

June 2026



Friends News

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June Celebrations

Mon June 1	Texas Winds entertains
Mon June 8	Kay Seamayer entertains
Fri June 12	Flag Day Ceremony
Wed June 17	Birthday Celebration with Sierra Leone
Fri June 19	Juneteenth Lunch
Mon June 22	Father's Day Cars and Cookout
Wed June 24	Jim Gatlin entertains
Fri June 26	Movie Day!!!
Book Club is Reading	The Bridge to Terebithia

Father's Day Cars and Cookout

Join us on Monday, June 22nd for a classic car show right here at Friends Place and BBQ lunch to celebrate all the fathers and father figures in our lives. Please call (972) 274-2484 to RSVP by June 19th.

I'm not old



I'm classic

Hydration, Hydration, Hydration

As we approach the hottest days of the year, it can be easy to miss the signs of dehydration, yet another thing that we must worry about as caregivers. We worry about all of these esoteric problems all the time, sometimes the mundane sneaks up on us.

The best way to avoid dehydration continues to be to "pre" hydrate. But how do we know if someone is dehydrated? Thirst and dry mouth are the first signs that someone is dehydrated. However, many seniors find that they have a naturally declining sense of thirst. Scheduling water breaks throughout the day to have a small glass of water or a hydrating snack, like watermelon.

Dehydration usually takes some time before the more advanced symptoms begin popping up, but you can be vigilant and stop dehydration before it worsens by looking at the color of your loved one's urine. Some of our seniors have lost the ability to tell us when they are thirsty, so this could be the first indication that they are dehydrated. Healthy urine should be a pale yellow, while darker colors (i.e. the color of apple juice or whiskey) indicate increasing levels of dehydration as the color gets darker.

The more serious symptoms of dehydration include confusion and dizziness, blood pressure and heart rate changes, eye pain, headaches, constipation, increased irritability and mood changes. If your loved one is experiencing any of these more serious symptoms, they need water immediately or, if they remain dehydrated or the symptoms worsen, IV fluids.

The nature of dehydration makes it hard to identify immediately as all of the above symptoms could be caused by a myriad of other health concerns, so stay vigilant, always have water on hand and avoid spending too much time outside in this Texas heat!





Birthday Wishes to

- Eddie C – June 4
- Carolyn H – June 5
- Katie L – June 6
- Valerie F – June 13
- Jim F – June 28



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

Tuesday, June 9
General Discussion
Time: 2:00-3:30 pm

Tuesday, June 23
Speaker: Angela Thomas, Care Manager
Topic: Support in Aging
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

Dad Jokes of the Month

Why did the sun go to school in June?

What do you call a snowman in June?

What do you call someone who doesn't believe it is June?



Answers: To get a little brighter; a puddle; A May-sayer



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