

March 2024



Friends News



1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

March Celebrations

Tue Mar 5	Kay Seamayer Entertains
Mon Mar 11	Birthday Celebration with Sherry Hamilton
Mon Mar 11 – Fri Mar 15	Staycation to the Serengeti Plains
Mon Mar 18	Texas Winds presents Melodic Melodies
Mon Mar 18	St. Patrick's Day Celebration
Thu Mar 21	Spring "Cleaning" Gardening
Tue Mar 26	Mike Frankel entertains
Fri Mar 29	Good Friday Service
Every Wednesday	Book Club – Currently reading Good Omens

Spring is Here!

On March 21, we will be going out and enjoying the outdoors and planting in our back yard! We will be planting flowers, herbs and vegetables in our flowerbeds. If you have any extra plants taking up space, we would be happy to plant them in our yard. If you want to help us plant, we would love to have you join!



Out of the Box Activities

Spring is upon us, and, with the changing of the season, we will be heading outside more and more as the weather permits. Being outdoors has numerous health benefits. Spending time with nature has been proven to improve your mood, reduce stress or anger, make you more relaxed, reduce loneliness and help be more active. We will certainly be putting those claims to the test as we have our Spring "cleaning" activity in March.

Assuming the weather cooperates, we will be heading out back on March 21st and get our hands dirty. We have a couple of raised flower beds in the back that we will plant flowers in and two more that we will put vegetables and herbs in. Last year, we had a blast planting flowers, tomatoes and peppers in our flower beds. After planting, we would spend a few minutes each morning to water them. The flowers were beautiful to look at and the tomatoes were cut up and served at lunch one day. Some members who have a particular affinity for spicy foods took our peppers home. One member in particular would ask when we would go water the plants as soon as she would walk in.

Coming up in April, we will be witness to a total solar eclipse. This is a true once in a lifetime event as the last total solar eclipse that could be viewed from Texas was in 1878. There will be another one in 2045. We are extraordinarily lucky to have two events so close together, so we want to be sure not to miss it. We have special glasses on hand to view the eclipse and will be doing other activities and programs to help us learn about this cosmic event.

At Friends Place we don't focus on what we can't do, but rather what we are still able to do. So when we have truly historical events on our doorstep, we want to be able to take a step outside and be a witness.





Birthday Wishes to

Judy L – March 1
Georgia B – March 2
Andy M – March 4
Lizzie W – March 8
Postene N – March 8
Talmadge J – March 19
Nelson T – March 20
Bertha W – March 3-

Employee Birthday

Joi Walker – March 16



Support Group at Friends Place **Alzheimer's Caregiver Support Group**

Tuesday, March 12
General Discussion
Time: 2:00-3:30 pm

Tuesday, March 26
Speaker: Katrina Taylor, Care Patrol
Topic: Making Sense of the Long-term Care Search
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

Thank you!

We want to thank everyone who donated to our food drive in February. Food banks typically receive the majority of their donations. The food that we donated will go towards ending food scarcity in our community.

While it may seem like a small act of service, your impact will be keenly felt. Thank you all very much!



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