

February 2025



Friends News



1232 W. Beltline, Desoto, Tx 75115

(972)274-2484

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www.friendsplaceads.com

February Celebrations

Mon Feb 3	Groundhog Day ("Again?!" – Bill Murray probably)
Tue Feb 4	Jim Gatlin entertains
Fri Feb 7	Super Bowl pregame day
Mon Feb 10	Daniel Slider entertains
Fri Feb 14	Valentine's Day celebration
Wed Feb 26	Birthday Celebration with Sherry Hamilton
Mon Feb 3 and Feb 17	Good News Story Hour Celebrates Black History
All month long	Morning Seminar Highlights Black Americans

Valentine's Day Luncheon

Join us for a Valentine's Day luncheon on
Friday, February 14th. We are taking
reservations. To reserve your spot please
call 972-274-2484 and let us know!

Happy
Valentine's
Day

Supporting Yourself

Each caregiver deals with the stress of being a caregiver. Commonly, the response is to put off worrying about yourself to better care for your loved one. If this describes you, then you especially are in the right place. It is never too late to ask for help. Help often looks different for different people. Some people want help in caring for their loved one, either in home or at a place like Friends Place. Some caregivers need the help of a residential facility. Even others need people to listen to them vent. Each caregiver has individual needs that must be met.

With the new year in full swing, now is the best time to try to incorporate new habits into your routine. I hope that each of you reading this decided to incorporate some self-care into that routine. There are classes across the metroplex that are offered free of charge ranging from tai chi in the park to water aerobics. The specific activity matters not. The intentionality of the activity is most important. Blocking time off for yourself represents the largest hurdle for most caregivers. The best place to find these resources is your nearest support group. Many caregivers are in or have been in the same situation as you and you never know what resources others have already discovered.

If you ever need to bend an ear and have someone listen to you vent or talk about anything, we are always here and are happy to talk about the challenges of caregiving or the most recent embarrassing personnel decisions by the Dallas Cowboys. We are here for you.





Birthday Wishes to

Shirley Y – Feb 11

Eva U – Feb 11

Father George – Feb 16

Jacob J – Feb 21

Esther W – Feb 24

Friends Place Team Members

Jojo Moss – Feb 4

Tree Weaver – Feb 25

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

Tuesday, February 11

General Discussion

Time: 2:00-3:30 pm

Tuesday, February 25

Topic: TBD

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**

Inclement Weather Notice

With it getting colder, the potential for snow is on the horizon. As a reminder, if you have any questions about whether we are closed due to inclement weather, we follow DeSoto ISD school closures. Additional information can be found by calling 972-274-2484 and listening to our outgoing voicemail message. Thanks and stay toasty!



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**