

November 2023



Friends News



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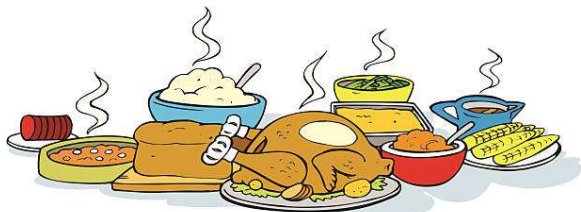
November Celebrations

Sat Nov 4 9:00 am	Walk to End Alzheimer's at Dallas City Hall
Wed Nov 8	Gary Freeman Entertains
Thu Nov 9	Veteran's Day Program
Wed Nov 15	Birthday Celebration feat. Kristy Kruger
Fri Nov 17	Thanksgiving Lunch
Tue Nov 28	Mike Frankel Entertains
Wed Nov 29	Texas Winds presents Bach to Pop and flute and cello duo
Every Wednesday	Book Club – Currently reading Good Omens

Thanksgiving Lunch!

Friday November 17th at 12:00pm

Call 972-274-2484 to reserve your spot at our annual Thanksgiving lunch. Turkey, dressing, cranberry sauce and pie (plus other sides). Space is limited so call early to ensure we have a plate for you!



Creating a Dementia-Friendly Thanksgiving

For most families, Thanksgiving is a time to gather together with friends and family. Thanksgiving with dementia can be much more difficult, but that doesn't mean that Thanksgiving is canceled. We can adapt our plans to better include our loved ones with dementia. Many of the activities we all know and love to do around the holidays can be slightly altered to make our loved ones feel included and useful.

The first thing we can do is figure out what traditions are most important to our loved ones. Maybe your dad was the cook in the house and every Thanksgiving he would roast a beautiful turkey. Rather than do it for him, turn cooking into a whole family activity. Have one person measure the flour, another person roll out the dough and then invite me over and I'll be the taste tester. In my family, we always stood at rapt attention during the Cowboy game. Now no matter where we are, we have the game on TV. When the game isn't on, we have found re-runs of games so that no matter what there is some football on TV, since that is what my dad loves most about Thanksgiving.

Importantly, over-stimulation can be a very real trigger for people with dementia. My grandmother always had every inch of her house plastered with Christmas decorations the minute Thanksgiving dinner was cleaned up. Avoiding flickering lights and decorations that make loud noises can make your loved one feel much less anxious.

Before the event, try to prepare your loved one with gentle reminders that people are coming over or that Thanksgiving is here. Prepare your guests too if they have not spent much time around your loved one. Let them know what to expect and how to react when/if something happens.

During the day, try your best to observe the normal daily routine. If you normally eat lunch at 12:30 like we do at Friends Place, then try to schedule Thanksgiving lunch at 12:30, or in the evening when you would normally have dinner. If you normally go for a walk in the morning together, be sure to schedule time to do it on the big day as well.

Holidays with a loved one suffering from dementia can be hard, but that doesn't mean it is impossible.



Birthday Wishes to
Barbara E – November 7
Carolina R – November 8
Joe W – November 11
Anne W – November 22
Randy H – November 25
Ira J – November 26
Charlie G – November 27
Attellia G – 29



Support Group at Friends Place
Alzheimer's Caregiver Support Group

Tuesday, November 14
General Discussion
Time: 2:00-3:30 pm

Tuesday, November 28
Canceled due to Thanksgiving

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

Closing in November!

We will be closed November 23rd – 27th for Thanksgiving and an employee in-service/center face lift! We will re-open on November 28th as normal, but with an updated paint job. Can't wait for you all to see it!



**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