

# January 2026



# Friends News



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[www.friendsplaceads.com](http://www.friendsplaceads.com)

## January Celebrations

Thu Jan 8	Gary Freeman entertains
Tue Jan 20	Birthday Celebration with Jamaal Wicks
Wed Jan 21	Therapy Dogs come (and sit and stay)
Fri Jan 23	Art Class with Stephanie
Fri Jan 23	Early Movie Day
Tue Jan 27	Mike Frankel entertains
Jan 16, 23 and 30	Chair Yoga with Tasha
Jan 14 and 28	Chair Exercise with Merrily!
Fri Jan 30	Hot Chocolate and Baby Games
Every Wednesday	Book Club – Life of Pi

## Guess Who?!

We are collecting baby (or older) pictures of our members and staff to display on our guess who board. You can bring your photos in person or email them to [activities-desoto@friendsplaceads.com](mailto:activities-desoto@friendsplaceads.com) and we will put it up for people to guess!



## **Keeping Warm in the Winter**

Texas isn't known for its cold weather (although after the most recent "Snowpocalypse" maybe it should be), so that can mean when that weather comes it can feel like we are woefully unprepared. Based on the way Dallas drives when it's cold, it is an easy conclusion to make. When taking care of seniors, the cold is every bit as insidious as the heat. As we age, we have thinner skin which makes it much harder to regulate our temperature. To make matters even more dire, if you suffer from strokes, diabetes, high blood pressure or take medication like beta blockers, antidepressants or sedatives you are even more susceptible to the cold.

So now that we have identified some contributing factors, what can you do to prevent the cold from being a problem? The first thing to look at is your interior temperature. Try to keep your house between 68F and 70F. This helps keep the body at a temperature that it can regulate. Be sure to dress in layers. It is far easier to take layers off than it is to find more layers to put on.

Socks and slippers are great, but not if they don't give adequate traction. Make sure that any footwear your loved one has on has a "grippy bottom." If you can re-create Tom Cruise in Risky Business, then you need to change socks. Falls are bad enough when the weather is nice!

The best thing you can do is channel my dad. He would often tell us "I'm not trying to heat the entire front yard! Close that door!" By doing so, you can avoid unnecessary heat loss and make it cheaper to keep your house in the elderly "Goldilocks zone."





### Birthday Wishes to

Sylviane H – Jan 6

Barbara H – Jan 10

Tom J – Jan 13

Gail W – Jan 19

Tania K – Jan 22

Ms. Mary – Jan 24



### Inclement Weather Notice

With it getting colder (maybe), the potential for snow is on the horizon. As a reminder, if you have any questions about whether we are closed due to inclement weather, we follow DeSoto ISD school closures.

Additional information can be found by calling 972-274-2484 and listening to our outgoing voicemail message. Thanks and stay toasty!



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

**Tuesday, January 13**

**General Discussion**

**Time: 2:00-3:30 pm**

**Tuesday, January 27**

**Topic: TBD**

**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



### **MAKE YOUR RESERVATION**

You can submit a reservation calendar online. Email [rhenry@friendsplaceads.com](mailto: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