

Friends News

December 2021



1960 Nantucket, Richardson, TX 75080

(972) 437-2940

Fax (972) 437-2953

www.friendsplaceads.com

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

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Malissa Cestari

Lisa Bonner

Christopher Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elisabeth Juhasz

Bill Ferguson

Virginia Kousal

Sylvia Mast

Sheree Wood

Founder & Mentor:

Pam Johnson



Delightful December Dates!

F	10	Berkner Choir Performs	1:30 pm
W	15	December Birthday Celebration Entertainment by Doc Gibbs	1:45 pm
Th	16	Thirsty Thursday Holiday Happy Hour	3:15 pm
F	17	National Ugly Sweater Day Wear your ugly sweater and be prepared for a snowball fight!	All Day
T	21	Class Act Tap Dancers	2:00 pm
CLOSED		HOLIDAY DEC 24-JAN 1.	OPEN JAN 3.



**Be sure to wear
your ugly sweater
on Friday, Dec 17th.**



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 and the commitment and invaluable contributions toward helping Friends Place reach its full potential. 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

Leo Pease Joe Svoboda

And Very Happy December Birthday Wishes to--

Elizabeth Juhasz 2 (staff), Ivan Shomer 13, Leo Pease 14, Anna Stevenson 15,
Dale Crowder 23, Laura Hatfield 29 (staff), Barbara Stoessner 30,
Virginia Kousal 30 (staff), Frances King 31



'Walk2EndAlz' Great Job Team!

Thank you for joining and donating to our Walk to End Alzheimer's team in 2021! Together we raised \$1470 for the Alzheimer's Association this year! If you would like to donate for 2021, donations can be received through

December 31st!

Please contribute online at act.alz.org/walk and search Friends Place or call our office at (972)437-2940.

The Holidays and Alzheimer's

To help the person with dementia enjoy the holidays:

- **Prepare together.** Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- **Host a small gathering.** Aim to keep celebrations quiet and relaxed.
- **Avoid disruptions.** Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- **Provide a quiet place.** If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- **Plan meaningful activities.** You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- **Keep outings brief.** If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Caregiver's Support Groups

Caregiver's Support Groups

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

Discussion Group 2nd Thursday/month

December 9th 2:00-3:30 pm

Special Guest Speaker: Jeff Cyk
Higher Standards Home Health

Men as Caregivers

For more information, please contact George Davis

By Email: 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!

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

