



## 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

## A Joyful January is Upon Us!

Th	1	Happy New Year!!!	2026 is here!
F	2	CLOSED	
W	7	Dallas Parkinson Society Presents: Heartfulness Meditation	2:00 pm
Th	8	Heart of Texas Therapy Dogs	11:00 am
Th	8	Elvis Birthday	All Day
W	14	Staycation to Switzerland	All Day
Th	15	Texas Winds Concert	11 am
Th	15	National Hat Day (wear your favorite hat)	All Day
M	19	Martin Luther King Jr. Day	All Day
M	26	Mocktail Monday Happy Hour	3:30 pm
W	28	January Birthday Celebration With Tony Macaroni	2:00 pm
Th	29	National Puzzle Day	All Day

## Starting 2026 with Our Fabulous Friends Place Staff!

We're kicking off the new year with gratitude for the incredible team at Friends Place in Richardson! Our dedicated staff consistently go above and beyond, providing person-centered care and completing ongoing education to ensure the highest quality support for our members.

Their professionalism, compassion, and commitment to our mission and to the individuals we serve make a meaningful difference every day. We are truly thankful for each staff member and the dedication you bring; your work is what makes Friends Place such a special place.

## With Heartfelt Thanks ❤️

We would like to extend our sincere gratitude to our members' families for the incredible generosity you have shown our Friends Place team. Your thoughtful gifts and the delicious lunches you provided truly meant so much to our staff.

These acts of kindness lifted spirits, brought smiles, and reminded us how fortunate we are to be part of such a caring and supportive community. Your appreciation and thoughtfulness do not go unnoticed, and we are deeply thankful for the love and support you continue to share with our team.

# Warm welcome to you!

## Happy January Birthdays to...

12	Bernie H.
12	Beverly Firello
13	Luz Aquino (STAFF)
20	Meheret H.
22	Freddie J.
30	Sandy Kniffen (STAFF)

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## 💡 A Few New Year's Resolution Ideas 💡

## 1. Simplify your calendar.

It's okay to say no and focus only on what you truly need to do — guilt-free!

## 2. Establish a routine.

Consistency offers your loved one reassurance and familiarity. Regular times for meals, sleep, exercise, and activities can make a big difference.

### 3. Scale back information overload.

A constant stream of chatter, music, talk radio, or television — even as “background noise” — can distract, agitate, and exhaust. Continuous “Breaking News” may add worry or anxiety, so give your loved one quiet, calm moments.

#### 4. Guide others on how to interact.

Help family and friends understand how to engage with your loved one gracefully. Encourage them to go with the flow of conversations — avoid correcting or arguing. Instead of “testing” (e.g., “Do you know me?”), offer gentle prompts:  
“Grandma, it’s Anna. I’m so happy we get to have lunch together today!”

When significant changes occur, update others privately so everyone can support your loved one successfully.

## Caregiver's Support Groups

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

## Ladies' Support Group

Meets 1st Wednesday/month  
January 7 2:00-3:30 pm

## Men as Caregivers

Meets 3rd Thursday/month  
January 15      2:00-3:30 pm

## Alzheimer's Association's Caregiver Support Group

2nd & 4th Thursday/month  
January 8      Discussion Group  
January 22      Guest Speaker:

***Dr. Richard DeLeon***

Physician Royal VP  
2:00-3:30 pm

## Young On-Set Focus Group

Last Tuesday/month  
January 27 2:00-3:30 pm

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## Notable Quotables

**“Write it on your heart that every day is the best day in the year.” – Ralph Waldo Emerson**

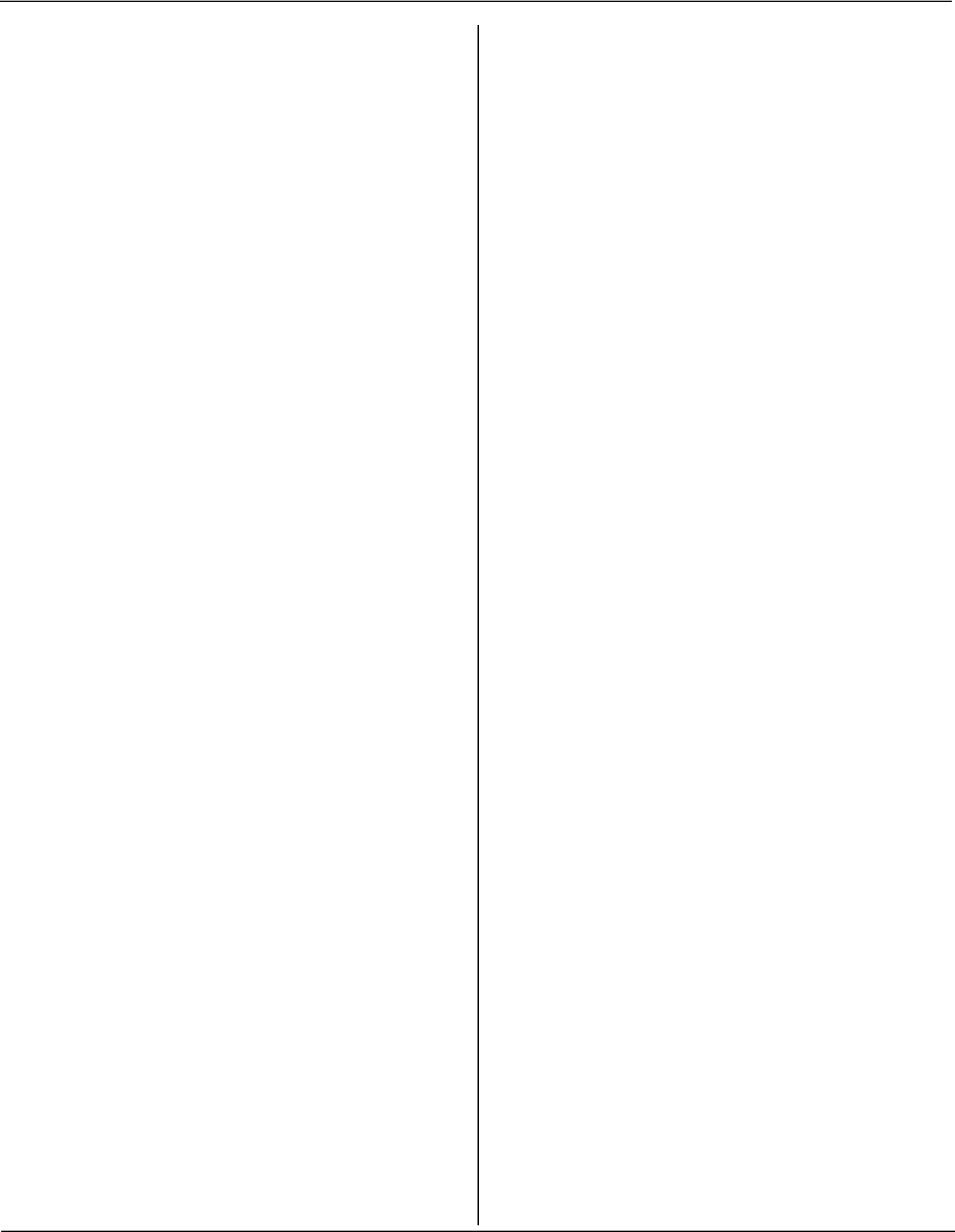
**"Tomorrow is the first blank page of a 365-page book. Write a good one." – Brad Paisley**

**"Cheers to a new year and another chance for us to get it right." – Oprah Winfrey**

🌟 **Happy New Year!** 🌟

Wishing you and your loved ones a **bright, beautiful, peaceful, healthy, and happy new year!**

— From all of us at **Friends Place**



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

Postage  
Information