



# Friends News

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## Friends Staff

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Brittany Graves  
Gayle Rumbeck  
Brea Harris  
Austin VanVolkenburg

## It's going to be a great April, *no foolin'*!

M	1	Mocktail Monday Happy Hour	4:00 pm
T	2	Interactive Entertainer Marty Ruiz performs	1:45 pm
Th	4	Heart of Texas Therapy Dogs	11:45 am
Th	11	Midweek Devotional	11:15 am
		Crooner Toney Walsh is here to sing your favorites!	1:45 pm
		Thirsty Thursday Happy Hour	4:00 pm
F	12	Heart of Texas Therapy Dogs	11:45 am
M	15	Dance, sing, enjoy performer Tony Macaroni	1:45 pm
		Mocktail Monday Happy Hour	4:00 pm
W	17	Texas Winds Performance by Paul Demer	11:00 am
Th	18	Staycation Greenland!	All day
W	24	Celebrating the April Birthdays with Mike Allyn	1:45 pm
Th	25	Midweek Devotionals	11:15 am
		Thirsty Thursday	4:00 pm
M	29	Welcoming guitarist/singer Matthew Norwood	1:45 pm

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*Save the date for our traditional, lovely, and delicious celebration!*

## *Mother's Day Luncheon & Tea*

**Friday, May 10th 12:00-1:30 pm**

*Please arrive by 11:45 am for seating*

*Serving finger sandwiches, salads, assorted breads, fruit, teas & cookies*

**Accompaniment by Harpist Carla Siegesmund**

**Special recognition of Military Spouses**

**Fashion Show Curated by Beaucoup**

*Reservations required, 972-437-2940*

*Families are invited to attend this special event!*

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## **Kindness Action Ninjas "Treats for Troops"**

"Kudos" to our generous Friends Place families! We've collected cash and loads of foodstuffs during the month of March to be sent to active duty troops who don't often receive much mail from home. This partnership with the Richardson Chapter of Altrusa International and their Kindness Action Ninja "Treats for Troops" program has been an impactful one, and we are delighted to help send a taste of home overseas. Thank you!

## Caregiver's Support Groups

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

### Lewy Body/Frontotemporal Dementia

Meets 1<sup>st</sup> Monday/month

April 1 4:00-5:30 pm

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### Wives' Support Group

Meets 1<sup>st</sup> & 3<sup>rd</sup> Tuesday/month

April 2 & 16 2:00-3:30 pm

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### Men as Caregivers

Meets 1<sup>st</sup> & 3<sup>rd</sup> Thursdays/month

April 4 & 18 2:00-3:30 pm

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### Alzheimer's Association's Caregiver's Support Group

\*Discussion group the 2<sup>nd</sup> Thursday/month\*

April 11 2:00-3:30 pm

\*Guest speaker presentation on 4<sup>th</sup> Thursday/month\*

**Ask the Expert** featuring **Amy Blaszczyk**,

Pharm D, BCGP, BCPS, FASP, Associate Professor & Division  
Head of Geriatrics & Pediatrics, Texas Tech School of Pharmacy

April 25 2:00-3:30 pm

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### Caregiver's Coffee Chat each 2<sup>nd</sup> Monday/month

April 8 9:30-10:30 am

Meet at *Love U A-Latte*, 541 W. Campbell Ste 125

## Promoting Positive Self Esteem

by Pam Johnson

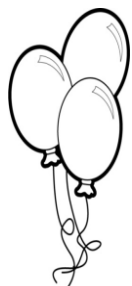
When we are children, good parenting-techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain affirmative feelings of respect, personal pride and self-worth without the valuable support of the caregiver.

Here are 10 tips for fostering positive self-esteem.

1. Praise frequently and sincerely—for ideas, actions, decisions, or deeds.
2. Value each person as a unique individual. Each of us have our own talents, skills and personalities.
3. Show gratitude for efforts regardless of outcomes. The only thing worse than failing is giving up and not trying at all.
4. Break tasks into manageable steps. This increases their chances of success which then creates a feeling of achievement.
5. Solicit their opinions—be it an open-ended question or simply asking if they agree or disagree. So...do you think this a good idea?
6. Focus on their strengths and remaining abilities. Having realistic expectations will possibly prevent unnecessary failures.
7. Be mindful of the person's Lifetime Roles. Many people feel defined by their personal or professional accomplishments. Even after retirement or disease, they still need-and deserve-to feel that same respect.
8. Allow them to help. Being able to make daily contributions promotes positive feelings of self-worth.
9. Encourage sharing life experiences. We all have a story to share that validates our life.
10. Promote independence: cues, prompts, and enabling techniques will allow them to do things with little or no assistance.

These are some of the many ways that staff at Friends Place help our members feel worthy. Years ago, we had a member say, "Thank you for making me feel whole again." Truly, it was the one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.

### Happy April Birthdays!



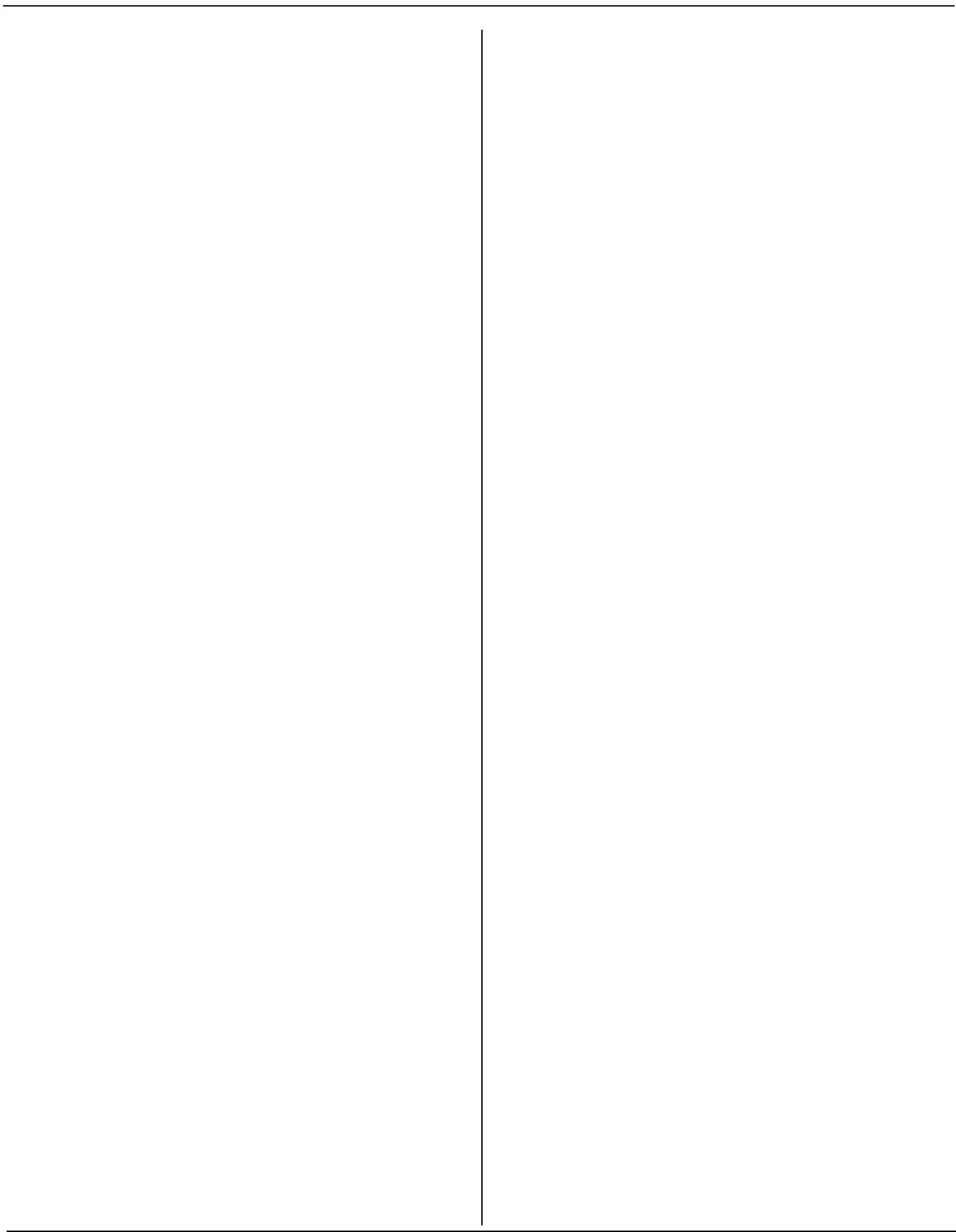
6	Bill Smith
8	Peter Fries
12	Christene Ross
14	Frank Lynch
15	Mary Dennison (staff)
18	Jane Campbell
21	Walter J.
28	Lawrence Watson
29	Phil Puckett



### A Warm Welcome to...

Charley Tamblyn  
Mary Thrash  
Al Bush

Ken Dortch  
Sheridan Simmond  
Juanita Palmer  
Chuck Martin



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