

May 2023



Friends News



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May Celebrations

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| Fri May 5 | Cinco de Mayo Celebration with Pinata Smashing! |
| Mon May 8 | Kentucky Derby Day with Rubber Duck Races |
| Mon – Fri May 15-19 | Friends Place Basketball Tournament |
| Tue May 16 | Birthday Celebration with Sierra Leone |
| Wed May 17 | Texas Winds Guitar Duo |
| Mon May 22 – Fri May 26 | Staycation to the National Parks |
| Tue May 23 | Mike Frankel Entertains |
| Every Wed | Book Club |
| Mon May 29 | CLOSED for Memorial Day |



Save the Date!

Come join us for our Mothers' Day celebration on May 12th. We will have a Victorian-themed Luncheon. We will talk about the language of the fans used in Victorian days.

RSVP today!



Caregiver's Corner – The Language of Dignity

One of the many struggles of caregiving for someone with dementia is simply communicating. Vocabulary is lost or confused in such a way that makes even simple conversations seemingly impossible. However, with a couple of strategies and techniques you can make communication easier (not easy, but easier).

The first thing you can do is slow down. Dementia starves the brain of its ability to process information. Speaking quickly can make your loved feel like they are trying to take a sip out of a fire hose, inundated with so much information that there is no hope to parse what is happening.

One particularly difficult aspect of living with someone with dementia can be the vocabulary that they have left. In addition to losing much of who they were, the language that they are left with is what Teepa Snow calls "thumb words," every word that your mother ever threatened to wash you mouth out with soap for using. As the disease progresses, those usually four-letter words are the only words that your loved one is able to access quickly. That does not mean that dementia is lowering inhibitions, thus allowing them to be who they really were. Those words are simply the only words that they have. Try not to hold their language against them. They are doing the best they can.

Avoid open-ended questions. Questions like "What food do you like?" can be replaced with "Do you want pepperoni or sausage?" Open-ended questions can rely on your loved one having the vocabulary to answer. When they reach for the answer and can't come up with one, it can be embarrassing and anxiety inducing. If possible, use visual cues as well.

Communicating with people with dementia is rarely easy, but by employing a few of these strategies you can make it easier for your loved one. They really want to talk to you, but it is up to use to meet them where they are and focus on the words they have, not the ones they've lost.



Birthday Wishes to

Anne M – May 1
Ralph B – May 17
Arminda P – May 22
Norma D – May 24
Tina T – May 25
Maria Ce – May 27

Support Group at Friends Place
Alzheimer's Caregiver Support Group

Tuesday, May 9
General Discussion
Time: 2:00-3:30 pm

Tuesday, May 23
Speaker: Melissa Gomez, The Senior Source.
Topic: Senior companion program and other programs

Time: 2:00-3:30

Staycation to the National Parks!

The week of May 22nd we will be embarking on a trip through the national parks. Whether you prefer the snowy mountain tops of Mount Denali, the sandy beaches of Haleakala or the alligators in the Everglades, the National Park service has something for you and we are going to explore them the best we can.



**MAKE YOUR
RESERVATION**

You can submit a reservation calendar online.
Email rhenry@friendsplaceads.com to receive a link and be added to a monthly mailing list. Paper copies are still available.
Get your reservation in to guarantee yourself a spot!

Also, you can make changes to your reservation by texting 469-553-0188