

December 2022



Friends News



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Holiday Season!

Wed Dec 7	Ladies Christmas Tea Time
Thu Dec 8	December Birthday Celebration with Gary Freeman
Wed Dec 14	Sherry Hamilton Performs
Thu Dec 15	Turning Point Christian Academy Christmas Program
Fri Dec 16	Community Service Project - Pillow Project
Mon Dec 19	Ugly Christmas Sweater Contest
Fri Dec 23 thru Mon Jan 2	Closed for Holidays

Thank you for your support on our Walk to End Alzheimer's

We made **\$2,250** and exceeded our goal of \$2,000 thanks to your generosity!



MAKE NOTE - WE ARE CLOSED

Thanksgiving – Thur & Fri
Nov 24 and 25

Christmas – Dec 23 thru Jan 2

We will re-open in 2023 on Tuesday
January 3rd

Finding Joy During the Holidays

We all know the holidays can be very stressful times. And caring for a loved one with Alzheimer's or other dementias can make it even more daunting. There are a few things to remember that can help you, the caregiver, to have a joyous holiday and even make it more enjoyable for your loved one.

First thing is to cut back on gatherings and outside activities. When making holiday plans, consider what will be most comfortable and enjoyable for the person living with dementia, while keeping safety in mind.

Involve your loved one with enjoyable activities, such as:

- ask him or her to help you prepare food
- wrap packages together
- help decorate or set the table
- watch holiday movies
- look at photos from past holidays
- drive around and look at Christmas lights

Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing.

Focus on the things that bring happiness and let go of activities that seem overwhelming, stressful or too risky.

We can find joy when we look for it and practice gratitude for the blessings of our lives.





Birthday Wishes to

Connie T – Dec 5
Sue D – Dec 7
Kenneth W – Dec 9
Lewis – Dec 12
Wanda T – Dec 12
Pat W – Dec 19
Bill M – Dec 22
Bertha W – Dec 23
John E – Dec 28
Willie G – Dec 31

Friends Place Team Members

Hannah Tarver – Dec 29

Support Group at Friends Place

Alzheimer's Caregiver Support Group

Tuesday December 13

General Discussion

Time: 2:00-3:30 pm

No 4th Tuesday Meeting in December due to Thanksgiving Holidays

Our caregiver support groups are a great place to find others that are going through the same thing as you are. They understand the issues, rewards, frustrations, and joys of being a caregiver. Come and enjoy and snack and a drink and be a part of our special group.

Thanksgiving Meal Delivery

We had a great time preparing and distributing 100 Thanksgiving meals for our Friends Place Families!



Support Group News

Special Speaker for January 24

For our January Education Session, we are proud to present Nathan Yeh, PA-C. Nathan is Physician Assistant to Dr. Duc Tran at Neurology Consultants of Dallas.

Nathan is a combat veteran of the United States Army. Initially serving as an infantryman, Nathan quickly became intrigued in the medical field. His dedication to serving vulnerable patient populations led him to becoming a Physician Assistant.

Nathan is passionate about patient education and hopes to continue to serve the community with educational presentations and public events. He has spent most of his PA career in the primary care setting, navigating patients through the intricate healthcare system. He follows a patient-centered care approach, which builds the best outcome for each patient individually. Nathan is teaming up with Dr. Tran to continue to bring healing and breakthrough for his patients.

Nathan loves spending his time outside of work with his family traveling, enjoying outdoor recreation, sports and lively family boardgame nights. He is an avid runner and biker, competing in local races. He maintains vigorous self-care so that he can continue to best serve his patients.