

September 2022



Friends News



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September at Friends Place!

All Month	The Walk to End Alzheimer's
All Month	Raising Butterflies
Every Tuesday	Cooking Class
Thu 9/8	NFL Kickoff! Wear your favorite football jersey
Wed 9/21	Back to School Sockhop – You are invited!
Week of 9/19	Staycation – Oktoberfest
9/21	Thanking our Service Dogs!
Tue 9/27	Birthday Celebration with Mike Frankel
Every Wed	Book Club

Early COVID Detection

If you or your loved one seem more tired than normal, please go get a rapid test. Fatigue seems to be one of the earliest signs of omicron and can easily be brushed off as being stress or allergies. Cases have been on the rise. You can help by ensuring your loved one is not sick before coming to the center.

One of our community partners... Heart of Texas Therapy Dogs

Heart of Texas Therapy have been coming to friends place for almost a year now. They are a group of local volunteers who bring their dogs to visit facilities across the metroplex. They are incredibly friendly and always brighten up our day.

Founded in 2003, Heart of Texas Therapy Dogs began as an outreach program with the Richardson Humane Society. Their first visit was to an assisted living facility and they were met with immediate success. From that original group of 4, they expanded to 24 original members of Heart of Texas Therapy Dogs when they ventured forth from the Richardson Humane Society, as their success had outgrown the Humane Society's resources.

So why therapy dogs? Research shows that people who spend time around animals have longer lives, and after just 10 minutes, emergency room patients reported reduced pain, anxiety and depression. The study by Dr. Colleen Dell in Canada reported that almost half of the patients reported improved well-being. Not much is known about why dogs have that effect on us, but it is thought to be a result of a broader bond between people and animals.

Whether we get Sammy, Gabe, Daniel or all three, we love our visits from Heart of Texas Therapy Dogs.

If you want to see these incredibly talented and well-trained dogs, be sure to have your reservation in for Wednesday, September 14 when they visit us next.





Birthday Wishes to

Alf O – Sept 9
Nancy P – Sept 16
Charles Etta W – Sept 20
Mike J – Sept 24
Corene G – Sept 24

Suzy Dunn-Bradford – Sept 12

Support Group at Friends Place **Alzheimer's Caregiver Support Group**

Tuesday, September 13
General Discussion
Time: 2:00-3:30 pm

Tuesday, September 27
Topic: Navigating Family Dynamics with Caring
for a Loved One
Speaker: Dr. Basir Easter, Melanin Minded LLC
Time: 2:00-3:30

If you are planning on bringing your loved one during the support group time, please call ahead.

Art with June

Local artist June Covington returns on Wednesday September 14th at 10am. The art projects that they complete with Mrs. Covington consistently impress us and they have so much fun making something on their own.



As of September 1st, there is a 3% fee on all credit card transactions. There remains no fee for cash or check payments. Thank you so much for your understanding.