

April 2026



Friends News



1232 W. Beltline, Desoto, Tx 75115 (972)274-2484 Fax (972)274-0002 www.friendsplaceads.com

April Celebrations

Thu Apr 2	Turning Point Christian Academy Easter Show
Fri Apr 10	Gary Freeman Entertains
Wed Apr 15	Birthday Celebration with Jim Gatlin
Tue Apr 21	Texas Winds Mark Harris, Piano Player
Fri Apr 24	Jamaal Wicks Entertains
Wed Apr 22	Earth Day Gardening
April 8 th and 22 nd	Chair Exercise with Merrily
April 10 th and 24 th	Chair Yoga with Tasha
Book Club New Book!	Starting a new book club book! You don't want to miss it!

Pecan Month!

Join us all month as we celebrate the mighty pecan! Whether you say it like PEA-can or correctly, it's going to be a cracking good month. All month we will be cooking, learning about and even eating pecans! Drop by and see what is on the docket each day (even if you are a PEA-can person)!



Being a Caregiver Superhero

As we speed closer and closer to the summer, I begin to think about some of my favorite movies: superhero movies. While I don't think I'm cut out to wield Mjolnir or swing through downtown New York chasing a guy throwing pumpkins everywhere, I do try to be a superhero in my own life. After all, people have come to rely on me and I can't let them down. I imagine that this sounds familiar to you too. As caregivers, we often try to be everything for our loved one. Cook, housekeeper, driver, doctor, pharmacist, entertainer and, if we have time, maybe child, spouse or friend. It can be totally exhausting.

At the end of Avengers, after defeating the hordes of enemies and Loki himself, Thor, Iron Man, the Hulk, Hawkeye, Black Widow and Captain America sat down and had some shawarma. Even people with mythological powers need a break sometime. If you are looking for a sign that it is time to give yourself a break, this is that sign.

Treat yourself the same way that you treat others. Give yourself the benefit of the doubt. Have patience with yourself. Do something because you want to do it, not because you feel like you have to. Here are some staggering statistics: 79% of caregivers surveyed don't receive any related benefits from their employers. Also, 40% don't talk about their caregiving responsibilities at work. AARP reports that about 20% of Americans workers are simultaneously caring for an elder or special needs adult. About 33% of American workers are caring for a child under 14 years old, according to the Harvard Business Review.

You can rest assured that you are doing as good of a job as anyone could expect, so pat yourself on the back and extend to yourself the same grace you extend to others.





Birthday Wishes to

- Eddie S – Apr 1
- Lorenzo G – Apr 7
- Betty W – Apr 8
- Dr. Woods – Apr 12
- Scooby – Apr 16
- Dura W – Apr 18
- Hazel H – Apr 20
- Josie N – Apr 28

Friends Place Team Members

- Shelia Brown – Apr 4
- Evelyn Tave – Apr 17

Support Group at Friends Place **Alzheimer’s Caregiver Support Group**

Tuesday, April 14
General Discussion
Time: 2:00-3:30 pm

Tuesday, April 28
Speaker: Kim Lopez, Home Instead
Topic: Medication Management and
Mis-Management
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

Celebrating Earth Week

Earth Day and Arbor Day fall in the same week this year, so the week of April 20th we will be planting in our vegetable garden (Wednesday), learning about ways to be good caretakers of our planet (all week) and even doing some Earth themed art projects (also all week). Join us that week to have some fun and see if



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