

September 2024



# Friends News

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[www.friendsplaceads.com](http://www.friendsplaceads.com)

## September Celebrations

Mon Sep 2	Closed for Labor Day
Tue Sep 3	Kay Seamayer entertains
Thu Sep 5	NFL Spirit Day!
Fri Sep 6	Grandparents' Day at the Movies (3:30)
Wed Sep 18	Sherry Hamilton entertains
Thu Sep 26	Birthday Celebration with Jim Gatlin
Wed Sep 11 and 25	Tai Chi with Merrily Workshop
Final Week of September	Member State Fair Exhibit Hall
All Month	National Honey Month Cooking Club
Every Wednesday	Book Club – Tuck Everlasting

## CLOSED SEPTEMBER 2<sup>ND</sup>

We will be closed on Monday, September 2<sup>nd</sup> in observance of Labor Day.

Hope everyone is able to go out and enjoy their extra day off this month!

HAPPY  
*Labor Day*

## How to Communicate with my Loved One

There are a lot of behaviors that you can pre-empt by knowing how to communicate in a way that your loved one understands. An analogy I often use is one of tug of war. Dementia turns each person into a redwood tree, and if you come into a conversation trying to force what you want is like trying to play tug of war against that tree. However, you can make things easier for you and your loved one by employing some of these strategies to grease the wheels.

The first thing you can do is to make sure everyone is comfortable. Ideally, a conversation would take place in a quiet and calm environment. Too much noise and other distractions can be overwhelming for your loved one. That can be stressful and anxiety-inducing to anyone, but especially someone with dementia.

When possible, avoid telling your loved one “no.” That doesn’t mean to give in to everything, but by rephrasing your request as a way to solve a joint problem you will find it a lot easier to accomplish everyday tasks. Instead of “Do you need to use the bathroom?” you can say “I need some help. Will you help me?” and then direct them where you need them to go. It is important for your loved one to feel like you are both working on a solution together, rather than being told what to do. Try standing to the side with your hand on your loved one’s back when making a request. Your body position communicates that the two of you are on the same side and walking in the same direction. When you make demands directly in their face, it can be intimidating to your loved one.

Reflecting is a great way to get into the mind of your loved one. When your loved one says, “I want to go home,” you can try, “Are you a bit tired? We can go lie down.” This speaks to the need that you think they are trying to express. Often, when your loved one is asking for something, they are asking for a need that is not being fulfilled. This helps your loved one know that you are on their side.

Try these out and let me know the results! They work for us and we hope they will work for you, too.



### **Birthday Wishes to**

Michael L – September 6  
Edma R – September 18  
Marilyn J – September 19  
Gerry S – September 19  
Mary Ellen P – September 20  
Michael J – September 24



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

**Tuesday, September 10**  
**General Discussion**  
**Time: 2:00-3:30 pm**

**Tuesday, September 24**  
**Rubi Salizar, Lead Care Manager DAAA**  
**Topic: What is Available for you from the Dallas**  
**Area Agency on Aging**  
**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 September 30th**

Kelly will be here on September 30<sup>th</sup> 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 23<sup>rd</sup>.



### **MAKE YOUR RESERVATION**

**You can submit a reservation calendar online.**  
**Email [rhenry@friendsplaceads.com](mailto: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**