

# Friends Place Newsletter

May, 2021



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## Friends Staff

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Cordially inviting you to our ever-so-delightful

## *Mother's Day Tea*

**Friday, May 7<sup>th</sup> 1:30-3:00 pm**

*Biscuits, Fruits, Teas & Desserts*

*Door Prizes*

*Mother's Day Trivia & Games*

*And a fashion show with our handmade hats*

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

## *Father's Day "Tie One On" Party*

**Daylong celebration on Friday, June 18<sup>th</sup>**

*Wear your favorite necktie (ladies, you too) and  
get ready to have some FUN! Prizes awarded!*

*Burger & Dogs Picnic-style Lunch*

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## *May Calendar Events*

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

M, May 3	Space Day	All Day
T, May 4	Star Wars Day	All Day
W, May 5	Cinco de Mayo!	All Day
Th, May 6	Nurse's Day	All Day
F, May 7	Mother's Day Tea	1:30-3pm
T, May 11	Twilight Zone Day	All Day
Th, May 13	Thirsty Thursday Happy Hour	3:15pm
T, May 18	Staycation Mexico	All Day
M, May 24	May Birthday/Entertainment	1:30pm
W, May 26	Paper Airplane Day	10:00am
M, May 31	Memorial Day Observance	CLOSED

## 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

We plan to restart our caregiver support group in June.

Open to the public with limited seats. Please RSVP by calling our office at (972)437-2940.

### Caregiver's Support Group

Discussion group the 2<sup>nd</sup> Thursday/month

June 10th 2:00-3:30 pm

Guest speaker: Pam Johnson

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*A very warm welcome to our newest members!*

<i>Lucy Salem</i>	<i>Bob Drennan</i>	<i>Shirley Greer</i>
<i>Helen Walther</i>	<i>Tom Womack</i>	<i>Sandra Neal</i>
<i>Ed Benton</i>	<i>Dale Henderson</i>	<i>Dale Hereld</i>

### *Happy May Birthdays to you!*

Ed Benton	1
Jackie Coalter (staff)	3
Jan Cronk	10
Rex R.	22
Mike Malcom	26
Carlo Troia	28
Willie Brazzell	30

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

### *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!*

