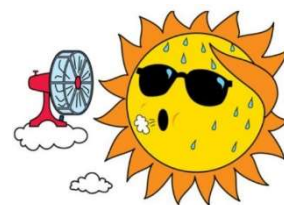


August 2023



Friends News



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August Celebrations

Wed Aug 2	Watermelon Party
Wed Aug 9	Sierra Leone Entertains
Thu Aug 10	National S'mores Day
Tue Aug 15	Gary Freeman Entertains
Wed Aug 16	Heart of Texas Therapy Dogs
Fri Aug 18	Beat the Heat
Tue Aug 25	Mike Frankel Entertains
Mon Aug 21 – Fri Aug 25	Staycation to China!
Wed August 23	Birthday Celebration with Jim Gatlin

Staycation to China

Come join us the week of August 21st as we travel to China from the comfort of Friends Place. I can tell you from personal experience it is far more comfortable at Friends Place than on a 15 hour plane ride. We will explore a small fraction of what the far east has to offer, but we will still get a good taste of what life is like on the other side of the Pacific Ocean.



How to Beat the Heat

Anyone who has opened their front door in the last couple months has keenly felt the sweltering heat. Our seniors are even more susceptible to the heat. The wet bulb temperature in June reached 96 degrees, and at these temperatures the human body cannot cool itself given shade and water alone. At these temperatures, you need to be inside in air conditioning to be safe. Limited exposure is ok, but once the signs of heat stroke begin, preventative measures are already too late. On the plus side, it can be easy to prevent these symptoms from being an issue.

The first, and most important, thing to do is to pre-hydrate. Seniors cannot bounce back from dehydration as quickly as children or young adults. While you may be able to give a kid a Gatorade and have them recharge in the air conditioning for an hour and they will be fine, seniors can take days or even weeks to re-hydrate themselves. Making sure that your loved one drinks water throughout the day, even if you aren't going outside, ensures that they won't be dehydrated in the first place.

Always use sunscreen. The bare minimum should be SPF 15, but higher is better. Protecting yourself and your loved one from the sun helps to prevent both of you from overheating. Sunburns are also no joke. In addition to being a kind of radiation burn, they are uncomfortable and can make you more susceptible to overheating.

My favorite way to beat the heat is by eating lighter food. Try to stay away from hot and heavy meals, like chili, and instead have a watermelon salad. It's easy to make and incredibly refreshing.

Take 1 watermelon and cut it into 1 inch cubes. Crumble some feta cheese and combine in a large bowl with whatever fruit sounds best to you. We have used strawberries, blueberries, cucumbers and peaches in the past. Toss with olive oil, salt and pepper to taste. You can optionally add basil, mint and/or balsamic glaze to pep it up a bit.



Birthday Wishes to

Mamie T – August 4

Melba H – August 5

Helen S – August 6

Margaret W – August 11

Doris C – August 12

Nancy P – August 16

Tessie B – August 21

Staff

Marylynne Henry – August 8

Kerrington Williams – August 25

LaKeitha Van Zandt – August 26

Roderick Caraway – August 29

Support Group at Friends Place

Alzheimer's Caregiver Support Group

Tuesday, August 9

General Discussion

Time: 2:00-3:30 pm

Tuesday, August 23

Speaker: Megan Barbre, Attorney

Livens Reed and Associates

Topic: End of Life Legal Considerations

Time: 2:00-3:30

Care for your loved one provided at no cost during the support group meeting. Call to reserve a spot: 972-274-2484

Live Entertainment Abounds!

We have a different entertainer coming each week in August, starting with jazz lounge singer Sierra Leone on August 9th. Gary Freeman will be crooning on August 15th, Mike Frankel will bring is accordion on August 25th and you don't want to miss out on our birthday celebration with country singer Jim Gatlin. No birthday celebration would be complete without cake on August 23rd



MAKE YOUR RESERVATION

You can submit a reservation calendar online. Email 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