



Friends News

1960 Nantucket, Richardson, TX 75080

972-437-2940

Fax 972-437-2953

www.friendsplaceads.com

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Christopher Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elizabeth Juhasz

Bill Ferguson

Virginia Kousal

Sylvia Mast

Sheree Wood

Gene Ragsdale

Nebil Ibrahim

Founder & Mentor

Pam Johnson

We're making it a Marvelous March!

T	1	National Pancake Day Celebrating Mardi Gras! Ruby Weston Performs	8-10 am 2:00 pm
T	8	International Women's Day	All Day
Th	10	Heart of Texas Therapy Dogs	11:00 am
Th	17	St. Patrick's Day (wear green) Thirsty Thursday	All Day 3:15 pm
M	28	Staycation Day: Let's visit Ireland!	All Day
Th	31	March Birthday Party with Doc Gibbs	2:00 pm

National Nutrition Awareness Month

March is National Nutrition Awareness month, which puts a much-needed focus on the foods we eat and what those foods do to help or hinder our physical, cognitive, and emotional health. For individuals living with dementia, nutrition holds special importance, in that we now are more aware of the power of nutrients to optimize cognitive health. So, infusing diets with these nutrients can make a difference in how well an individual can retain mental acuity, memory, and other areas of health as they relate to cognition. What are these nutrients and how can those of you caring for loved ones with dementia ensure that they receive the benefits of them? The Alzheimer's Association has published guidelines specifically geared to support those living with dementia and help them gain optimum nutritional value in the foods they eat.

Here are a few things to keep in mind that we hope you will find useful:

- Not all fats are created equal. Limit foods that are high in saturated fats and cholesterol, such as butter and shortening. Avocados, fish, and walnuts, however, are a source of healthy fat.
- Satisfying the sweet tooth naturally. Refined sugars are the culprit here, often found in processed foods (donuts, pop-up pastries, etc.). While they are full of calories, they lack vitamins, minerals, and fiber. Often a juicy piece of fruit or drizzling a bit of honey over cereal can go a long way towards satisfying the desire for something sweet.
- Less salt, more taste. High quantities of salt can throw the body off balance, and it is known to raise blood pressure. Try substituting fresh herbs and spices to make meals more appealing.
- Balance, balance, balance! Physician-approved programs such as the Mediterranean Diet provide a balanced variety of vegetables, fruits, whole grains, dairy, and lean protein. Your loved one's physician or nutrition can help you tailor a diet to their dietary needs and preferences.

Friends Place menus are reviewed and approved by a licensed dietitian. We also offer a hydration program and offer nutritional counseling available for families dealing with unintentional weight loss/gain of a loved one. Just another way we ensure your loved one gets the absolute BEST care!

We're here to help!

Caregiver's Support Groups

Open to the public. Care usually available at no charge with reservation. For more information call 972-437-2940.

**Alzheimer's Association's Caregiver's Support
Discussion group, 2nd Thursday/month**
March 10th 2:00-3:30 pm

Coming soon.....

Ladies' Support Group meets 1st Wednesday/month
Starting April 2022
2:00-3:30 pm

24/7 Alzheimer's Association's Helpline 1-800-272-3900

Caregivers face unique challenges every day and the timings 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



Heart of Texas Therapy Dogs are back!

We are so excited to welcome back the adorable pups from Heart of Texas Therapy Dogs. These cuddly canines are not only cute, but they have the ability to calm and boost overall mood with touch therapy.

We warmly welcome you!

Tommie Hallock

Lisa H.

Joanne Ennis

Welcome!

Happy Birthday!

Gina Good	5
Bill Evans	7
Larry Hawkins	7
Sylvia Mast (staff)	10
Dorothy W.	19
Geneva Biggers	28
Claire Iwuoha (staff)	29

We're wishing you the very best!



Spring Forward!

Remember to set your clocks ahead 1 hour on Sunday, March 13th.
