

November 2024



Friends News



1232 W. Beltline, Desoto, Tx 75115 (972)274-2484 Fax (972)274-0002 www.friendsplaceads.com

November Happenings

Thur Nov 7	Rocking with Ben Meyers
Fri Nov 8	Veterans Appreciation Ceremony ***** All are invited*****
Wed Nov 13	November Birthday Celebration with Sherry Hamilton
Fri Nov 22	Friends Place Family Thanksgiving Lunch – ***** All are invited. Please RSVP by Monday Nov 18*****
Wed Oct 13 and 27	Tai Chi with Merrily Workshop
Every Wednesday	Book Club

Caregiver Prayer of Gratitude

Being a caregiver can sometimes feel like a thankless task. It's easy to feel like you are being taken for granted. But when I get a quiet moment to think and meditate on what I am really doing for my loved one, I realize that it is a gift and a privilege to be able to care for him. I can be thankful for having the capability and fortitude to provide care for another. I can be thankful for the small victories. I can be thankful for the support of other caregivers that share their experiences with me so that I might know that I'm not alone. But I also take solace in the following words, because I know if my husband could thank me, this is what he would say:

- Thank you for loving me enough to take care of me.
- Thank you for the times your meal is cold, because you make mine first.
- Thank you for the times you wake up at night to check that I am safely sleeping.
- Thank you for the times you worry about me, pray for me, want the best for me.
- Thank you for the times you are strong for me, advocate on my behalf, and fight for me.
- Thank you for the times you patiently put up with me when I am difficult.
- Thank you for putting my needs first when it feels like yours always come last.
- Thank you for the times you forgive me when I hurt you with my words or actions.
- Thank you for the times you go without a hug, a thank you, a kiss, or a smile from me.
- Thank you for being there for me even when I can no longer do the same for you.
- Thank you for staying right beside me, even though being together may make you feel even more alone.
- Thank you for loving me enough to take care of me.

In this season of Thanksgiving, let us remember the blessings we receive while on this road and let us find the good in everyday things and in our loved one, and be thankful for them.

- Marylynne Henry
- Exec Director, Friends Place Desoto

Thank You For Your Support!

To date we have raised

\$2,560

That's over our goal of \$2,000

You are helping to find a cure
There's still time to donate!

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION



Birthday Wishes to

Charlotte H Nov 2
Carolina R Nov 11
Maria Me Nov 12
Donna V Nov 20
Anne W Nov 22
Randy H Nov 25

Staff Birthdays

Bill Covington Nov 12
Naveah Niesing Nov 22

Support Group at Friends Place Alzheimer's Caregiver Support Group

Tuesday, November 12

Speaker: Leihla Moore, Dementia Care Specialist

Topic: Family Dynamics and Caregiving

Time: 2:00-3:30 pm

ONLY 1 MEETING IN NOVEMBER

Due to the holidays

Care for your loved one provided at no cost during the support group meeting. Call to reserve a spot: 972-274-2484

Holiday Schedule

Closed for Thanksgiving

Thursday and Friday - Nov 28th and 29th

Closed for Christmas / New Years

Monday Thru Friday - Dec 23rd thru Dec 27th

Monday Thru Wednesday – Dec 30th thru Jan 1st

We will re-open at our normal time on Thursday January 2nd



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