

August 2024



Friends News

1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com

August Celebrations

Tue Aug 6 | Gary Freeman entertains

Wed Aug 7 | Watermelon Smashing!!!

Fri Aug 9 | Celebrating National
S'mores Day (3pm)

Thu Aug 15 | Ben Meyers entertains

Tue Aug 20 | Birthday Celebration with
Sierra Leone

**Wed Aug 14
and 28** | Tai Chi with Merrily
Workshop

**Week of
August 26** | Staycation to coastal New
England

Wed Aug 14 | Friends Place Domino
Tournament!

Fri Aug 30 | Snocones with Snow on
the Rox at the movies

**Every
Wednesday** | Book Club – Tuck
Everlasting

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: August 14

Time: 2:00 pm

**Format: TBD depending on number of
participants.**



Caregiver Guilt

We have all dealt with caregiver guilt at one point. It comes quickly and slowly. It can be focused or unfocused. Caregiver guilt is a negative manifestation of the trials and tribulations that come when caring for a loved one. This feeling sometimes comes in the form of depression, anxiety or feelings of burden. Some people feel like they should be doing more. Some people feel like they can't ask for help. Others come to resent their loved one for taking away the life that the caregiver thought they were going to have. It can manifest from a changing relationship with a parent, grandparent or spouse. Caregiver guilt can come inside our own hearts and minds or imposed by others. Something we all struggle with is the fear that placement in a residential facility is inevitable. Suffice to say the sources of caregiver guilt are myriad.

Knowing that it can happen is great, but doesn't do us any good if we can't identify the symptoms. Feelings of ambivalence, resentment, increased irritability, anxiety, helplessness, depression and sadness are all commonly associated with guilt in general, but caregiver guilt especially. Fortunately, the first solution you have already started: identify when caregiver guilt rears its ugly head. You can't do anything about the guilt if you don't know that it is happening, and hopefully you now have the ability to look inward and feel it coming.

Now that you have identified moments of caregiver guilt, there are things you can do to help assuage that feeling. You should re-evaluate your self-expectations. Answer the question, "Would I expect someone else to respond in the same way?" Trying to take the 3rd person approach can help give us perspective. However, you shouldn't stifle those feelings. Let yourself feel your feelings in a productive way. Keeping this guilt bottled up inside will only result in an explosion later. One way you can do that is by attending a support group or go one-on-one therapy. Speaking to others that are going through the same emotions you are is one of the most productive ways to parse through these complicate emotions.

Most importantly, know that you will get through this and there are friends and families that have your back. You got this!



Birthday Wishes to

Mamie T – August 4
Margaret W – August 11
Sherry W – August 11
Doris C – August 12
Linda S – August 25

Employee Birthday

MaryLynne Henry – August 8
DeJada
Kerrington
Roderick Caraway – August 29



Support Group at Friends Place

Alzheimer's Caregiver Support Group

Tuesday, August 13

General Discussion

Time: 2:00-3:30 pm

Tuesday, August 27

Mike Splaine, Splaine Consulting

**Topic: Current Research in Alzheimer's Care and
How You Can Help**

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 August 26th

Kelly will be here on August 26th 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 19th.



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**