

# Friends Place Newsletter

May, 2023



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

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elizabeth Juhasz

Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Jayne Mariano

Francesca Pereira

**Founder & Mentor:**  
Pam Johnson

Cordially inviting you to our ever-so-delightful

## *Mother's Day Luncheon & Tea*

**Friday, May 12<sup>th</sup> 12:00-1:30 pm**

*Finger sandwiches, assorted salads, fruits, teas & desserts*

*Best wishes for a blessed, lovely, and*

*Very Happy Mother's Day!*

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Please mark those calendars & save-the-date for our annual

## *Father's Day "Tie One On" Party*

**Daylong celebration on Friday, June 16<sup>th</sup>**

*Wear your favorite necktie (ladies, you too) and*

*get ready to have some FUN! Prizes awarded!*

*Burger & Dogs Picnic-style Lunch*

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## *May Calendar Events*

T, May 4	Star Wars Day	All Day
F, May 5	Cinco de Mayo!	All Day
Th, May 11	Heart of Texas Therapy Dogs	11:00 am
F, May 12	Nurse's Day	All Day
F, May 12	Mother's Day Tea	12-1:-30 pm
W, May 17	Wind Down Wednesday	3:15 pm
T, May 23	Staycation Mexico	All Day
F, May 26	Paper Airplane Day	All Day
M, May 29	Memorial Day Observance	CLOSED
T, May 30	May Birthday Celebration Performance by : Jazzland	2:00 pm
W, May 31	Texas Winds Presents: Harp & Cello	11:00 am

## Mindful Self-Care Scale

We all want to be our best selves, especially when the state of being in which we exist so directly affects our loved ones. Unfortunately, with the constantly busy state in which we find ourselves, that critical aspect of our lives often falls to the end of the list.

If you would like to make sure that you, as a care person, provide the best care possible, *prioritize* the time to take care of yourself—physically, emotionally, and spiritually. Take a moment to consider these different points that you might employ in your self-care practices. If you are not, how can you adjust your daily routine to do so?

### Physical care

\*I drink at least 6-8 cups of water and eat a variety of nutritious foods.

\*I exercise at least 30-60 minutes.

### Supportive relationships

\*I spend time with people who are good to me. (Supportive, encouraging, and believe in me)

\*I feel I have someone who will listen to me if I become upset. (friend, counselor, group)

### Mindful awareness

\*I have a calm awareness of my thoughts and feelings, and carefully select which of these guides my actions.

### Self-compassion and purpose

\*I kindly acknowledge my own challenges and difficulties.

\*I engage in supportive and comforting self-talk. ("My effort is valuable and meaningful")

\*I remind myself that failure and challenge are part of the human experience.

\*I give myself permission to feel my feelings. (for example, to allow self to cry if I need to)

\*I experience meaning and/or purpose in my work and personal life. (for a cause)

### Mindful relaxation

\*I do many things to help me relax, including intellectual (read a book, write), interpersonal (connect with friends), creative (draw, write, play music, organize).

### Supportive Structure

\*I maintain a manageable schedule & balance between the demands of others and what is important to me.

\*I maintain an organized, comfortable, and pleasing living and working environment to support my tasks.

## Caregiver's Support Groups

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

### Ladies' Support Group

Meets 1<sup>st</sup> Wednesday/month

May 3<sup>rd</sup> 2:00-3:30 pm

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### Men as Caregivers

Meets 3<sup>rd</sup> Thursdays/month

May 18<sup>th</sup> 2:00-3:30 pm

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### Alzheimer's Association's Caregiver's Support Group

Discussion group the 2<sup>nd</sup> Thursday/month

May 11<sup>th</sup> 2:00-3:30 pm

Guest speaker: Imelda Aguirre on 4<sup>th</sup> Thursday/month

Alzheimer's Association Programs & Information

May 25<sup>th</sup> 2:00-3:30 pm

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*A very warm welcome to our newest members!*

*Carmen Baez, E. Morton H., Lea Frailey, Maria C.,  
Talmadge J., Phil Marshall, Carole George, Jeanne  
White, Shirley Turecky*

*We look forward to getting to know you!*

### *Happy May Birthdays to you!*

Jackie Coalter (staff)	3
Collins Baker	14
Chuck Bopp	17
Carolyn Robicheaux	21
Judith Shomette	23
Carmen Baez	25
William Marmion	26

*Strangers are just friends waiting to happen."*

*~Steve Klaka*

### *Quotes on Motherhood...*

*God could not be everywhere and therefore  
he made mothers. ~Jewish proverb*

*All that I am or ever hope to be, I owe  
to my angel Mother. ~Abraham Lincoln*