

February 2022



Friends News



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February Celebrations

Tue 2/1	Chinese New Year Celebration
Wed 2/2	Harlem Renaissance and the Poetry of Langston Hughes
Fri 2/11	Super Bowl Party!
Fri 2/11	Men's Pampering Day
Mon 2/14	Valentine's Day Dance with Benny Myers
Mon 2/21	Celebrating the Life of John Lewis
Tue 2/22	Ladies High Tea
Feb 25 -28	Staycation in New Orleans - Get ready for Mardi Gras
Every Wed	Book Club



Masking and COVID

The recommendations surrounding COVID are ever changing. We have learned that cloth masks are not effective at stopping Omicron. N95 masks or multi-layer surgical masks are recommended. As such, we are asking that you keep all cloth masks at home.

Caregiver Corner Self-Care is Important Care

Caring for a loved one with a serious illness is often exhausting and frequently leads to caregiver burnout. It's important to maintain your own health so that you are able to provide the best care possible.

Here are some tips, published by the University of California:

Watch for signs of stress, like impatience, loss of appetite or difficulty with sleep concentration or memory. Have you noticed a mood changes recently? Are you no longer interested in your usual activities? All of these are warning signs of burnout.

Drink plenty of water.

Exercise at least three times a week. It doesn't have to be an intense workout, a 30-minute walk is more than enough. Vitamin D is essential!

Don't be afraid to say, "No!" It can be easy to overcommit yourself. Saying, "No!" is ok.

Find a few hours several times a week for activities that you find meaningful and enjoyable. These times are to allow you to recharge your batteries and live your life.

Share your feelings with family members or other caregivers. A support group is fantastic for this. You get to both share and absorb tips and tricks from others that have been where you are. You are not alone.

Email mhenry@friendsplaceads.com for more support group information.





Birthday Wishes to

Clifford J – Feb 18
Jacob J – Feb 21
Peter M – Feb 24
Gloria Jean B – Feb 26
JC H – Feb 28

Support Group at Friends Place

Alzheimer's Caregiver Support Group

ALL SUPPORT GROUPS ARE ONLINE ONLY

Tuesday, February 8
General Discussion
Time: 2:00-3:30 pm

Tuesday, February 22
Topic: TBD
Time: 2:00-3:30

Due to the rampant rise of Omicron, the Alzheimer's Association has decided to move all support groups to online only. You can reach our support group with the following Zoom meeting information:

Zoom ID: 862 489 8239

Password: 380329

Get Ready for Mardi Gras!

We are getting ready for Mardi Gras on March 1 by taking a staycation to New Orleans on Friday, February 25 and Monday February 28! Join us as we head on down to the Big Easy and enjoy some zydeco grooves.



MAKE YOUR RESERVATION

You can now submit a reservation calendar online! Email rhenny@friendsplaceads.com to receive a link and be added to a monthly mailing list. Paper copies are still available. Daily reservations are still capped at 25, so be sure to get yours before it is too late!