

November 2021



# Friends News



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## November Special Events

Sat 11/6	Walk to End Alzheimer's
Wed 11/10	Art with June
Wed 11/17	Painting with a Purpose
Wed 11/17	Heart of Texas Therapy Dogs
Fri 11/19	Community Service – Pillow Project
Fri 11/19	Thanksgiving Dinner "To Go" – see details below
Wed 11/24	November Birthday Celebration with Sherry Hamilton
Every Wed	Book Club
CLOSED	Thursday and Friday, 11/25, 11/26



## Pajamas for Turkey

We are accepting donations for Pajamas for Seniors. Bring by a donation or a pair of pajamas by November 15<sup>th</sup> and we will have a Thanksgiving lunch to-go for you on the 19<sup>th</sup>!



## Caregiver Corner – Holiday Tips

Holidays are full of families & traditions, but can be a challenge for families living with dementia. With a little planning & adjustments, the holidays can be an enjoyable time for your family.

- Update others of your current status with a short note or call briefly explaining some of the changes visitors might notice. Ask for understanding & acceptance, flexibility.
- Modify the traditional holiday routine. Keep their regular routine in place as much as possible.
- Recognize your limits. Delegate & manage only what you can, NO guilt. Boundaries are good. Pare down.
- Build on past memories & traditions by involving your loved one in manageable tasks by breaking them down into smaller, safe components.
- Use all the senses to enjoy the sights, sounds, & scents of the holiday season. Visit decorated neighborhood light displays, attend familiar church/community services, bake together, enjoy holiday music or videos.
- Schedule events during their best time of day, starting new traditions as needed. For example, do holiday brunch instead of dinner if sundowning is a problem or mornings are better.
- Adapt gift giving as needed; what once would have been enjoyed may not be appropriate now. Ask them to consider intangible gifts such as gift cards, "helper" or "one-on-one time together" coupons, caregiver respite, etc.
- Limit yourself to only what you can handle in shopping/gift giving. Also, include the person with dementia in gift giving, when possible.
- Assist your loved one in recall with tactful, subtle cues & reminders. Plan how to engage them at gatherings. Keep their dignity intact.
- Realize that perceptions are changed, which could make too much decorating very overwhelming. Blinking lights may be scary, or certain decorations could be interpreted as treats.
- Be gracious and flexible, have a "plan B" quiet spot to go to, a less stimulating alternative activity, or someone who will tend to your loved one apart from the crowd if it becomes "too much."

With advance planning, you & your loved one can avoid the frenzy of the holidays. By ensuring that everything is in your loved ones best interest, you make the season less stressful & more enjoyable for everyone.

Credit: Pam Kovacs Johnson, Friends Place Founder



### **Birthday Wishes to**

Carolina R – November 8  
Joe W – November 11  
Rickey W – November 23  
Manny P – November 25  
Francis G – November 27

### **Employee Birthdays**

Felicia Erwin – November 2  
Joyce Tarver, RN – November 18

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

**Tuesday, November 9**  
**General Discussion**  
**Time: 2:00-3:30 pm**

**NOTE: 4<sup>th</sup> Tuesday support group is not held in November and December due to the holidays**

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.

### **Walk to End Alzheimer's**

We've almost met our goal of \$2,000!  
Thank you to all who supported us by donating and buying T-Shirts. There are still a few shirts left!



**HAPPY**  
*Holidays*

**Thursday, November 25<sup>th</sup> and Friday  
November 26<sup>th</sup> – Closed for Thanksgiving**

**Friday, December 24<sup>th</sup> through Sunday,  
January 2<sup>nd</sup> – Closed for Christmas**