

Friends Place Newsletter

July 2025



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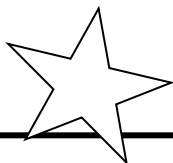
Daniel Ross

Luz Aquino

Friends Place will be **CLOSED** on Friday, July 4th
to celebrate the holiday with family & friends.

July Activity Calendar

W	2	Plano Symphony Orchestra Presents: Healing Notes	1:30 pm
Th	3	Star-Spangled Staycation USA!	All Day
Th	10	Heart of Texas Therapy Dogs	11:00 am
W	23	Wind Down Wednesday	3:15 pm
Th	24	July Birthday Party with Norris Perry	2:00 pm
W	30	Texas Winds Musical Outreach: Pianist	11:00 am



Happy Independence Day, Y'all!

Hydration and Dementia

People with dementia are more likely to become **dehydrated**, especially in the **summer heat**. They may forget to drink, not feel thirst, or have trouble asking for water. Even mild dehydration can make confusion worse and increase the risk of falls, infections, and fatigue.

Watch for signs of dehydration: Dry mouth or lips, dark or little urine, tiredness or increased confusion, dizziness or headaches

In summer, aim for **at least 6–8 cups** of fluid daily, unless a doctor says otherwise. More if they're sweating or spending time outside.

You Make a Difference

Staying on top of hydration helps your loved one feel clearer, safer, and more comfortable—especially during hot weather. A few sips at a time can go a long way

Caregiver's Support Groups

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

Ladies' Support Group

Meets 1st Wednesday/month

July 2nd 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

July 17th 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group Discussion Group

Meets 2nd Thursday/month

July 10th 2:00-3:30 pm

Guest Speaker presentation

Angela Thomas: Care Manager/Caring with Grace

Meets 4th Thursday/month

July 24th 2:00-3:30 pm

Young On-Set Focus Group

Meets last Tuesday/month

July 29th 2:00-3:30 pm



How come there aren't any knock-knock jokes about America?

Because freedom rings.

Wishing a very happy July birthday to:

Bruce O'Donnell 1st
Lynn Paulvin 3rd STAFF
Robert Todd 4th
Joy S. 9th
Tom Fletcher 9th
Hazel Shepherd 10th
Don Gilmer 15th
Dwayne Johnson 16th STAFF
Karen Hall 20th
Hector Espinoza 21st
Paul Martin 24th
David McCormick 26th
Gloria Stodola 28th
Shelba Addington. 28th
Janet Bathea 30th
David C. 31st
Ann Mathews 31st

...and a hearty welcome to new friends!

Rhonda Kincaid
Sue Ann Moore
Hazel Shepherd
Jay Vineyard
Tab Dupree
Gary M.
Star B.
Pebba McCollom





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

