



## 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

Jerry Smith

Jesus Serrano

## A Joyful January is Upon Us!

W	1	Happy New Year!!! CLOSED	2025 is here!
Th	9	Heart of Texas Therapy Dogs	11:00 am
W	8	Elvis Birthday	All Day
F	10	Interactive Entertainer Marty Ruiz January Birthday Celebration	2:00 pm
W	15	National Hat Day (wear your favorite hat)	All Day
Th	16	Thirsty Thursday Happy Hour	3:15 pm
M	20	Martin Luther King Jr. Day Inauguration Day	All Day 11:00 am
W	22	Texas Winds Presents: Piano & Vocal	11:00 am
W	29	Staycation China: Chinese New Year with Julie Pan	2:00 pm

## Starting a brand-new year with our FABULOUS Friends Place Staff

What a wonderful way to start 2023 with fantastic friends and the stellar staff at Friends Place in Richardson. Our professional caregivers practice person-center care and complete hours of ongoing education throughout the year. Even more important is the genuine respect, care and deep commitment to the Friends Place mission, members, and each other that is evident here. Kudos, & limitless gratitude to each and every staff member!

## 'Tis the season to be sneezin'!

The flu season is upon us! Unfortunately, if someone comes in with the malady, many of us end up suffering. For everyone's sake, **keep members home if they seem to be coming down with or have an illness.** Fever, chills, coughs, sneezes, tummy troubles; anyone enduring these is more comfortable at home when not feeling well! And **allow ample time for a full recovery.** We understand that this can be challenging but avoiding a relapse (and more time incapacitated) is well worth it. Your loved ones, the other members and their families, and the staff appreciate this consideration. Let's stay healthy!

**Warm welcome to you!**

Howard Marr                  Susan Jacksin  
Shelley Van Derven      Ann Matthews

**Happy January Birthdays to...**

12                          Beverly Firrello  
15                          Jeff Kogutt  
20                          Linda Boedecker  
22                          Kaye Near  
24                          Mike Potter  
26                          John Mears  
30                          Sandy Kniffen (staff)

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**A few New Year’s Resolution ideas!**

**Simplify your calendar.** Saying no and doing only what you need is okay! Have no guilt about it.

**Establish a routine and stick with it as much as possible.** Consistency offers your loved one reassurance and familiarity. A regular time for meals, sleep, exercise, and activities *matters*.

**Scale back the information overload.** A constant stream of chatter, music, talk radio, or television, even if *you* consider it ‘background noise, can distract, agitate, and exhaust. Continuous ‘Breaking News’ can cause undue worries, adding to anxiety overload.

**Help others know what to expect and how to interact with your loved one.** Encourage family and friends to go with the flow of conversations--don’t ‘correct’ or argue, even if things aren’t exactly right. Instead of ‘testing’, (Do you know me?) show how to prompt and give information with grace. (Grandma, it’s Anna. I’m so happy we get to have lunch together today!) Adapt--they cannot; make their efforts successful. When significant changes occur, update others privately.

**Caregiver’s Support Groups**

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

**Ladies’ Support Group**

Meets 1st Wednesday/month  
January 8                  2:00-3:30 pm

**Men as Caregivers**

Meets 3rd Thursday/month  
January 16                  2:00-3:30 pm

**Alzheimer’s Association’s Caregiver Support Group**

2nd & 4th Thursday/month  
January 9                  Discussion Group  
January 23                  Guest Speaker:

***Pharmacist***

Kalin Clifford, PharmD  
2:00-3:30 pm

**Young On-Set Focus Group**

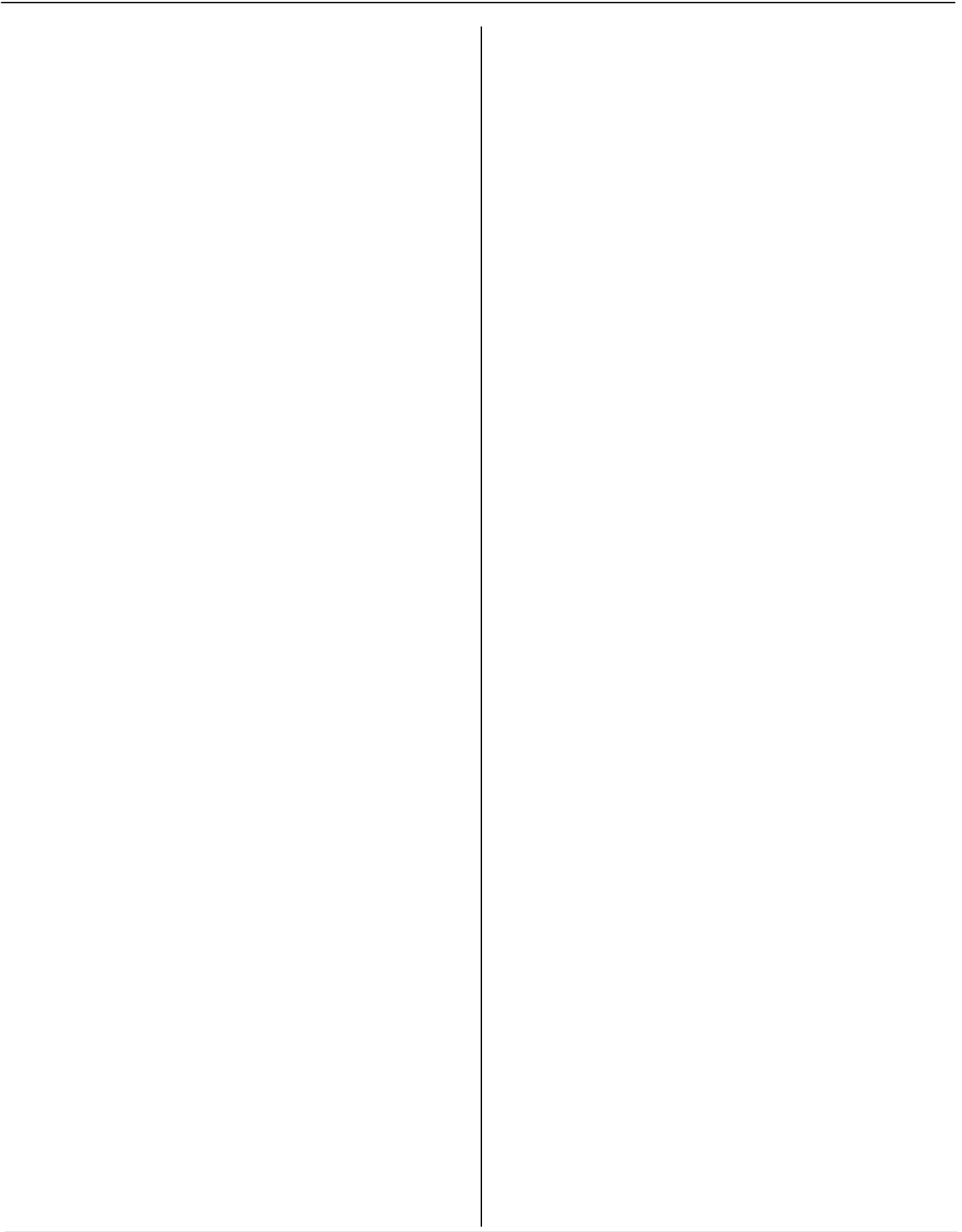
Last Tuesday/month  
January 28                  2:00-3:30 pm

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**Notable Quotables**

“This bright new year is given me,  
to live each day with zest.  
To grow daily and try to be,  
my highest and my best!”  
*-William Arthur Ward*

Wishing you and yours a bright, beautiful,  
peaceful, healthy, and happy new year!  
*-From your Friends Place staff*



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Friends Place Adult Day Services  
1960 Nantucket Dr.  
Richardson, TX 75080

Postage  
Information