

Friends News

Friends Place 
Adult Day Services

April 2024

Friends Place 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

Dwayne Johnson

Firas Ahmed

Nathan Duncan

Stefanie Tapley

Founder &Mentor:

Pam Johnson

Welcome New Members!

Pete Forman

Ann Kimbrell

Joe O'Connell

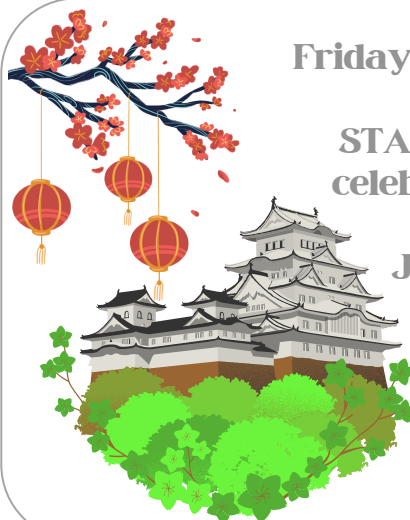
Its going to be a great April! No foolin

Monday	1st	Texas Winds Presents: Trinity River Jazz Kings	11:00 am
Monday	8th	Solar Eclipse Day	All day
Wednesday	10th	Farm Animal Day	All day
Thursday	11th	Therapy Dogs	All day
Wednesday	17th	Wind Down Wednesday	3:00 pm
Friday	19th	Staycation to Japan	All day
Monday	22nd	National Earth Day	All day
Tuesday	23rd	National Picnic Day	All day
Monday	29th	April Birthdays Norris Perry Performs	2:00 pm

Join us for a special Mothers Day event!

Friends Place is
celebrating with a
luncheon and tea on
Friday, May 10th at 12pm

**RSVP by April 26th Limit
two tickets per family.
Call 972-437-2940 for more
details**



**Friday, April 19th Its cherry blossom
(Sakura) season, and our
STAYCATION program is back! To
celebrate this beautiful season this
month we are heading to
Japan! Join us as we celebrate
cherry blossom festival
(Hanami). Put your kimono
on and welcome a fun
day of Japanese culture
and traditions.**

Caregiver Support Groups

Open to the public.
Care provided at no charge with
reservation. 972-437-2940

Ladies Support Group
3rd Wednesday/month
April 17th 2:00-3:30 pm

Alzheimer's Association Caregiver's
Support Group
Thursday April 11th 2:00-3:30 pm

Men's Support Group
Thursday April 18th 2:00-3:30 pm

Young Onset Support Group
Tuesday April 30th 2:00-3:30 pm

Informational Meeting
Guest speaker, Julie Pan Dietician & Gene
Ragsdale RN "Hydration and Ask the Nurse"
Thursday, April 25th 2:00-3:30 pm



Promoting Positive Self Esteem

by Pam Johnson

When we are children, good parenting-techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain affirmative feelings of respect, personal pride, and self-worth without the valuable support of the caregiver. Here are 10 tips for fostering positive self-esteem.

1. Praise frequently and sincerely-for ideas, actions, decisions, or deeds.
2. Value each person as a unique individual. Each of us have our own talents, skills, and personalities.
3. Show gratitude for efforts regardless of outcomes. The only thing worse than failing is giving up and not trying at all.
4. Break tasks into manageable steps. This increases their chances of success which then creates a feeling of achievement.
5. Solicit their opinions-be it an open-ended question or simply asking if they agree or disagree. So...do you think this a good idea?
6. Focus on their strengths and remaining abilities. Having realistic expectations will possibly prevent unnecessary failures.
7. Be mindful of the person's Lifetime Roles. Many people feel defined by their personal or professional accomplishments. Even after retirement or disease, they still need-and deserve-to feel that same respect.
8. Allow them to help. Being able to make daily contributions promotes positive feelings of self-worth.
9. Encourage sharing life experiences. We all have a story to share that validates our life.
10. Promote independence: cues, prompts, and enabling techniques will allow them to do things with little or no assistance.

These are some of the many ways that staff at Friends Place help our members feel worthy. Years ago, we had a member say, "Thank you for making me feel whole again." Truly, it was one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.