



## DECEMBER 2018 FRIENDS PLACE NEWSPAGE



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Phone 972-437-2940  
For information, photos, and events, 'Like us' on Facebook!

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**We follow the Richardson Independent School District inclement weather days opening, delayed start & closings.**

### Turning Holiday Stress into Holiday Success

**Holidays are full of families and traditions but can be a challenge for families living with dementia. With a little planning and adjustments, the holidays can still be an enjoyable time for your family.**

Update others with a short note or phone call to briefly explain some of the changes that visitors might notice; ask for their understanding, acceptance, and flexibility.

Modify the traditional holiday routine to keep your regular routine as much as possible.

Recognize your limits. Delegate. Manage only what you can, NO guilt. Boundaries are good. Pare down big traditions and expectations.

Build on past traditions and involve your loved one by breaking tasks down into small, manageable, safe components.

Schedule events during their best time of day, starting new traditions as needed. For example, do holiday brunch instead of dinner if sundowning is a problem or mornings are better.

Adapt gift giving. What was once enjoyed may not now be appropriate. Ask others to consider intangible gifts such as "one-on-one time together" coupons, caregiver respite, etc.

Limit yourself to only what you can handle in shopping/gift giving. Include the person with dementia in gift giving.

Use nametags. Speak names & pronouns together. Assist your loved one in recall with tactful, subtle cues & reminders. Plan how to engage them at gatherings. Keep their dignity intact.

Use all the senses to enjoy the sights, sounds, & scents of the holiday season. Visit decorated neighborhood light displays, attend familiar church/community services, bake together, enjoy holiday music or videos.

Realize that perceptions change, which can make too much decorating very overwhelming, blinking lights may be scary, or certain decorations could be interpreted as treats.

Be gracious and flexible, have a "Plan B" quiet spot to go to, a less stimulating alternative activity, or someone who will tend to your loved one apart from the crowd if it's "too much."

**With advanced planning, you and your loved one can avoid the frenzy of the holidays. By ensuring that everything is in your loved one's best interest, the season is made less stressful and more enjoyable for everyone.**



### Blessed, Blessed, Blessed!

Sending out tons of gratitude to Cindy Cramer, Daniel Collins, the Jesuit boys, the lovely ladies of Altrusa, Mary Cooley, the many university students, and all those who donated support group meals. A heartfelt note of appreciation for giving so generously of their time and talents throughout the year.

And, how about this amazing Friends Place staff!? What a wonderful group of fun, interesting, smart, kind, generous, loving, caring people. We're truly blessed and appreciate the devotion and talents that each staff member brings every single day. We are all truly, deeply blessed.



**Caption describing picture or graphic.**

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful

to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

## Inside Story Headline



This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid

selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



**Caption describing picture or graphic.**

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## Caregiver's Support Groups Offered

Meetings are open to the public.  
Loved ones can attend activities free of charge during meetings, with reservations.  
Please call 972-437-2940 for a reservation.



### Alzheimer Association's Caregiver Support Group Meeting

Discussion groups 2nd Thursday of each month  
Speaker meetings 4th Thursday

**Holiday Social for ALL support group members  
Dec. 13 2:00-3:30 pm**



*Coming in January!*

### Lewy Body & Frontotemporal Dementia Combined Caregiver Support Group

1st Monday of each month  
**January 7 4:00-5:30 pm**

**2018 Holiday Social off-site  
Check your email for details and directions!**



### Men-Only Support Group

1st and 3rd Thursday of each month

**Dec. 6 & 20 2:00-3:30 pm**

This specialized group addresses unique concerns of men in the caregiver role.  
Please call **George Davis** for more information.  
**972-900-9774**



### Wives-Only Support Group

1st and 3rd Tuesdays of the month

**Dec. 4 & 18 2:00-3:30 pm**

Addressing the distinct challenges and issues caregiver wives face as relationships evolve.



*Coming in January!*

### January Caregivers Coffee Talk

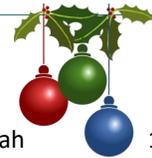
Held the second Monday of the month

**January 14 9:30-10:30 am**

Drop off your loved one at Friends Place and meet us around the corner at **I Love U A-Latte, 541 W. Campbell Ste. 125** for a relaxing visit with others sharing this same journey with you.



## December Calendar



M	3	Celebrating Hanukkah with Paul Markowitz	11:00 am
T	4	The Plano High School Chamber Choir presents A Charles Dickens Christmas (In costume!)	2:00 pm
Th	6	Midweek Devotionals	11:15 am
		Heart of Texas Therapy Dogs	11:45 am
		Interactive Entertainer Marty Ruiz	1:45 pm
M	10	Dance & Sing with Norris Perry	1:45 pm
Th	13	Thirsty Thursday Happy Hour	4:00 pm
F	14	Heart of Texas Therapy Dogs	11:45 am
		Berkner High School School Choir	1:45 pm
M	17	Mocktail Monday Happy Hour	4:00 pm
T	18	Class Act Tap Dancer Christmas Show	1:45 pm
W	19	Birthday Party with Toney Walsh	1:45 pm
Th	20	Midweek Devotionals	11:15 am
F	21	Texas Winds Vocal Pops Performance	11:00 am



## Happy, Happy, Happy December Birthdays!

12	Jim Fox
24	Clark Shupp
26	Jo Ferguson
29	Laura Hatfield (staff)

*Season's greetings to you this year!*

*Peace to all, both far and near.*

*Prayers for your good health and cheer.*

*Wishing very rich blessings for you*

*and for those you hold dear.*

*To our wonderful friends and families,*

*We wish you a lovely, safe, peaceful, and*

*fulfilling holiday season & new year!*

*Happy, Happy Holidays!*

*With love from your Friends Place staff*