

December 2021



# Friends News



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## December Celebrations

|                |   |
|----------------|---|
| Wed 12/8       | Art with June                                 |
| Mon 12/13      | Heart of Texas Therapy Dogs                   |
| Tue 12/14      | Breakfast Bonanza – French Toast              |
| Thu 12/16      | Ugly Sweater Day                              |
| Fri 11/17      | Pillow Project                                |
| Week of Dec 20 | Christmas Around the World                    |
| Wed 12/22      | December Birthday Celebration with Ben Meyers |
|                |   |
| Every Wed      | Book Club                                     |



## Food Drive



**Feeding the Community**

**We are collecting canned and packaged food for the area food banks, to help with the holiday need.**

**Please bring your items and leave in the Soup Can during the month of December.**

## **Caregiver Corner**

### **Gratitude: The Key to Being a Happier, Healthier Caregiver**

Begin the day with a thankful heart. It sounds trite and almost impossible if you are caring for a loved-one with Alzheimer's /dementia. We see this saying on signs, refrigerator magnets and almost everywhere these days. Gratitude is a crucial key to keeping a caregiver's life in balance. In fact, numerous studies have shown a direct link between gratitude and wellness. It can change our attitudes, expectations, as well as our perspective. As caregivers, practicing gratitude positively affects our well-being as well as those for whom we care.

Living with constant stress, coping with daily challenges, and watching loved-ones slowly decline takes a toll on the physical and emotional health of dementia family caregivers. An attitude of gratitude has proven to increase happiness, decrease depression, and fosters resilience. Expressing our feelings of gratefulness, induces the relaxation response thus reducing stress and promoting better sleep.

When a caregiver is overwhelmed by all the endless tasks and emotions of caregiving, it can be hard to recall this simple saying, let alone put it into practice. Once gratitude becomes part of your daily life, it's easier to find reasons for which to be thankful. You might be grateful that you still have your health or woke up with an abundance of patience. Perhaps, you both laughed together during breakfast, he winked at you or she smiled and said, "I love you". Or being grateful that at least one of you still has a sense of humor by the end of the day, even during those moments when you both don't agree on what is truly funny.

When we practice gratitude, we can fully enjoy being "in the moment" with our love-ones with an increased awareness of personality traits or capabilities remaining, despite this terrible disease. Rather than becoming emotionally entangled by the sadness of all the things they can no longer do, we can thankfully acknowledge their existing strengths and abilities. Again, we can find something for which to be thankful.

Credit: Pam Kovacs Johnson, Friends Place Founder



### **Birthday Wishes to**

**Kenneth W – Dec 9**

**Bill M – Dec 22**

**John E – Dec 28**

**Willie G – Dec 31**

### **Employee Birthdays**

**Sandrika Pea – Dec 24**

### **Support Group at Friends Place**

### **Alzheimer's Caregiver Support Group**

**Tuesday, December 14**

**General Discussion**

**And Holiday Cheer**

**Time: 2:00-3:30 pm**

**No 4<sup>th</sup> Tuesday meeting due to 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.

### **Flu Season and COVID-19**

As we continue to navigate this pandemic, please be aware of any symptoms you or your loved one may be experiencing. If you have ANY symptoms at all, please stay home. We will continue to monitor temperatures and symptoms of everyone who comes in the building. And, of course, vaccinations and masks are essential for us all. Thank you!!



**HAPPY**  
*Holidays*

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