



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

It's going to be a great April, *no foolin'*!

Th	14	Heart of Texas Therapy Dogs	11:45 am
Th	14	Thirsty Thursday	3:15 pm
F	15	Dance, sing, enjoy with performer Tony Macaroni Celebrating April Birthdays	2:00 pm
T	19	Texas Winds Performance by Duo Renard (Violin & Viola)	11:00 am
T	26	Staycation France!	All day

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Save the date for our traditional, lovely, and delicious celebration!

Mother's Day Luncheon & Tea

Friday, May 6th 12:00-1:30 pm

Please arrive by 11:45 am for seating

Serving finger sandwiches, salads, assorted breads, fruit, teas & cookies

Reservations required, 972-437-2940 by Friday, April 29th

Families are invited to attend this special event!

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"Some Bunny Loves You at Friends Place"

"Kudos" to our wonderful Friends Place staff! Jane Tucker has made these special bunnies to raise funds for Alzheimer's Association's Longest Day. Only a few left!



Get yours and show your support for Alzheimer's Association's Longest Day!

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

April 14th

2:00-3:30 pm

Ladies' Support Group meets 1st Wednesday/month

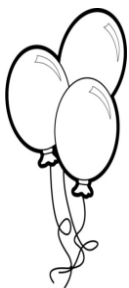
Starting April 6th, 2022

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.

Happy April Birthdays!



5	Shirley Greer
8	Jean Rizer
8	Pudge Boyd
15	Mary Dennison (staff)
27	J.M. Johnson
29	Phil Puckett
29	Leon Levin
30	Don Friedman



A Warm Welcome to...

Shirley Matthews

Len Faseler

Joel T.

Promoting Positive Self Esteem

by Pam Johnson

When we are children, good parenting-techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain affirmative feelings of respect, personal pride and self-worth without the valuable support of the caregiver.

Here are 10 tips for fostering positive self-esteem.

1. Praise frequently and sincerely—for ideas, actions, decisions, or deeds.
2. Value each person as a unique individual. Each of us have our own talents, skills and personalities.
3. Show gratitude for efforts regardless of outcomes. The only thing worse than failing is giving up and not trying at all.
4. Break tasks into manageable steps. This increases their chances of success which then creates a feeling of achievement.
5. Solicit their opinions—be it an open-ended question or simply asking if they agree or disagree. So...do you think this a good idea?
6. Focus on their strengths and remaining abilities. Having realistic expectations will possibly prevent unnecessary failures.
7. Be mindful of the person's Lifetime Roles. Many people feel defined by their personal or professional accomplishments. Even after retirement or disease, they still need-and deserve-to feel that same respect.
8. Allow them to help. Being able to make daily contributions promotes positive feelings of self-worth.
9. Encourage sharing life experiences. We all have a story to share that validates our life.
10. Promote independence: cues, prompts, and enabling techniques will allow them to do things with little or no assistance.

These are some of the many ways that staff at Friends Place help our members feel worthy. Years ago, we had a member say, "Thank you for making me feel whole again." Truly, it was the one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.