

# Friends Place Newsletter

## August 2025



1960 Nantucket, Richardson, TX 75080 972-437-2940 Fax 972-437-2953 [www.friendsplaceads.com](http://www.friendsplaceads.com)

### Friends Staff

Mina Choudhury

Jackie Coalter

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Laura Hatfield

Heather Brackett

Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Francesca Pereira

Dwayne Johnson

Lynn Paulvin

Nathan Duncan

Apryl Leonard

Jerry Smith

Daniel Ross

Luz Aquino

### Understanding and Preventing Dehydration

Recognizing dehydration early is crucial—especially for older adults. Many seniors, particularly those with Alzheimer's, may have a reduced or absent sense of thirst. Because dehydration can mirror the symptoms of Alzheimer's, it's often mistaken for a worsening of the condition.

In fact, dehydration is one of the leading causes of hospitalization for people aged 65 and older. If not addressed quickly, it can lead to serious—even life-threatening—health issues.

### Common Signs and Symptoms of Dehydration

- Ongoing fatigue, lethargy, or muscle weakness
- Headaches
- Dizziness
- Nausea and difficulty keeping fluids down
- Increased confusion or forgetfulness
- Rapid, deep breathing and elevated heart rate
- Skin loses elasticity (slow to return when pinched)
- Little or no urine output
- Sunken eyes or dark circles

### Tips to Prevent Dehydration

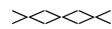
- Offer and encourage fluids—like water or juice—6 to 10 times daily, depending on how much is actually consumed
- Serve fruits and vegetables regularly
- Begin meals with a small salad or a glass of fruit or vegetable juice
- Incorporate hydrating foods into meals, such as soups, puddings, or gelatin
- Provide healthy snacks between meals (e.g., celery, carrots, melon balls)
- Don't forget about special favorites that can boost fluid intake:
  - Popsicles, frozen fruit bars, sherbet, or ice cream
  - Root beer floats or sherbet with lemon-lime soda
  - Flavored waters or plain water with citrus or cucumber slices
  - Chocolate or strawberry milk
  - Smoothies or milkshakes made with fruits like strawberries, blueberries, or bananas
  - Applesauce cups
  - Yogurt or frozen yogurt cups

### Stay Hydrated Year-Round

Hydration is essential—especially during the hot Texas summer, but it's important every season. Make it a habit to check in with loved ones and encourage regular fluid intake to help them stay safe, comfortable, and healthy.

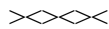
## Caregiver's Support Groups

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



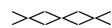
### Ladies' Support Group

Meets 1<sup>st</sup> Wednesday/month  
August 6<sup>th</sup> 2:00-3:30 pm



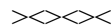
### Alzheimer's Association's Caregiver's Support Group

Discussion Group the 2<sup>nd</sup> Thursday/month  
August 14<sup>th</sup> 2:00-3:30 pm



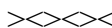
### Men as Caregivers

Meets 3rd Thursday/month  
August 21<sup>st</sup> 2:00-3:30 pm



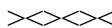
### Informational Session

Guest Speaker presentation on 4<sup>th</sup> Thursday/month  
August 28<sup>th</sup> 2:00-3:30 pm



### Young On-Set Focus Group

Meets last Tuesday/month  
August 26<sup>th</sup> 2:00-3:30 pm



### 24/7 Alzheimer's Association's Helpline



**1-800-272-3900**

Caregivers face unique challenges every day and the timings of these instances is often unpredictable. One tool we have found beneficial is the Alzheimer's Association 24/7 Helpline. Caregivers can call any day, any time and reach qualified professional. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf.

### REMINDER:

Reservation calendars are due by the 25th of the previous month. If a PARTICIPANT misses a reserved day, the center must be notified no later than 9:00 am of the day reserved or the fee for the day will be forfeited. This helps us to plan staffing, food, & activities. We appreciate your cooperation in helping us provide exceptional service. Thank you!

## It's a groovy August at Friends Place!

F	8	August Birthday Party with performer Doc Gibbs	2:00 pm
T	12	Plano Symphony Orchestra: Healing Notes	11:00 am
W	13	Texas Winds Presents: Jazz Vocalist	11:00 am
Th	14	Heart of Texas Therapy Dogs	11:00 am
F	15	Celebrating Woodstock <i>Wear Hippy-dippy duds to celebrate 1969!</i>	All Day 
W	20	Wind Down Wednesday 	3:15pm
F	22	Staycation to Hawaii	All Day

### A very warm welcome to our new members

Deborah Reavis	Terry w.
Catherine Head	Robert S.
Chun Hor	Betsy Meggs
Brian Sterling	Freddie J.
Josephine Bradley	



1	Peggy B.
8	Daniel Ross (Staff)
10	Mike Knapick
21	Ron Kinnard

*We will be **closed** on Monday, September 1<sup>st</sup> for Labor Day.*