

Friends News

December 2025



1960 Nantucket, Richardson, TX 75080

(972) 437-2940

Fax (972) 437-2953

www.friendsplaceads.com

We follow the Richardson Independent School District inclement weather days delayed starts & closings.

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Sandy Kniffen

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 Ros

Luz Aquino



Delightful December Dates!

T	2	Plano Symphony Orchestra Healing Notes	10:00 am
F	5	Berkner High School Choir 'Holiday Show'	12:00 pm
W	10	Wind Down Wednesday	3:30 pm
F	12	National Gingerbread House Day	All Day
Th	18	National Twin Day	All Day
F	19	National Ugly Sweater Day Snowball Fight	All Day 10:00 am
M	22	December Birthday Celebration Doc Gibbs Performs	2:00 pm
CLOSED		HOLIDAY DEC 24-JAN 2.	OPEN JAN 5

Holiday Show with Berkner High School Choir 🎵 🎶

Friends Place is thrilled to welcome back the Berkner High School Choir for their delightful Holiday Show!
Friday, December 5th
Time: 12:00 p.m.

National Ugly Sweater Day & Snowball Fight! *Friday, December 19th*

Wear your favorite ugly sweater and get ready for laughs, festive fun, and a friendly indoor snowball showdown!

And a Very Happy December Birthday Wishes to--

Craig Sullivan 6th Leo Pease 14th Ross F. 22nd

Laura Hatfield 29th (STAFF) Virginia Kousal 30th (STAFF)

A Warm Welcome to New Members: Co C &. Bart Roberts



Celebrating Our Amazing Staff

We're excited to announce a tie for November's Employee of the Month! Both Heather and Sheree went above and beyond in their roles this month.

Heather dedicated countless hours to organizing our Veterans Day program, ensuring it was meaningful and special for our members and families.

Sheree consistently supports her teammates and members with kindness and dedication, making each day run smoothly.

We are so grateful for both of these outstanding staff members, thank you for all you do to make Friends Place a wonderful place to work and visit! ❤️ 🙌

We Couldn't Do It Without You!

What an **AWESOME** staff we have at Friends Place! From the daily ins and outs of creating an engaging, meaningful, safe, encouraging, and successful program, our team consistently goes above and beyond the call of duty.

We are deeply grateful for each one of them, and we thank our staff beyond measure.

Prepare for the Holidays with New Traditions

Holidays can be challenging when caring for a loved one with dementia or Alzheimer's, but a few adjustments can make them meaningful and joyful:

- 1. Adjust Expectations** – Focus on what you can manage, share updates with family, and create new traditions.
- 2. Involve Your Loved One** – Ask for their thoughts, use gentle reminders, and maintain routines.
- 3. Adapt Gift Giving** – Encourage practical gifts, gift certificates, or "help coupons."
- 4. Be Flexible** – Have a backup plan, allow quiet time, and adjust around evening confusion.
- 5. Enjoy the Senses** – Attend community events, explore lights and decorations, enjoy music or movies together.



Caregiver's Support Groups

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

Ladies' Support Group

Meets 1st Wednesday/month

December 3

2:00-3:30 pm

Alzheimer's Association's

Caregiver Support Group

Discussion Group

2nd Thursday/month

December 11

2:00-3:30 pm

Men's Support Group

Meets 3rd Thursday/month

December 18

2:00-3:30pm

Please Note: Due to the Holidays, Informational Support group and Young On-Set Focus Group will not meet in Dec. We will resume in January.



24/7 Alzheimer's Association's Helpline

1-800-272-3900

Caregivers face unique challenges every day and the timing 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 professionals. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf if they are feeling overwhelmed and in need of support.



From our Friends Place family to yours:

***Live, laugh, love,
and enjoy all the sparkle of the season!***

Very best wishes!



