

# Friends Place Newsletter

May, 2022



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## Friends Staff

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Nebil Ibrahim

**Founder & Mentor**  
Pam Johnson

Cordially inviting you to our ever-so-delightful

## *Mother's Day Luncheon & Tea*

Friday, May 6<sup>th</sup> 12:00-1:30 pm

*Finger sandwiches, assorted salads, fruits, teas & desserts*

*Come and enjoy a delightful lunch with your loved one!*

*Reservations required by Friday, April 29th. 972-437-2940*

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Please mark those calendars & save-the-date for our annual

## *Father's Day "Tie One On" Party*

Daylong celebration on Friday, June 16<sup>th</sup>

*Wear your favorite necktie (ladies, you too) and  
get ready to have some FUN! Prizes awarded!*

Picnic-style Lunch.

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## *May Calendar Events*

*"May is nature's way of saying, "Let's party!" ~Robin Williams*

Th May 5	Cinco do Mayo!	All Day
F May 6	Texas Winds Paul Demer performs	11am
F May 6	Mother's Day Luncheon & Tea	12-1:30pm
M May 16	National BBQ Day!	12-1pm
W May 18	Staycation to Mexico!	All Day
Th May 19	Thirsty Thursday	3:15pm
F May 20	Pizza Party Day	12-1pm
M May 23	May Birthday Party with JazzLand	2pm
M May 30	Memorial Day	<b>CLOSED</b>

## Mindful Self-Care Scale

We all want to be our best selves, especially when the state of being in which we exist so directly affects our loved ones. Unfortunately, with the constantly busy state in which we find ourselves, that critical aspect of our lives often falls to the end of the list.

If you would like to make sure that you, as a care person, provide the best care possible, *prioritize* the time to take care of yourself—physically, emotionally, and spiritually. Take a moment to consider these different points that you might employ in your self-care practices. If you are not, how can you adjust your daily routine to do so?

### Physical care

\*I drink at least 6-8 cups of water and eat a variety of nutritious foods.

\*I exercise at least 30-60 minutes.

### Supportive relationships

\*I spend time with people who are good to me. (Supportive, encouraging, and believe in me)

\*I feel I have someone who will listen to me if I become upset (friend, counselor, group).

### Mindful awareness

\*I have a calm awareness of my thoughts and feelings, and carefully select which of these guides my actions.

### Self-compassion and purpose

\*I kindly acknowledge my own challenges and difficulties.

\*I engage in supportive and comforting self-talk. (“My effort is valuable and meaningful”)

\*I remind myself that failure and challenge are part of the human experience.

\*I give myself permission to feel my feelings (for example, to allow self to cry if I need to).

\*I experience meaning and/or purpose in my work and personal life (for a cause).

### Mindful relaxation

\*I do many things to help me relax, including intellectual (read a book, write), interpersonal (connect with friends), creative (draw, write, play music, organize).

### Supportive Structure

\*I maintain a manageable schedule & balance between the demands of others and what is important to me.

\*I maintain an organized, comfortable, and pleasing living and working environment to support my tasks.

## Caregiver’s Support Groups

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

### Ladies’ Support Group

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

May 4<sup>th</sup> 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

May 12 2:00-3:30 pm

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### Guest Speaker Presentation

4<sup>th</sup> Thursday/month

*Pam Johnson: Author of “Did I Remember to Tell You”*

*Founder & Mentor of Friends Place*

May 26 2:00-3:30 pm

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### 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 the Alzheimer’s Association 24/7 Helpline. Caregivers can call any day, any time and reach qualified professional. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf.

*A very warm welcome to our newest members!*

*Renee Pezoulas*

*Errol Mitlyng*

*Rich Colodney*

*Pam L.*

*Rob Salisbury*

*Hector Espinoza*

### *Happy May Birthdays to you!*

Jackie Coalter (staff)	3
Lena P.	9
Chuck Bopp	17
Michael Malcom	26
Carlo Troia	28
Nebil Ibrahim (staff)	31

*Best wishes for a blessed, lovely, and  
Very Happy Mother’s Day!*