

Friends Place Newsletter

May, 2024



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Virginia Kousal

Sheree Wood

Gene Ragsdale

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M, May 6

Dwayne Johnson

M, May 6

Lynn Paulvin

Th, May 9

Nathan Duncan

T, May 14

Stefanie Michaels

Th, May 16

Apryl Leonard

F, May 17

Kerwin Williams

Th, May 23

M, May 27

F, May 31

Cordially inviting you to our ever-so-delightful

Mother's Day Luncheon & Tea

Friday, May 10th 12:00-1:30 pm

Finger sandwiches, assorted salads, fruits, teas & desserts

Best wishes for a blessed, lovely, and

Very Happy Mother's Day!

RSVP Required

Please mark those calendars & save-the-date for our annual

Father's Day "Tie One On" Party

Daylong celebration on Friday, June 14th

*Wear your favorite necktie (ladies, you too) and
get ready to have some FUN! Prizes awarded!*

Burger & Dogs Picnic-style Lunch

May Calendar Events

W, May 1	Texas Winds Presents: Hootenanny Duo	11:00 am
F, May 3	National Space Day	All Day
M, May 6	Staycation Mexico	All Day
M, May 6	Mocktail Monday	3:15pm
Th, May 9	Heart of Texas Therapy Dogs	11:00 am
T, May 14	May Birthday Celebration with Doc Gibbs	2:00 pm
Th, May 16	National Classical Movie Day	1:30
F, May 17	National Pizza Party	12:30
Th, May 23	National Lucky Penny Day	All Day
M, May 27	Memorial Day Observance	CLOSED
F, May 31	National Smile Day	All Day

Mindful Self-Care Scale

We all want to be our best selves, especially when the state of being in which we exist so directly affects our loved ones. Unfortunately, with the constantly busy state in which we find ourselves, that critical aspect of our lives often falls to the end of the list.

If you would like to make sure that you, as a care person, provide the best care possible, *prioritize* the time to take care of yourself—physically, emotionally, and spiritually. Take a moment to consider these different points that you might employ in your self-care practices. If you are not, how can you adjust your daily routine to do so?

Physical care

*I drink at least 6-8 cups of water and eat a variety of nutritious foods.

*I exercise at least 30-60 minutes per day.

Supportive relationships

*I spend time with people who are good to me. (Supportive, encouraging, and believe in me)

*I feel I have someone who will listen to me if I become upset. (friend, counselor, group)

Mindful awareness

*I have a calm awareness of my thoughts and feelings, and carefully select which of these guides my actions.

Self-compassion and purpose

*I kindly acknowledge my own challenges and difficulties.

*I engage in supportive and comforting self-talk. ("My effort is valuable and meaningful")

*I remind myself that failure and challenge are part of human experience.

*I give myself permission to feel my feelings. (for example, to allow self to cry if I need to)

*I experience meaning and/or purpose in my work and personal life. (for a cause)

Mindful relaxation

*I do many things to help me relax, including intellectual (read a book, write), interpersonal (connect with friends), creative (draw, write, play music, organize).

Supportive Structure

*I maintain a manageable schedule & balance between the demands of others and what is important to me.

*I maintain an organized, comfortable, and pleasing living and working environment to support my tasks.

Caregiver's Support Groups

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

Ladies' Support Group

Meets 1st Wednesday/month

May 1st 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

May 16th 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group

Discussion group the 2nd Thursday/month

May 9th 2:00-3:30 pm

Guest speaker: Imelda Aguirre on 4th Thursday/month

Alzheimer's Association Programs & Information

May 23rd 2:00-3:30 pm

A very warm welcome to our newest members!

Carol Harvey
Gail Chambers
Max Thurm
Margaret Cromartie

We look forward to getting to know you!

Happy May Birthdays to you!

Jackie Coalter (staff)	3
Collins Baker	14
Chuck Bopp	17
Ellen Houde	21
James Purser	24
Ed Neuwelt	27

Strangers are just friends waiting to happen."

~Steve Klaka

Quotes on Motherhood...

All that I am or ever hope to be, I owe to my angel Mother. ~Abraham Lincoln