

September 2021



Friends News



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September Special Events

Thu 9/9	NFL Kick Off with Louis Oubre, retired NFL lineman
Fri 9/10	Dog Biscuit Outreach
Mon 9/13, 9/20, 9/27	UTD Speech Therapy Students Visit
Tue 9/14	Breakfast Bonanza – Create your own Omelet
Wed 9/15	Heart of Texas Therapy Dogs Visit
Wed 9/15	Back to School Dance and September Birthdays with DJ Jacovie
Fri 9/17	Texas Winds presents... Melodic Memories
Week of 9/20	Staycation: Hawaii With Hula Contest on 9/21
Wed 9/22	Art Class with June
Thu 9/23	Jewelry Making with Lisa
Every Wed	Book Club
Every Mon	Monday Mocktail Hour

CLOSED FOR LABOR DAY!

Monday September 6



Caregiver Corner Fibs, Facts and Delusions

In the world of dementia, there is always a dilemma when it comes to telling lies vs being honest. Is it ever okay to tell a lie? Is honesty really the best policy when caring for someone with Alzheimer's or dementia? These might seem to be easy questions but not if the one you love has vivid hallucinations or serious delusions.

Few people can truthfully say they have never lied to someone at some time. How honest are most, when asked, "Do these jeans make me look fat?" or "How do I look with a mustache?" We use little white lies because it makes them feel better than if we were candid.

A fib is used for something unimportant. When a person with dementia has hallucinations and delusions, their reality is quite different than ours and the facts are blurred. The truth is often perceived as a lie and honesty is more likely to increase anger and frustration rather than be calming and reassuring.

Through the years, many different terms have been used to refer to a more compassionate type of communication dealing with untruths. Caregivers will often use therapeutic lies as an act of kindness not to be deceitful. In support groups, families have often shared with others that many benefits of learning how to speak "Fibberish". This is term created by a caring wife to best describe a language of loving deceptions. Because if they see it, hear it, think it ...then it is real. And, the facts as we know them do not work in a delusional world of fantasy.

We need to step back from our reality and address the situations with a different approach. One effective way to approach almost any hallucination is to ask ourselves, "What if it were so?" Then, respond appropriately.

When you are caring for a loved-one with a dementia, it truly doesn't matter who is right or wrong. It is important that they feel, safe, satisfied and reassured. — by Pam Kovacs Johnson



Birthday Wishes to

Barbara Y – September 11
Willie R – September 21
Corene G – September 24
Mike J – September 24
Mickey B – September 26

Employee Birthdays
Suzy Dunn-Bradford – September 12

Support Group at Friends Place **Alzheimer's Caregiver Support Group**

Tuesday, September 14
Open Discussion
Time: 2:00-3:30 pm

Tuesday, September 28
Topic: Hoarding as presented by Mental
Health America
Time: 2:00-3:30 pm

Our caregiver support groups are a great place to find others that are going through the same thing as you are. They understand the issues, rewards, frustrations, and joys of being a caregiver. Come and enjoy and snack and a drink and be a part of our special group.

UTD Speech Students Special Visit

Friends Place DeSoto has a new partnership with the UT Dallas Department of Speech, Language, and Hearing. We will have students in the Masters Program coming to Friends Place to work with our members during some of our activities this month. These visits help both our members and the students, as it enables the students to gain some real-world experiences with seniors with dementia.



PAJAMAS FOR SENIORS

We are rescheduling our “Dog Days of Summer”. Please keep a look out for the new date. At that time, you will be able to drop by for a chili dog, drink and Texas-sized snow cone with a donation of a set of pajamas for the benefit of Pajamas for Seniors, a non-profit that gives new pajamas to low-income seniors in area nursing and assisted living homes.

We are currently accepting donations of pajamas and cash. All donations will go towards Pajamas for Seniors.