

April 2025



Friends News



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April Celebrations

Thu Apr 10	Senior Prom (RSVP now!)
Tue Apr 15	Birthday Celebration with Ben Meyers
Fri Apr 18	Good Friday with Bill Covington
Mon Apr 21	Daniel Slider entertains
Week of Apr 21	Friends Place celebrates Earth Week!
Fri Apr 25	Movie Day!
April 9 th and 23 rd	Chair Exercise with Merrily
April 7 th and 21 st	Good News Story Hour
New Book Club Book!	The Chef by James Patterson

Prom Season!

On Thursday April 10th, join us for our 2025 Senior Prom. While we may be a bit older than the last time we went to prom, that is no excuse not to have some of that same fun again. We will have live entertainment and refreshments available from 4-6pm. RSVP now!

Call 972 274 2484 to reserve your spot.
Dress code: Come as you are or dress up,
its up to you!



Being a Caregiver Superhero

As we speed closer and closer to the summer, I begin to think about some of my favorite movies: superhero movies. While I don't think I'm cut out to wield Mjolnir or swing through downtown New York chasing a guy throwing pumpkins everywhere, I do try to be a superhero in my own life. After all, people have come to rely on me and I can't let them down. I imagine that this sounds familiar to you too. As caregivers, we often try to be everything for our loved one. Cook, housekeeper, driver, doctor, pharmacist, entertainer and, if we have time, maybe child, spouse or friend. It can be totally exhausting.

At the end of Avengers, after defeating the hordes of enemies and Loki himself, Thor, Iron Man, the Hulk, Hawkeye, Black Widow and Captain America sat down and had some shawarma. Even people with mythological powers need a break sometime. If you are looking for a sign that it is time to give yourself a break, this is that sign.

Treat yourself the same way that you treat others. Give yourself the benefit of the doubt. Have patience with yourself. Do something because you want to do it, not because you feel like you have to. Here are some staggering statistics: 79% of caregivers surveyed don't receive any related benefits from their employers. Also, 40% don't talk about their caregiving responsibilities at work. AARP reports that about 20% of Americans workers are simultaneously caring for an elder or special needs adult. About 33% of American workers are caring for a child under 14 years old, according to the Harvard Business Review.

You can rest assured that you are doing as good of a job as anyone could expect, so pat yourself on the back and extend to yourself the same grace you extend to others.





Birthday Wishes to

Eddie S – Apr 1
Dr. Woods – Apr 12
Agnes W – Apr 16
Scooby – Apr 16
Arthur R – Apr 19
Hazel H – Apr 20

Friends Place Team Members

Shelia Brown – Apr 4
Evelyn Tave – Apr 17

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

Tuesday, April 8
General Discussion
Time: 2:00-3:30 pm

Tuesday, April 22
Speaker: Veronica Shanklin
Topic: The Blessings of Being a Caregiver
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**

Celebrating Earth Week

Earth Day and Arbor Day fall in the same week this year, so the week of April 21st we will be planting in our vegetable garden, learning about ways to be good caretakers of our planet and even doing some Earth themed art projects. Join us that week to have some fun and see if your thumb turns green!



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**