

# Friends News

December 2023



1960 Nantucket, Richardson, TX 75080

(972) 437-2940

Fax (972) 437-2953

[www.friendsplaceads.com](http://www.friendsplaceads.com)

**We follow the Richardson Independent School District inclement weather days delayed starts & closings.**

## Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elizabeth Juhasz

Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Francesca Pereira

Laura Bustos

Alyssa Alsup

Dwayne Johnson

Firas Ahmed

Anita Wolf

Nathan Duncan

**Founder & Mentor:**

Pam Johnson



## *Delightful December Dates!*

Th	7	Plano Chamber Choir	11:00 am
F	8	Berkner High School Choir 'Holiday Show'	1:45 pm
T	12	Gingerbread Decorating Day	1:45 pm
		Gingerbread House Day	
W	13	December Birthday Celebration	2:00 pm
		With Doc Gibbs	3:15 pm
		National Cocoa Day	
F	15	National Ugly Sweater Day	All Day
		Snowball Fight	
Th	21	Thirsty Thursday Holiday Happy Hour	3:15 pm
CLOSED		HOLIDAY DEC 25-JAN 1.	OPEN JAN 2



Great Job Team! Thank you for joining and donating to our Walk to End Alzheimer's team in 2023! Together we raised over \$2000 for the Alzheimer's Association this year! Special thanks to Phil and Ann Steely for their generous donation which matched our entire team's efforts. You all are awesome!

If you would like to donate, donations can be received through December 31st! Please contribute online at [act.alz.org/walk](http://act.alz.org/walk) and search team "Friends Place" or call our office at (972)437-2940.

## **We Couldn't Do It Without You!**

**What an AWESOME staff we have at Friends Place!** From the daily ins and outs of making this program an engaging, meaningful, safe, encouraging, and successful place to be, they truly go above and beyond the call of duty. We are deeply grateful for each one and we thank them beyond measure!



## New Billing System 2024

We are delighted to announce a new billing system in place beginning January 2024. We will migrate from pre-billing to post-billing. Invoices will be sent out at the end of the month for the days attended. **To avoid incurring late fees, please remit your payment before the 5<sup>th</sup> of every month. Late payment will incur a \$25 additional charge per day.**

REMINDER: Please turn in calendars before the 25<sup>th</sup> of every month to help us with planning. It is very important that calendars are turned in as soon as possible. This helps us ensure that we have adequate staff, food preparation and activities to accommodate our members.



### A Warm Welcome to New Members

Robert Lopez, Don Gilmore, Tom Fletcher,  
Debbie Potter, Jean Osuna, Nancy Rosol

### And a Very Happy December Birthday to--

Elizabeth Juhasz 2 (staff), Joanne N. 2, Leo Pease  
14, Anna Stevenson 15, Ross F. 22, Dale Crowder  
23, Nancy Livingston 27, Vernita Aikens 24, Laura  
Hatfield 29 (staff), Virginia Kousal 30 (staff)

## Caregiver's Support Groups

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

### Ladies' Support Group


Meets 1st Wednesday/month  
December 6  
2:00-3:30 pm

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

Discussion Group  
Meets 2nd Thursday/month  
December 14  
2:00-3:30 pm

### Men's Support Group

Meets 3rd Thursday/month  
December 21  
2:00-3:30pm

 *Please Note: Due to the Holidays, Informational Support group will not meet in Dec. We will resume in January. Meets 4<sup>th</sup> Thursday/month*

## Prepare for the Holidays with New Traditions

By: Pam Johnson (Author, Writer, Speaker)

1. Adjust expectations
  - ❖ Discuss holiday celebrations & past traditions with family members & close friends.
  - ❖ Give yourself permission to do only what you can manage
  - ❖ Share with others the current situation & updated status of your loved-one.
  - ❖ Create new holiday traditions and routines.
2. Involve the person with dementia or Alzheimer's
  - ❖ Ask for their thoughts and opinions - and listen.
  - ❖ Use cues & subtle reminders and speak names & pronouns together
  - ❖ Maintain the person's normal routines
  - ❖ Plan how to engage them at events, family gatherings, dinners
- 
3. Adapt gift giving
  - ❖ Reconsider your gift giving needs & abilities
  - ❖ Suggest and encourage useful gifts, gift certificates, "help coupons"
  - ❖ Remind others that intangible gifts are meaningful
4. Be flexible
  - ❖ Have a "Plan B" for all the things that are most important to you
  - ❖ Work around times of evening confusion/Sundowning
  - ❖ Arrange for a quiet area for him/her to retreat for rest or quiet
  - ❖ Set aside some quiet days and/or times with no schedules or tasks
5. Use all your senses to experience the sights & sounds of the holiday season
  - ❖ Enjoy free community events
  - ❖ Enjoy neighborhoods with lights and outdoor decorations
  - ❖ Enjoy programs offered by local churches
  - ❖ Enjoy holiday music or holiday movies together at home with a cup of hot chocolate!

*Let this be a season of love and joy for all. Wishing you and yours, many **Blessings and Joyful Gifts.***

*From our Friends Place family to yours:*

***Live, laugh, love,  
And have a cool Yule!***

***Very best wishes!***