

March 2026



Friends News



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www.friendsplaceads.com

March Celebrations

Mon Mar 9	Kay Seameyer Performs 2pm
Tue Mar 17	St. Patrick's Day! Mocktail Party 2pm
Wed Mar 18	Therapy Dogs Visit
Wed Mar 18	Birthday Celebration with Sierra Leone 2pm
Fri Mar 20	First Day of Spring Flower Planting!
Tue Mar 24	Mike Frankel Performs
2 nd and 4 th Wed	Merrily Workshops 11:30 am
Every Wed	Book Club: A Dog's Journey
Al Month	What's In A Name?

Spring is Here!

On Friday March 20th, we are celebrating the beginning of Spring by going out into our garden and getting our hands dirty!



Safety at Home

Most people think of a new baby and the subsequent babyproofing when they think of making their home safe for everyone in the house, but it is equally as important for our seniors. There are some easy fixes you can make in your home today, and there are some that are a bit more complicated, but still worth doing, especially with the aid of a program like the Senior Source or the Dallas Area Agency on Aging.

The easiest thing you can do at home to make it safer is to remove area rugs and ensure that all carpet is fixed firmly to the floor. Area rugs present a tripping hazard as those suffering from dementia often "shuffle" their feet along the ground. Furthermore, sudden changes in texture and color on the ground can look like a gaping chasm to our loved ones.

With a quick trip to your local hardware store, you can improve lighting in your house. Dim lighting makes it hard for your loved one to see. Even if you don't think it's that dark, for someone with dementia it can be like trying to read a menu with small print in a dark restaurant. Going up a few lumens on each lightbulb can be a real godsend to your family member. They even make some lightbulbs where you can change the warmth and brightness by simply twisting the bulb.

Some of the more difficult renovations can also be the most helpful. Installing a ramp with handrails leading into one entrance of the house can help prevent falls. As can installing grab bars near the toilets and in the bath. You can also get a shower chair so your loved one does not have to remain standing the entire time they are in the shower, thus reducing fall risk. There are some services that will help pay for or in some cases completely pay for these upgrades. Let us know if you want more information.





Birthday Wishes to

- Judy L – Mar 1
- Georgia B – Mar 2
- Robert D – Mar 5
- Postene N – Mar 8
- Vonnie W – Mar 14
- Nelson T – Mar 20
- Pricilla E – Mar 25

Friends Place Team Members

- Joi Walker – Mar 16
- Virginia Jackson – Mar 3

Support Group at Friends Place Alzheimer's Caregiver Support Group

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

Tuesday, March 24
Speaker: Healing Hands OT
Topic: Safety in the Home
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