

Friends News



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Daniel Ros

It's going to be a great April, *no foolin'*!

M	7	Texas Winds Performance by Brass Trio	11:00 am
T	8	National Zoo Lover's Day	All Day
W	9	Healing Notes	1:30 pm
Th	10	Heart of Texas Therapy Dogs	11:15 am
F	11	Submarine Day	All Day
M	14	National Gardening Day	1:45 pm
T	15	Titanic Remembrance Day	All Day
W	16	Wind Down Wednesday	3:15 pm
M	21	Staycation to Iceland!	All Day
T	22	Earth Day	All Day
W	23	National Picnic Day	12:30 pm
M	28	Superhero Day	All Day
W	30	Celebrating April Birthdays with Jazz Land	2:00 pm



Save the date for our traditional, lovely, and delicious celebration!

Mother's Day Luncheon & Tea

Friday, May 9th 12:00-1:30 pm

Please arrive by 11:45 am for seating

Serving finger sandwiches, salads, assorted breads, teas & cookies

Reservations required, 972-437-2940 by Friday, May 2
Families are invited to attend this special event (Limit 2 per member)



Caregiver's Support Groups

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

Ladies' Support Group

Meets 1st Wednesday/month

April 2 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

April 17 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group

Discussion group the 2nd Thursday/month

April 10 2:00-3:30 pm

Guest speaker presentation on 4th Thursday/month

"Take me Home and Scams"

Officer David Beregszaszy

April 24 2:00-3:30 pm

Young On-Set Focus Group

Meets Last Tuesday/month

April 29 2:00-3:30 pm

Promoting Positive Self Esteem

by Pam Johnson

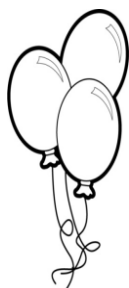
When we are children, good parenting techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain affirmative feelings of respect, personal pride and self-worth without the valuable support of the caregiver.

Here are 10 tips for fostering positive self-esteem.

1. Praise frequently and sincerely—for ideas, actions, decisions, or deeds.
2. Value each person as a unique individual. Each of us have our own talents, skills and personalities.
3. Show gratitude for efforts regardless of outcomes. The only thing worse than failing is giving up and not trying at all.
4. Break tasks into manageable steps. This increases their chances of success which then creates a feeling of achievement.
5. Solicit their opinions—be it an open-ended question or simply asking if they agree or disagree. So...do you think this a good idea?
6. Focus on their strengths and remaining abilities. Having realistic expectations will possibly prevent unnecessary failures.
7. Be mindful of the person's Lifetime Roles. Many people feel defined by their personal or professional accomplishments. Even after retirement or disease, they still need-and deserve-to feel that same respect.
8. Allow them to help. Being able to make daily contributions promotes positive feelings of self-worth.
9. Encourage sharing life experiences. We all have a story to share that validates our life.
10. Promote independence: cues, prompts, and enabling techniques will allow them to do things with little or no assistance.

These are some of the many ways that staff at Friends Place help our members feel worthy. Years ago, we had a member say, *"Thank you for making me feel whole again."* Truly, it was one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.

Happy April Birthdays!



2	Fran E.
6	Jay Miles
6	Jerry Smith (STAFF)
23	Francesca Pereire (STAFF)
19	Fran Tryon
29	Phil Puckett
30	Clarice Esquivel



A Warm Welcome to...

Jay Miles	Paul L.	Frances P.
Dan Colwell	Mary Vogds	
Sam Gottlieb	Sabra Klein	

