

October 2025



# Friends News



1232 W. Beltline, Desoto, Tx 75115 (972)274-2484 Fax (972)274-0002 [www.friendsplaceads.com](http://www.friendsplaceads.com)

## October Celebrations

October 1	State Fair: Petting Zoo
October 2	State Fair: Exhibit Hall Presentation
October 3	State Fair: Midway Day
October 13	Texas Winds String Duo – Two Violins
October 15	Heart of Texas Therapy Dogs Visit
October 20	Birthday Celebration with Ben Meyers
October 31	Art with Stephanie Halloween Costume Contest!
October 8 <sup>th</sup> and 22 <sup>nd</sup>	Chair Exercise with Merrily
October 10 <sup>th</sup> and 24 <sup>th</sup>	Chair Yoga with Tasha
Book Club is Reading	The Life of Pi by Yann Martel

## Costume Contest

On October 31<sup>st</sup> we will be celebrating Halloween with our costume “contest.” We will walk the catwalk and show off our costumes. Come dressed as your favorite ghoulie or ghosty!



## Comedy for Caregivers

While serving as a caregiver, many moments throughout the day arise that make us laugh. Sometimes our loved one says something so out of pocket that we laugh at the absurdity of it. Sometimes they are happy to joke around like it is the good ol’ days. In between these moments of laughter, the skills that people use in improv comedy come in handy when dealing with the more difficult behaviors of our loved ones.

The guiding principle of improvisational comedy is “Yes, and...” When performing an improv scene, the comedians try their best not to disagree with the premise of the scene. So if one person says, “Why are you making a cake?” the other person shouldn’t respond, “I’m not making a cake.” Instead, it is the responsibility of everyone in the scene to work together to create something funny collaboratively. We can apply this same principle when caregiving. When your loved one says, “I want to go home.” You can respond two ways: “What are you talking about?! We already are home,” or “OK, but can you remind me where your home is?” The first response objects to the premise of the scene. It rejects their reality and tries to substitute your own. The second one meets your loved one “when” they are. They may be remembering a time when they lived in Missouri; they could be thinking about the time everyone went to visit their parents for someone’s 50<sup>th</sup> birthday party; or they may even be thinking that they are tired and would like to lie down.

When your loved one says something or asks something that doesn’t make any sense whatsoever, that should be your cue to engage with them where they are at that moment. So instead of objecting to premise of the scene, try, instead, to make it fun for both you and your loved one.

If you would like to learn more about this caregiving style from the experts, this month Andrea Baum, co-founder of Stomping Ground Comedy Theater, will be giving our support group a crash course in improv caregiving on October 28<sup>th</sup>.



### **Birthday Wishes**

Niema C – Oct 2

Constance S – Oct 9

Madella W – Oct 12

Pilar A – Oct 12

John G – Oct 17

John T – Oct 20

Cora S – Oct 22

### **Staff Birthdays**

Ann Anderson – Oct 5

Yolanda Green – Oct 11

Karen C – Oct 22

Jesse Andrews – Oct 26

Ryan Henry – Oct 26

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

Tuesday, October 16

General Discussion

Time: 2:00-3:30 pm

Tuesday, October 28

Speaker: Andrea Baum, M. Ed, LPC

Topic: Improv Comedy and Caregiving

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

Why did the ghost starch his sheets?

Where does a mummy go on vacation?

How to you fix a jack-o-lantern?

A: To scare people stiff! B: The Dead Sea! C: with a pumpkin patch!



### **MAKE YOUR RESERVATION**

You can submit a reservation calendar online! Call us at (972) 274-2484 to be added to our 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