

May 2025



Friends News



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May Celebrations

Thu May 8	Mothers' Day Tea
Wed May 14	Birthday Celebration with Sierra Leone
Fri May 16	Art with Stephanie
Fri May 23	Wear Red, White and Blue for Memorial Day
Monday Mornings	Friends Place Celebrates National Mystery Month
Fri May 30	Macaron and Movie Day!
May 14th & 28th	Chair Exercise with Merrily
May 7th and 21st	Good News Story Hour
Book Club is Reading	The Chef by James Patterson

New Hours and Memorial Day

We are changing our hours going forward. On May 1st we began opening at 7:30 am everyday to accommodate our families that need an earlier pick up time.

We will be closed on Monday, May 26th to celebrate Memorial Day. Sit back, relax and remember those who have served and are no longer with us. We will re-open at 7:30 am on Tuesday.



Music and Dementia

We try to use every tool available to us when caring for our loved ones. Caregivers attack the disease from the medical side with the aid of a doctor or doctors, the social side by using resources like Friends Place or home health agencies and the spiritual with input and advice from church leaders or other parishioners. The tools we use are varied and our resources vast (and not solely limited to our financial resources). One tool that we use here at Friends Place is music.

Take a moment and think about your favorite song. Why is it a favorite song? Does it remind you of a person, place or feeling? Music and language are stored in different parts of our brain. Music speaks to a primordial part of ourselves. As a species, we communicated with music and rhythm far before we had language (just please don't ask me to dance, doing so will make you believe that humanity never had any rhythm at all).

At Northwestern Medical, Dr. Bonakdarpour studies how music helps dementia patients. "When we use musical intervention, we're looking for areas and networks in the brain that are intact to serve as bridges and help the areas that are not working well," says Dr. Bonakdarpour. "Singing, for example, can be a bridge to communicating better through language. The rhythmic nature of music can help people walk better."

At home, you can use music to soothe your loved one, spark a conversation tied to a memory of a specific song or as part of your routine. Playing music from your loved one's teenage years or early 20s tend to elicit the greatest response. Incorporating music has been shown, according to Dr. Bonakdarpour, improved both anxiety levels and social communication in the caregiver and their loved one.

One last quote from Dr. Bonakdarpour: "People with Alzheimer's may come alive again when they hear music. Some start dancing alone or with their caregivers, which is a very big deal. Caregivers find the person lost to them in the context of music."





Birthday Wishes to

Anne M – May 1
 Jo V – May 7
 Ralph B – May 17
 Joyce G – May 17
 Carolyn H – May 18
 Gloria W – May 21
 Linda W – May 21
 Armina P – May 22
 Tina T – May 25



Support Group at Friends Place Alzheimer's Caregiver Support Group

Tuesday, May 13
 General Discussion
 Time: 2:00-3:30 pm

Tuesday, May 27
 Speaker: Kim Lopez, Cognitive Coach
 Topic: The Power of Music in Dementia Care
 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

Dad Jokes of the Month

What season is it when you jump on a trampoline in the
 middle of May?

What is May's favorite genre of music?

What is a cow's favorite holiday?



Answers: Spring-time; Heavy Petal; MOOther's Day



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