

February 2024



Friends News

Happy
Valentine's
Day

1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

February Celebrations

All Month	Food Drive
Tue Feb 6	Gary Freeman Entertains
Fri Feb 9	Super Bowl Party! Wear you team's colors
Tue Feb 13	Mardi Gras Party! 4:00-6:00pm
Thu Feb 15	Evelyn Akram presents African clothing
Mon Feb 19	The Importance of Black History Month by Dora Franklin
Mon Feb 19 – Fri Feb 23	Lunar New Year Celebration!
Wed Feb 21	Birthday Celebration with Kristi Kruger
Thu Feb 29	Leap Year Time Capsules
Every Wednesday	Book Club – Currently reading Good Omens

Come Celebrate Mardi Gras!

Join us for a Mardi Gras party on February 13 from 4 – 6 pm here at Friends Place. Sierra Leone will come and entertain us during dinner and dancing. Please call 972-274-2484 to RSVP by February 9. We hope to see you there!



A Very Friendly Food Drive

Throughout February, we will be collecting canned goods and non-perishable foods to distribute to the DeSoto, Duncanville and Cedar Hill food banks. Food insecurity can be isolating and embarrassing. But more than just food insecurity, food banks provide food to communities after emergency situations. We live in such a wealthy nation that people should not be going hungry in our community. Typically, food banks receive the bulk of their donations around Christmas and Thanksgiving, so we do our food drive earlier (or later if you are counting from 2023) to help provide food during a time when donations ebb.

A study in the Netherlands found that calorie-dense foods like pastries and cookies were almost always found in food pantries, but more nutritional foods like legumes, fish and ready-to-eat vegetarian meals were much rarer. Some of the best things to donate are:

- Low-sodium canned vegetables
- Canned fruits in 100% juice or light syrup
- Canned tuna or salmon
- Dried or low-sodium beans
- Whole-grain pasta or rice
- Peanut butter with no added sugar or salt
- Healthy breakfast bars (no more than 12g sugar)

By donating these items, we ensure that our community has healthy foods available during times of greatest need. We will be taking donations throughout the month of February and will distribute all donations to the DeSoto, Duncanville and Cedar Hill food banks.





Birthday Wishes to

Lloyd W – February 19

Jacob J – February 21

Esther W – February 24

Doris T – February 28

Employee Birthday

Tree Weaver – February 25



Support Group at Friends Place

Alzheimer's Caregiver Support Group

Tuesday, February 13

General Discussion

Time: 2:00-3:30 pm

Tuesday, February 27

Speaker: Officer Shanequa Giles,

DeSoto Police Department

Topic: Keeping Seniors Safe

Time: 2:00 – 3:30 pm

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

Celebrate Lunar New Year

We will be exploring the different traditions and practices surrounding a holiday that is celebrated by over 1 billion people annually: Lunar New Year.

Commonly called Chinese New Year, it is the most important holiday to the majority of East Asia. We will eat some treats, drink some tea and celebrate with our East Asian brothers and sisters during the week of February 19th. Come on by and enjoy the festivities!



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