

Friends Place Newsletter

August 2026



1960 Nantucket, Richardson, TX 75080 972-437-2940 Fax 972-437-2953 www.friendsplaceads.com

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Understanding and Preventing Dehydration

Recognizing dehydration early is crucial—especially for older adults. Many seniors, particularly those with Alzheimer's, may have a reduced or absent sense of thirst. Because dehydration can mirror the symptoms of Alzheimer's, it's often mistaken for a worsening of the condition. In fact, dehydration is one of the leading causes of hospitalization for people aged 65 and older. If not addressed quickly, it can lead to serious—even life-threatening—health issues.

Common Signs and Symptoms of Dehydration

- Ongoing fatigue, lethargy, or muscle weakness
- Headaches
- Dizziness
- Nausea and difficulty keeping fluids down
- Increased confusion or forgetfulness
- Rapid, deep breathing and elevated heart rate
- Skin loses elasticity (slow to return when pinched)
- Little or no urine output
- Sunken eyes or dark circles

Tips to Prevent Dehydration

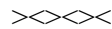
- Offer and encourage fluids—like water or juice—6 to 10 times daily, depending on how much is actually consumed
- Serve fruits and vegetables regularly
- Begin meals with a small salad or a glass of fruit or vegetable juice
- Incorporate hydrating foods into meals, such as soups, puddings, or gelatin
- Provide healthy snacks between meals (e.g., celery, carrots, melon balls)
- Don't forget about special favorites that can boost fluid intake:
 - Popsicles, frozen fruit bars, sherbet, or ice cream
 - Root beer floats or sherbet with lemon-lime soda
 - Flavored waters or plain water with citrus or cucumber slices
 - Chocolate or strawberry milk
 - Smoothies or milkshakes made with fruits like strawberries, blueberries, or bananas
 - Applesauce cups
 - Yogurt or frozen yogurt cups

Stay Hydrated Year-Round

Hydration is essential—especially during the hot Texas summer, but it's important every season. Make it a habit to check in with loved ones and encourage regular fluid intake to help them stay safe, comfortable, and healthy.

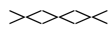
Caregiver's Support Groups

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



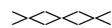
Ladies' Support Group

Meets 1st Wednesday/month
August 5th 2:00-3:30 pm



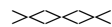
Alzheimer's Association's Caregiver's Support Group

Discussion Group the 2nd Thursday/month
August 13th 2:00-3:30 pm



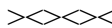
Men as Caregivers

Meets 3rd Thursday/month
August 20th 2:00-3:30 pm



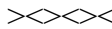
Informational Session

4th Thursday/month
Guest Speaker: Kathleen Warshawsky
Seniors BlueBook Resources for Aging Well
August 27th 2:00-3:30 pm



Young On-Set Focus Group

Meets last Tuesday/month
August 26th 2:00-3:30 pm



24/7 Alzheimer's Association's Helpline 1-800-272-3900

Caregivers face unique challenges every day and the timings of these instances is often unpredictable. One tool we have found beneficial is Alzheimer's Association 24/7 Helpline. Caregivers can call any day, any time and reach qualified professional.

REMINDER:

Reservation calendars are due by the 26th of the previous month. If a PARTICIPANT misses a reserved day, the center must be notified **no later than 9:00 am of the day reserved** or the fee for the day will be forfeited. This helps us to plan staffing, food, & activities. We appreciate your cooperation in helping us provide exceptional service. Thank you!

It's a groovy August at Friends Place!

Th	6	Plano Symphony Orchestra: Healing Notes: Bass Trio	10:00 am
T	11	<i>Class Act Tap Dancers</i> Special 40 th Anniversary	11:00 am
W	12	Wind Down Wednesday 	3:15pm
Th	13	Heart of Texas Therapy Dogs	11:00 am
M	17	<i>August Birthday Party</i> with performer Norris Perry	2:00 pm
F	21	Celebrating Woodstock <i>Wear Hippy-dippy duds to celebrate 1969!</i>	All Day 
Th	27	Staycation to Hawaii	All Day

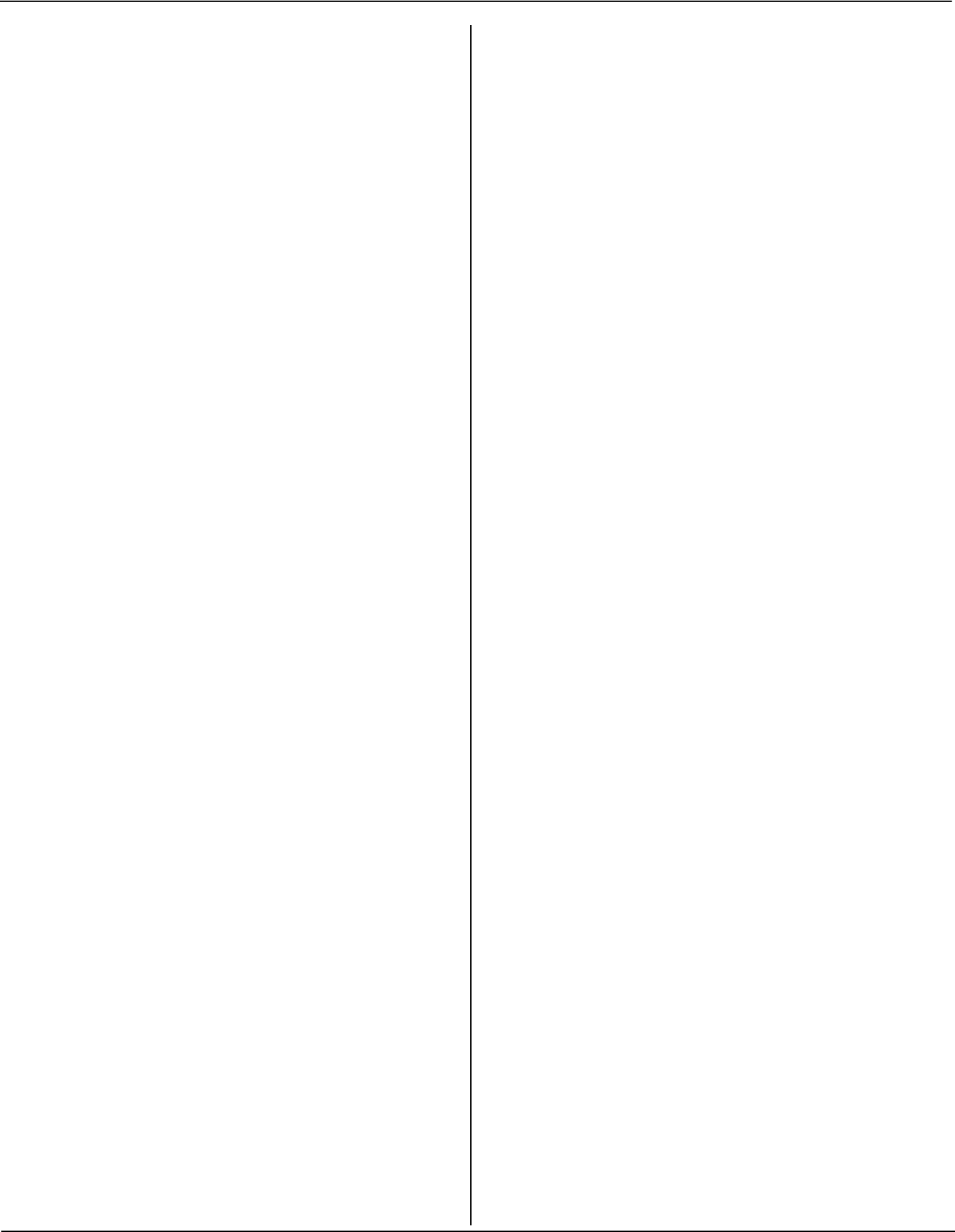
A very warm welcome to our new members

Sally Barron	Troy Galloway
Tom Clingan	Nancy Takamatsu
Bill Thompson	Pat Welsh
Lynda VanderDrift	Ben Vaughan



1	Peggy B.
8	Daniel Ros (Staff)
15	Mickey B.
17	Ken J.
19	Dick S.

*We will be **closed** on Monday, September 7th for Labor Day.*



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

