

Friends Place Newsletter

July 2026



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Friends Staff

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Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Francesca Pereira

Dwayne Johnson

Lynn Paulvin

Nathan Duncan

Apryl Leonard

Jerry Smith

Daniel Ross

Luz Aquino

Friends Place will be **CLOSED** on Friday, July 3rd
to celebrate the holiday with family & friends.

July Activity Calendar

M	6	Mocktail Monday	3:15 pm
Th	9	Heart of Texas Therapy Dogs	11:00 am
F	10	Star-Spangled Staycation USA!	All Day
W	22	Wind Down Wednesday	3:15 pm
F	24	National Amelia Earhart Day	All Day
W	29	July Birthday Party with Tony Macaroni	2:00 pm

Hydration and Dementia

People living with dementia are at greater risk of dehydration, especially during hot summer weather. They may forget to drink, not recognize feelings of thirst, or have difficulty asking for water.

Even mild dehydration can worsen confusion and increase the risk of falls, infections, and fatigue.

Watch for signs of dehydration:

- Dry mouth or lips
- Dark-colored urine or urinating less often
- Increased tiredness or confusion
- Dizziness or headaches

During the summer, aim for **6–8 cups of fluid each day**, unless a healthcare provider recommends otherwise. More fluids may be needed if the person is sweating or spending time outdoors.

You Make a Difference

Helping your loved one stay hydrated can improve comfort, support clearer thinking, and reduce health risks—especially during hot weather. Remember, even a few sips at a time can make a big difference.

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

July 2nd 2:00-3:30 pm

Men as Caregivers

Meets 3rd Thursday/month

July 17th 2:00-3:30 pm

Alzheimer's Association's Caregiver's Support Group Discussion Group

Meets 2nd Thursday/month

July 10th 2:00-3:30 pm

Guest Speaker presentation

Angela Thomas: Care Manager/Caring with Grace

Meets 4th Thursday/month

July 24th 2:00-3:30 pm

Young On-Set Focus Group

Meets last Tuesday/month

July 29th 2:00-3:30 pm



How come there aren't any knock-knock jokes about America?

Because freedom rings.

Wishing a very happy July birthday to:

Bruce O'Donnell 1st
Lynn Paulvin 3rd STAFF
Robert Todd 4th
Joy S. 9th
Tom Fletcher 9th
Hazel Shepherd 10th
Don Gilmer 15th
Dwayne Johnson 16th STAFF
Karen Hall 20th
Hector Espinoza 21st
Paul Martin 24th
David McCormick 26th
Gloria Stodola 28th
Shelba Addington. 28th
Janet Bathea 30th
David C. 31st
Ann Mathews 31st

...and a hearty welcome to new friends!

Rhonda Kincaid
Sue Ann Moore
Hazel Shepherd
Jay Vineyard
Tab Dupree
Gary M.
Star B.
Pebba McCollom





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

