

August 2022



# Friends News



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## Dog Days of August

Tue 8/2	Texas Winds – Piano and Violin
Thu 8/11	SNOWCONES!! 
Wed 8/17	Art Class with June Visit from Heart of Texas Therapy Dogs
Week of 8/22	Staycation to Egypt
Tue 8/23	Cooking Class - Ghorayeba- Egyptian Cookies
Tue 8/23	August Birthday Celebration with Jim Gatlin
Fri 8/26	Community Service – Pillow Project
Every Wed	Book Club

## A Reminder – Fibs, Facts, and Delusions

In the world of dementia, there is always a dilemma when it comes to telling lies vs being honest. Is it ever okay to tell a lie? Is honesty really the best policy when caring for someone with Alzheimer's or dementia? These might seem to be easy questions but not if the one you love has vivid hallucinations or serious delusions.

Few people can truthfully say they have never lied to someone at some time. How honest are most, when asked, "Do these jeans make me look fat?" or "How do I look with a mustache?" We use little white lies because it makes them feel better than if we were candid.

A fib is used for something unimportant. When a person with dementia has hallucinations and delusions, their reality is quite different than ours and the facts are blurred. The truth is often perceived as a lie and honesty is more likely to increase anger and frustration rather than be calming and reassuring.

Through the years, many different terms have been used to refer to a more compassionate type of communication dealing with untruths. Caregivers will often use therapeutic lies as an act of kindness not to be deceitful. In support groups, families have often shared with others that many benefits of learning how to speak "Fibberish". This is term created by a caring wife to best describe a language of loving deceptions. Because if they see it, hear it, think it ...then it is real. And, the facts as we know them do not work in a delusional world of fantasy.

We need to step back from our reality and address the situations with a different approach. One effective way to approach almost any hallucination is to ask ourselves, "What if it were so?" Then, respond appropriately.

When you are caring for a loved-one with a dementia, it truly doesn't matter who is right or wrong. It is important that they feel, safe, satisfied and reassured.

Reprinted from Caregiver Corner by Pam Kovacs Johnson

## Homeless Items Drive Success!

Thank you for everyone who brought items for the homeless veteran program.

We were able to take several boxes of items to be distributed to those veterans in need.





### **Birthday Wishes to**

**Andre P – Aug 5**  
**Melba H – Aug 5**  
**Paul S – Aug 15**  
**Nancy P – Aug 16**  
**Johnnie S – Aug 17**  
**Tessie B – Aug 21**  
**Linda S – Aug 25**  
**Scott H – Aug 29**

### **Friends Place Team Members**

**Marylynne Henry – Aug 8**

### **Support Group at Friends Place** **Alzheimer's Caregiver Support Group**

**Tuesday, August 9**  
**General Discussion**  
**Time: 2:00-3:30 pm**

**Tuesday, August 23**  
**Speaker: Andrea Baum, M.Ed, LPC, Stomping**  
**Ground Improv Theater**  
**Topic: Special Improve Workshop for Caregivers**  
**Time: 2:00-3:30**

About Improv for Caregivers - We know you want an easygoing relationship with your loved one. Caregiving for someone with Alzheimer's or dementia is a heavy burden with daily responsibilities that can feel overwhelming, depleting, and unappreciated. You need support in navigating these difficult circumstances, but it's hard to find anything that really makes a difference. That's why we started Improv for Caregivers, an ongoing support group that blends therapeutic techniques and improvisational comedy games to help caregivers cultivate ease, joy, and flexibility in their relationships and feel more hopeful. In our interactive workshops and support groups, you'll have fun developing a skill set that helps you communicate in new ways, understand your loved one's changing perspective, diffuse challenging behavior, and cope with the stress of it all. When you learn improv skills for caregiving, you'll worry less, laugh more, and find joy in the everyday with your loved ones.

### **3<sup>rd</sup> Annual Revive Refresh Caregiver Brunch** **and Workshop at Friends Place Aug 6**

Join caregivers of all stages for a full day of high-impact workshops, learning and laughter. We will hear from 4 dynamic and engaging speakers who are experts in their respective fields.

You will leave this event with a renewed sense of self, more clarity and practical caregiving tools. Revive | Refresh is a judgement-free, guilt-free space. This event was designed for caregivers by caregivers. Our mission is to create a community of support and acceptance so that you know that you are not alone

#### **Speakers:**

**Shakita Johnson, Esq, LBSW, Area Agency on Aging**  
**Chef Paul Ritter Cooking Demonstration**  
**Pam Kovacs Johnson, Dementia Care Expert**  
**Expert Caregiver Panel Discussion.**



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