

Friends Place Newsletter

May, 2026



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Friends Staff

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Francesca Pereira

Dwayne Johnson

Lynn Paulvin

Nathan Duncan

Apryl Leonard

Jerry Smith

Daniel Ros

Margaret Leszkovics

Aleshka Perez

Please mark those calendars & save-the-date for our annual

Father's Day "Tie One On" Party

Daylong celebration on Friday, June 19th

*Wear your favorite necktie (ladies, you too) and
get ready to have some FUN! Prizes awarded!*

Burger & Dogs Picnic-style Lunch

Friendly Reminders:

Thank You! We appreciate your conscientious efforts to turn calendars in by the 25th of the month. Please notify us immediately if you are unable to keep your reservation or you are late picking up your loved one to avoid any additional fees. Reminder: **Minimum 2 Days/Week** is required, if you are unable to keep reservation, please reschedule to another day of the week. Members are highly encouraged to add another day during our special celebrations and events.

May Calendar Events

Th, May 1	Space Day	All Day
M, May 5	Cinco De Mayo	All Day
M, May 5	Staycation Mexico	All Day
Th, May 8	Heart of Texas Therapy Dogs	11:00 am
F, May 9	Texas Winds Presents: Harp Mother's Day Brunch	11:00 am 12:00 pm
F, May 16	National Nascar Day	All Day
T, May 20	World Bee Day	All Day
W, May 21	Wind Down Wednesday	3:15 pm
W, May 20	Entertainment by: Ruby Weston	2:00 pm
M, May 25	Memorial Day Observance	CLOSED
F, May 29	May Birthday Celebration Doc Gibbs Performs	2:00 pm

Mindful Self-Care Scale

We all want to be our best selves, especially when the state of being in which we exist so directly affects our loved ones. Unfortunately, with the constantly busy state in which we find ourselves, that critical aspect of our lives often falls to the end of the list.

If you would like to make sure that you, as a care person, provide the best care possible, *prioritize* the time to take care of yourself—physically, emotionally, and spiritually. Take a moment to consider these different points that you might employ in your self-care practices. If you are not, how can you adjust your daily routine to do so?

Physical care

*I drink at least 6-8 cups of water and eat a variety of nutritious foods.

*I exercise at least 30-60 minutes per day.

Supportive relationships

*I spend time with people who are good to me. (Supportive, encouraging, and believe in me)

*I feel I have someone who will listen to me if I become upset. (friend, counselor, group)

Mindful awareness

*I have a calm awareness of my thoughts and feelings, and carefully select which of these guides my actions.

Self-compassion and purpose

*I kindly acknowledge my own challenges and difficulties.

*I engage in supportive and comforting self-talk. ("My effort is valuable and meaningful")

*I remind myself that failure and challenge are part of human experience.

*I give myself permission to feel my feelings. (for example, to allow self to cry if I need to)

*I experience meaning and/or purpose in my work and personal life. (for a cause)

Mindful relaxation

*I do many things to help me relax, including intellectual (read a book, write), interpersonal (connect with friends), creative (draw, write, play music, organize).

Supportive Structure

*I maintain a manageable schedule & balance between the demands of others and what is important to me.

*I maintain an organized, comfortable, and pleasing living and working environment to support my tasks.

Caregiver's Support Groups

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

Ladies' Support Group

Meets 1st Wednesday/month

May 6th 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

May 15th 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group

Discussion groups the 2nd Thursday/month

May 14th 2:00-3:30 pm

Informational Support Group the 4th Thursday/month

Guest speaker: Ann Steeley

Dementia Friendly

May 28th 2:00-3:30 pm

Young On-Set Focus Group

Meets Last Tuesday/month

May 26th 2:00-3:30 pm

Happy May Birthdays to you!

Jackie Coalter (staff)	3
Alex Andrion	3
Gladys Parker	8
Bart Roberts	20
Ellen Houde	21
James Purser	24
Peter Marks	31
Gary Brantley	31

A very warm welcome to our newest members!

Marie Girardi	Saul Reyes
J.R. Duncan	Gloria Ford
Jim Fryman	

Quotes on Motherhood..

*God could not be everywhere and therefore
he made mothers. ~Jewish proverb*

*All that I am or ever hope to be, I owe
to my angel Mother. ~Abraham Lincoln*

*A man loves his sweetheart the most, his wife the best,
but his mother the longest. ~Irish proverb*

*Best wishes for a blessed, lovely, and
Very Happy Mother's Day!*

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


