

July 2024



Friends News



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July Celebrations

Thu Jul 11	Birthday Celebration with Jim Gatlin
Wed Jul 17	Dandy Don entertains
Wed Jul 17	National Hot Dog Day Lunch
Tue Jul 23	Mike Frankel entertains
Thu Jul 25	Pancake Breakfast!
Wed Jul 10 and 24	Tai Chi with Merrily Workshop
July 22-26	Staycation to the Olympic Games in Paris
Wed Jul 31	Friends Place Domino Tournament!
Every Wednesday	Book Club – When Good Men Fall

Domino Tournament

Join us for an in-house domino tournament! Who has big six? Who will be the big winner? Come compete in the Friends Place Cup!

Date: July 31

Time: 2:00 pm

Format: TBD depending on number of participants.



Stay Cool this Summer

In early June, I came across an article that showed that since El Nino was ending and La Nina was beginning, we can count on this being one of the hottest summers ever on record. That was particularly bad news to me as I remember how hot it was last summer. There were months last year when even swimming pools did little to combat the heat. We are already having “extreme heat advisory” days. This extreme heat can be especially dangerous to our loved ones.

As we get older, it becomes harder to regulate our body temperature. When we are born, our bodies have a lot of subcutaneous fat deposits that help insulate us from the cold and heat. This is most apparent when looking at the back of your hands when compared to a child’s or your parent’s or grandparent’s hands.

Since our seniors have the toughest time regulating their temperature, we need to be especially vigilant when spending time outside. The best thing we can do is “pre” hydrate. Making sure we are all well hydrated before going out into the sun and heat will go a long way towards having a great time outside. Once you start feeling like you want something to drink, head inside to an air conditioned space as soon as you can. That feeling means that you are already dehydrated and with these extreme temperatures can already be dangerous.

You can also dress for success! Lightweight, loose-fitting, brightly-colored clothes are best if you are planning on spending an extended period of time outside during the middle of the day. Sunscreen, over SPF 15 (the higher the better), protects against heat exposure and sunburns.

The best thing you can do is listen to your body and err on the side of caution when making plans with your loved ones. Hope everyone is able to stay cool!



Birthday Wishes to

Betty R – July 6

Dorothy S – July 6

Tyrone W – July 15

Mary G-J – July 19

Mary M – July 23

Employee Birthday

Annie Busby – July 1



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

Tuesday, July 9
General Discussion
Time: 2:00-3:30 pm

Tuesday, July 23
Ranita Berry, Author
Topic: Help Me!
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

Hairdresser comes on July 29th

Kelly will be here on July 29th to take care of our members. If you would like to sign up for her services, there will be a sign up sheet starting on the 22nd.



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