



Friends News

1960 Nantucket, Richardson, TX 75080

972-437-2940

Fax 972-437-2953

www.friendsplaceads.com

Friends Staff

Mina Choudhury

Jane Kovacs

Jackie Coalter

Claire Iwuoha

Malissa Cestari

Lisa Bonner

Christopher Laudon

Mary Dennison

Jane Tucker

Sandy Kniffen

Laura Hatfield

Heather Brackett

Diana Kirk

Elisabeth Juhasz

Sindy Meraz

Firas Ahmed

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

Th	8	National Zoo Lover's Day	1:30 pm
F	16	Jazz n' Jammies (Wear Your Pajamas)	All day
M	19	Staycation to France!	All day
Th	22	Earth Day	All day
Th	22	Thirsty Thursday	3:15 pm
F	23	Picnic Day	12:30 pm
T	27	Celebrating the April Birthdays	1:15 pm

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Friends Place Zoo



VIRTUAL ZOO FIELD TRIPS
for animal lovers

Come Along, Come Along,
Friends Place is taking a virtual
trip to the Zoo.
We will see zebras, monkeys, and
maybe some lions too!

Thursday, April 8th is National Zoo
Day! Join us as we take a virtual
tour to the Zoo.



STAYCATION TO FRANCE



Join us as we 'Bon Voyage' to
France. Our signature
programs and menu will be
adapted to a French theme!

'Bonjour and Bon Appétit'

Monday, April 19th

National Picnic Day



HOT DOG, have we got a picnic planned for you to taco 'bout! We are ready to pickle your fancy with a picnic menu that will a-peel to the most diverse of palettes. Friends Place wants to spread some hap-pea-ness so you better save the date!

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Happy April Birthdays!

8	Jean Rizer
12	Christene Ross
15	Mary Dennison (staff)
29	Phil Puckett



A Warm Welcome to...

Paulette Mitchell	Michael Pactor
Raymond Flowers	Robert Martin

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.