



Friends News



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A Joyful January is Upon Us!

М	1	Happy New Year!!!	2024 is here!
W	10	Texas Winds Presents: String Duo	11:00 am
Th	11	Heart of Texas Therapy Dogs	11:00 am
M	15	Martin Luther King, Jr. Day National Hat Day	All Day
W	17	Wind Down Wednesday Happy Hour	3:15pm
М	22	Staycation Africa	All Day
М	29	Tony Macaroni performs for the January Birthday Celebration	2:00 pm
W	30	National Hot Chocolate Day	3:15 pm

New Year Notables

- In case of inclement weather, we follow the same schedule as Richardson ISD. If they call off school or have a late opening, we will do the same.
- Cell phones are not needed here. They distract & frustrate the member and others from being fully engaged in our fabulous programs. Please encourage your loved one to take a break in a worry-free, phone-free zone and enjoy their day. If you have concerns or to discuss further, please contact us.

'Tis the season to be sneezin'!

The flu season is upon us! Unfortunately, if someone comes in with the malady, many of us end up suffering. For everyone's sake, *keep members home if they seem to be coming down with or have an illness*. Fever, chills, coughs, sneezes, tummy troubles; anyone enduring these is more comfortable at home when not feeling well! And allow ample time for a full recovery. We understand that this can be challenging but avoiding a relapse (and more time incapacitated) is well worth it. Your loved one, the other members and their families, and the staff appreciate this consideration. Let's stay healthy!

Warm welcome to you!

Shirly Ramirez. and Nancy Rosol

Happy January Birthdays to...

6	Robert Rix	
12	Beverly Firrello	
15	Jeff Kogutt	
18	Gene Jameson	
20	Linda Boedecker	
22	Kay Near	
30	Sandy Kniffen (staff)	

New Year's Resolution ideas!

Simplify your calendar. Saying no and doing only what you need is okay! Have no guilt about it.

Establish a routine and stick with it as much as possible. Consistency offers your loved one reassurance and familiarity. A regular time for meals, sleep, exercise, and activities *matters*.

Scale back the information overload. A constant stream of chatter, music, talk radio, or television, even if *you* consider it 'background noise', can distract, agitate, and exhaust. Continuous 'Breaking News' can cause undue worries, adding to anxiety overload.

Help others know what to expect and how to interact with your loved one. Encourage family and friends to go with the flow of conversations-don't 'correct' or argue, even if things aren't exactly right. Instead of 'testing', (Do you know me?) show how to prompt and give information with grace. (Grandma, it's Anna. I'm so happy we get to have lunch together today!) Adapt--they cannot; make their efforts successful. When significant changes occur, update others privately.

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 January 3 2:00-3:30 pm

Alzheimer's Association's Caregiver Support Group

2nd Thursday/month
January 11 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month January 18 2:00-3:30 pm

Young Onset Focus Group

Meets 4th Tuesday/month January 23 2:00-3:30 pm

Informational Support Group

Meets 4th Thursday/month Guest Speaker: Paul Chafetz, PhD January 25 2:00-3:30 pm

Notable Quotables

"This bright new year is given me, to live each day with zest. To daily grow and try to be, my highest and my best!"

-William Arthur Ward

Wishing you and yours a bright, beautiful, peaceful, healthy, and happy new year!

-From your Friends Place staff