



Friends News

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Founder & Mentor:

Pam Johnson

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

M	10	National Farm Animals Day	All Day
T	11	National Submarine Day	All day
Th	13	Heart of Texas Therapy Dogs	11:00 am
Th	13	Thirsty Thursday	3:15 pm
M	17	Staycation Japan!	All Day
F	21	Celebrating April Birthday with Ruby Weston	2:00 pm
W	26	Texas Wind presents Duo Renard	11:00 am

Join us for a special
Mother's Day Event!
Friends Place is celebrating
mothers with a luncheon
and tea on Friday, May
12th. 12:00 pm- 1:30 pm.
Please RSVP by April 26th.
Limit 2 per family. For
more information, call us at
(972)437-2940.



*Mother's Day
Tea & Luncheon*



MONDAY, APRIL 17TH

It's cherry blossom(Sakura) season
and our signature **STAYCATION**
program is back.
To celebrate this beautiful season,
this month we are heading to
Japan!!! Join us as we celebrate
cherry blossom festival (Hanami).
Put your kimono on and get ready
for a fun day of Japanese culture
and traditions.

Caregiver's Support Groups

Open to the public.

Care provided at no charge with reservation.

972-437-2940

Ladies' Support Group

1st Wednesday/month

April 5 2:00-3:30 pm

Men as Caregivers Support Group

3rd Thursday/month

April 20 2:00-3:30 pm

Alzheimer's Association's Caregiver Support Group

Discussion group

2nd Thursday/month

April 13 2:00-3:30 pm

Guest speaker

Founder of Friends Place and author

Pam Johnson

4th Thursday/month

April 27 2:00-3:30 pm

Promoting Positive Self Esteem

by Pam Johnson

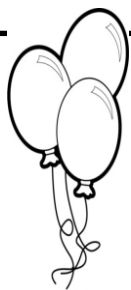
When we are children, good parenting-techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain 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 one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.

Happy April Birthdays!



7	Richard S.
8	Jean Rizer
14	Bernie Rosenberg
15	Mary Dennison (staff)
19	Fran Tryon
29	Phil Puckett
29	Leon Levin
30	Clarisce Esquivel

A Warm Welcome to...

Joanne N.
Nathan Eaton
Carolyn Robicheaux
Dick Hess
Gene Jameson
Dale Swall