dementia

Contact [Janekovacs@friendsplaceads.com](mailto:Janekovacs@friendsplaceads.com)

For information



### Ladies' Support Group

Contact

[Jackiecoalter@friendsplaceads.com](mailto:Jackiecoalter@friendsplaceads.com)



### Men as Caregivers

For more information

Please contact George Davis

By Email: [gldxtx@me.com](mailto:gldxtx@me.com)



## 24/7 Alzheimer's Association's Helpline

1-800-272-3900

Caregivers face unique challenges every day and the timing of these instances is often unpredictable. One tool we have found beneficial is the Alzheimer's Association 24/7 Helpline. Caregivers can call any day, any time and reach qualified professional. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf if they are feeling overwhelmed and in need of support.



*From our Friends Place family to yours:*

*Live, laugh, love,  
And have a cool Yule!  
Very best wishes!*