

June 2023



# Friends News



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### June Celebrations

Tue 6/13	Birthday Celebration with Jim Gatlin
Wed 6/14	Flag Day with Flag Folding Ceremony
Wed 6/21	First Day of Summer with Sherry Hamilton
Fri 6/23	Father's Day Fishing Tournament (with REAL fish!)
Week of 6/26	Staycation to Greece
Every Tuesday	Cooking Class
Every Wednesday	Book Club
Every Thursday	Thirsty Thursdays with Special Mocktails
Mon 6/21	Sign up for Beauty Shop Services with Kelly

### Save the Date!

Friends Place celebrates our Fathers and other Men in our lives  
 Friday June 23 – 11 am to 1 pm  
**FISHING TOURNAMENT**  
 (with REAL fish!)

Bring your fishing pole (or use one of ours). Bristol Hospice is helping us put on this fun event  
 Hot Dogs and fixings served



### Is "dementia" a diagnosis?

**De-men-tia** noun  
 a condition characterized by progressive or persistent loss of intellectual functioning, especially with impairment of memory and abstract thinking, and often with personality change, resulting from organic disease of the brain.

There is often much confusion over getting a diagnosis when someone is experiencing symptoms of dementia. We learn that normal aging will bring on a slowing of our mental functions, just as it brings on physical changes to our body. However, when the symptoms become severe enough that it interferes with daily life, then it is time to talk to your doctor.

Usually, the first step is to talk to your family doctor. He or she should refer you to a neurologist. A neurologist can correctly diagnose where the dementia is coming from. As the definition indicates, the symptoms of dementia are a RESULT of an organic disease of the brain. It's the neurologist's job to find out what that organic disease is.

There are many diseases that can cause dementia. It can come from a brain injury – trauma or lack of oxygen for a sustained period of time. It can come from debris building up in the brain – as in Alzheimer's. It can be the result of chronic high blood pressure, which affected the blood flow to the brain over time. It can be the result of chemical imbalance due to medications or lack of certain vitamins or hormones. There are also a host of other causes.

You may say -- why does it matter what the cause of the dementia is? My loved one can't function normally and that's all that matters.

It does matter. It matters because there may be some treatments that will help the condition. Even if there are no immediate treatments, knowing the diagnosis of the underlying condition will help you plan. The different types of dementias have different symptoms and different progressions. By knowing the diagnosis, you can be on the lookout for changes and you can be prepared, or at least you won't be completely taken off guard.

So if your doctor says your loved one has dementia, your next question is "What is causing the dementia"? And the doctor cannot answer this without tests. Just as if the doctor said you have cancer, you would then need tests to determine what kind.

Dementia is NOT a diagnosis. It is a symptom of some other disease.



**Birthday Wishes to**

- Lucile M - June 2
- Mark H - June 13
- Norman - June 13
- Wade W - June 16
- Larry A - June 20
- Gene M - June 27
- Marian D - June 27

**Friends Place Team Members**

**Leanore Hadams – June 26**

**Support Group at Friends Place**  
**Alzheimer’s Caregiver Support Group**

**Tuesday, June 13**  
**General Discussion**  
**Time: 2:00-3:30 pm**

**Tuesday, June 27**  
**Speaker: Hannah Doles, PharmD**  
**Topic: Medications and the Elderly**

**Time: 2:00-3:30**

**Care for your loved one provided at no cost during the support group meeting. Please call to register. 972-274-2484**

**Help our Homeless Veterans**



**Friends Place is joining with PC Home Health and other community partners to present**

**Bring a donation of items for homeless veterans and get a hot dog, snow cone, music, bounce house**

**Saturday July 15 from 11 am to 2 pm**

**Suggested donations: Socks, t shirts, toiletry items, first aid kits, non-perishable snacks**



**MAKE YOUR RESERVATION**

**You can submit a reservation calendar online. Email [rhenry@friendsplaceads.com](mailto:rhenry@friendsplaceads.com) to receive a link and be added to a monthly mailing list. Paper copies are still available. Get your reservation in to guarantee yourself a spot!**

**Also, you can make changes to your reservation by texting 469-553-0188**