

Friends News

December 2024



1960 Nantucket, Richardson, TX 75080 (972) 437-2940 Fax (972) 437-2953 www.friendsplaceads.com

We follow the Richardson Independent School District inclement weather days delayed starts & closings.

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Sandy Kniffen

Laura Hatfield

Heather Brackett

Elizabeth Juhasz

Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Francesca Pereira

Dwayne Johnson

Lynn Paulvin

Nathan Duncan

Apryl Leonard

Queenie Godwins

Jesus Serrano



Delightful December Dates!

Th	5	Plano Chamber Choir	10:45 am
Th	5	December Birthday Celebration With Ruby Weston	2:00 pm
M	9	Plano Symphony "Healing Notes"	1:30 pm
F	13	Berkner High School Choir 'Holiday Show'	1:45 pm
F	13	Snowball Fight	10:00 am
		National Cocoa Day	3:15 pm
M	16	Texas Winds Concert	11:00 am
Th	19	Class Act Tap Dancers	2:00 pm
F	20	National Ugly Sweater Day	All Day
CLOSED		HOLIDAY DEC 24-JAN 1.	OPEN JAN 2



Great Job Team! Thank you for joining and donating to our Walk to End Alzheimer's team in 2024! Together we raised over \$2500 for the Alzheimer's Association this year! Special thanks to Phil and Ann Steely for continuing to donate so generously to our team. You are all awesome!

If you would like to donate, donations can be received through December 31st! Please contribute online at act.alz.org/walk and search team "Friends Place" or call our office at (972)437-2940.

We Couldn't Do It Without You!

What an AWESOME staff we have at Friends Place! From the daily ins and outs of making this program an engaging, meaningful, safe, encouraging, and successful place to be, they truly go above and beyond the call of duty. We are deeply grateful to each one and we thank them beyond measure!



A Warm Welcome to New Members

Tina T. Doug Tyra, Gary Wakeman, Fran E.
Mike Potter, Judy Moody, Geneva Elliot

And a Very Happy December Birthday to--

Elizabeth Juhasz 2 (staff), Joanne N. 2,
Craig Sullivan 6, Leo Pease 14, Geneva Elliot 15,
Anna Stevenson 15, Ross F. 22,
Laura Hatfield 29 (staff), Viginia Kousal 30 (staff)

Caregiver's Support Groups

Open to the public. Care is usually available at no charge with reservations 972-437-2940.

Ladies' Support Group

Meets 1st Wednesday/month
December 4
2:00-3:30 pm

Alzheimer's Association's Caregiver Support Group


Discussion Group
Meets 2nd Thursday/month
December 12
2:00-3:30 pm

Young-Onset Focus Group

Meets last Tuesday/ month
December 17
2:00-3:30 pm

Men's Support Group

Meets 3rd Thursday/month
December 19
2:00-3:30pm

 *Please Note: Due to the Holidays, Informational Support group will not meet in Dec. We will resume in January. Meets 4th Thursday/month*

Prepare for the Holidays with New Traditions

By: Pam Johnson (Author, Writer, Speaker)

1. Adjust expectations
 - ❖ Discuss holiday celebrations & past traditions with family members & close friends.
 - ❖ Give yourself permission to do only what you can manage
 - ❖ Share with others the current situation & updated status of your loved-one.
 - ❖ Create new holiday traditions and routines.
2. Involve the person with dementia or Alzheimer's
 - ❖ Ask for their thoughts and opinions - and listen.
 - ❖ Use cues & subtle reminders and speak names & pronouns together
 - ❖ Maintain the person's normal routines
 - ❖ Plan how to engage them at events, family gatherings, dinners
3. Adapt gift giving
 - ❖ Reconsider your gift giving needs & abilities
 - ❖ Suggest and encourage useful gifts, gift certificates, "help coupons"
 - ❖ Remind others that intangible gifts are meaningful
4. Be flexible
 - ❖ Have a "Plan B" for all the things that are most important to you
 - ❖ Work around times of evening confusion/Sundowning
 - ❖ Arrange for a quiet area for him/her to retreat for rest or quiet
 - ❖ Set aside some quiet days and/or times with no schedules or tasks
5. Use all your senses to experience the sights & sounds of the holiday season
 - ❖ Enjoy free community events
 - ❖ Enjoy neighborhoods with lights and outdoor decorations
 - ❖ Enjoy programs offered by local churches
 - ❖ Enjoy holiday music or holiday movies together at home with a cup of hot chocolate!

*Let this be a season of love and joy for all. Wishing you and yours many **Blessings and Joyful Gifts.***

From our Friends Place family to yours:

*Live, laugh, love,
And have a cool Yule!*

Very best wishes!