

February 2026



Friends News

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www.friendsplaceads.com

February Celebrations

Thu Feb 12	Valentine's Day Spaghetti Dinner (4-6p)
Fri Feb 13	Ladies of First Distinction visit
Mon Feb 16	Chinese New Year Countdown
Tue Feb 17	Mardi Gras w/ King Cake
Wed Feb 18	Jim Gatlin entertains and Therapy Dogs visit
Wed Feb 25	Birthday Celebration with Sherry Hamilton
Fri Feb 27	Mid-Morning Art Class
Mon Feb 2 and Feb 16	Good News Story Hour with Dora
Book Club	A Dog's Journey

Valentine's Day Luncheon

Join us for a Valentine's Day luncheon on Thursday, February 12th. Ben Meyers will entertain us as we eat a spaghetti dinner. Reservation required. To reserve your spot please call 972-274-2484 and let us know!

Happy Valentine's Day

Supporting Yourself

Each caregiver deals with the stress of being a caregiver. Commonly, the response is to put off worrying about yourself to better care for your loved one. If this describes you, then you especially are in the right place. It is never too late to ask for help. Help often looks different for different people. Some people want help in caring for their loved one, either in home or at a place like Friends Place. Some caregivers need the help of a residential facility. Even others need people to listen to them vent. Each caregiver has individual needs that must be met.

With the new year in full swing, now is the best time to try to incorporate new habits into your routine. I hope that each of you reading this decided to incorporate some self-care into that routine. There are classes across the metroplex that are offered free of charge ranging from tai chi in the park to water aerobics. The specific activity matters not. The intentionality of the activity is most important. Blocking time off for yourself represents the largest hurdle for most caregivers. The best place to find these resources is your nearest support group. Many caregivers are in or have been in the same situation as you and you never know what resources others have already discovered.

If you ever need to bend an ear and have someone listen to you vent or talk about anything, we are always here and are happy to talk about the challenges of caregiving or the most recent embarrassing personnel decisions by the Dallas Cowboys. We are here for you.





Birthday Wishes to

Kim B – Feb 5
Don R – Feb 8
Shirley Y – Feb 11
Eva U – Feb 11
Ira A – Feb 17
Lavergne B – Feb 18
Esther W – Feb 24

Friends Place Team Members

Tree Weaver – Feb 25

Support Group at Friends Place Alzheimer's Caregiver Support Group

Tuesday, February 10
General Discussion
Time: 2:00-3:30 pm

Tuesday, February 24
Speaker: Diane Chew
Topic: The Journey of a Caregiver
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

Inclement Weather Notice

With it getting colder, 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!



MAKE YOUR RESERVATION

You can submit a reservation calendar online. Email 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