

Friends News

December 2022



1960 Nantucket, Richardson, TX 75080

(972) 437-2940

Fax (972) 437-2953

www.friendsplaceads.com

We follow the Richardson Independent School District inclement weather days delayed starts & closings.

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elizabeth Juhasz

Bill Ferguson

Virginia Kousal

Sylvia Mast

Sheree Wood

Gene Ragsdale

Ramone Lynch

Jayne Mariano

Founder & Mentor:

Pam Johnson



Delightful December Dates!

F	9	Berkner High School Choir 'Holiday Show'	1:30 pm
F	16	National Ugly Sweater Day	All Day
M	19	December Birthday Celebration With Doc Gibbs	2:00 pm
Th	22	Thirsty Thursday Holiday Happy Hour	3:15 pm
CLOSED		HOLIDAY DEC 24-JAN 2.	OPEN JAN 3





Great Job Team! Thank you for joining and donating to our Walk to End Alzheimer's team in 2022! Together we raised \$2000 for the Alzheimer's Association this year! If you would like to donate, donations can be received through December 31st! Please contribute online at act.alz.org/walk and search team "Friends Place" or call our office at (972)437-2940.

We Couldn't Do It Without You!

What an **AWESOME** staff we have at Friends Place! From the daily ins and outs of making this program an engaging, meaningful, safe, encouraging, and successful place to be, they truly go above and beyond the call of duty. We are deeply grateful for each one and we thank them beyond measure!



The Holidays and Dementia

To help the person with dementia enjoy the holidays:

- Prepare together. Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- Host a small gathering. Aim to keep celebrations quiet and relaxed.
- Avoid disruptions. Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- Provide a quiet place. If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- Plan meaningful activities. You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- Keep outings brief. If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Let this be a season of love and joy for all. Wishing you and yours, many **Blessings and Joyful Gifts.**



A Warm Welcome to New Members

Chris Pothier, Daryl D., Jeanne Miller, Randy Davis, Asako Peacock, Conrad Nagus

And a Very Happy December Birthday Wishes to--

Elizabeth Juhasz 2 (staff), Leo Pease 14, Shirley Matthews 14, Anna Stevenson 15, Ross Farnsworth 22, Dale Crowder 23, John Thornton 29, Laura Hatfield 29 (staff), Virginia Kousal 30 (staff), Frances King 31

Caregiver's Support Groups



Open to the public. Care usually available at no charge with reservations 972-437-2940.

Ladies' Support Group

Meets 1st Wednesday/month

December 7

2:00-3:30 pm

Alzheimer's Association's Caregiver Support Group

Discussion Group

2nd Thursday/month


December 8

2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

December 15 2:00-3:30 pm

 *Please Note: Due to the Holidays, Informational Support group will not meet in Dec. We will resume in January. Meets 4th Thursday/month*

24/7 Alzheimer's Association's Helpline

1-800-272-3900

Caregivers face unique challenges every day and the timing 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 if they are feeling overwhelmed and in need of support.



From our Friends Place family to yours:

*Live, laugh, love,
And have a cool Yule!
Very best wishes!*