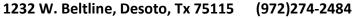
November 2024

Friends Place W Adult Day Services





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	Tai Chi with Merrily
and 27	Workshop
Every	Book Club
Wednesday	

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!



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





Birthday Wishes to

Charlotte HNov 2Carolina RNov 11Maria MeNov 12Donna VNov 20Anne WNov 22Randy HNov 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 28^{th} and 29^{th}

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





You can submit a reservation calendar online. Email <u>rhenry@friendsplaceads.com</u> 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