



Volume No. 54, August 2015

FRIENDS CONNECTING

HOUSE OF FRIENDS

Bethany United Methodist Church
10010 Anderson Mill Road, Austin, TX 78750

Connecting people, transforming lives and filling hearts with joy, hope and love

HOF VISION

is to provide the highest quality respite program for families caring for someone with dementia at home through demonstrating the love of Christ for them in tangible ways.

HOF MISSION

is to provide respite to caregivers and enrich the quality of life of their loved ones with dementia through a stimulating, loving and safe community environment.

2015 GRANTORS

alzheimer's 
association™



Bethany Foundation



Generation to Generation Fund
Hope Presbyterian Church

50 Shades of Happy



Got your sunglasses on? The sun is bright and the heat index continues to rise during these dog days of summer. Amid the sultry heat, there are gems of many hues in this season that brings out the Happy in all of us!

In July at our Thursday House of Friends (HOF), we cooled off at the beach. The sparkling blue water and the lapping waves were the perfect backdrop for building sandcastles, an alligator and even a pyramid. One week we drew cones and topped them with the flavors of our imaginations, including tutti-frutti ice cream, lemon with banana and strawberry-grape sherbet. A maraschino cherry on top completed the flavor treat! Now we're REALLY looking forward to sampling this cool treat at our **Family and Friends Ice Cream Social** on August 27, 1:30 – 2:30 pm, in the Bethany Fellowship Hall. I hope you'll join us!

A friendly dog named Bella visited recently, rounding out our Dog Days of Summer theme. Later in August we'll go to the Summer Carnival. We'll be sure to pace ourselves as we try out activities at the booths.

House of Friends is a place where people come together weekly, supporting each other. New volunteer Mie Arntson says, "I really enjoy coming here. I like buddying [with a dementia friend] and I feel like I am making a difference." A number of youth volunteers and guests have added energy to our time together this summer.

After a hiatus of several months, it is a delight to re-connect with program friends in this 54th issue. I extend a giant THANK YOU to Kim Natwig who retired as newsletter editor and media coordinator from HOF in December 2014. Her vision and creative talents since 2004 have set the bar on communications and artistic elements at HOF. ~ Susie Petersen



House of Friends Family & Friends Ice Cream Social

Thursday, August 27th
1:30 – 2:30 p.m.

Bethany UMC Fellowship Hall
Special Entertainment
Join us for a cool treat!

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Meets the second Thursday of the month, 12 noon - 1:30 p.m.

Upcoming dates: **August 27**, 12 noon - 1:30p.m (this is a change, this month only, from the usual 2nd Thursday meeting day) and **September 10**. Contact Pastor Dave Lutz, 512-310-9451.



*Sue and Winona finish
a sand-art alligator*

2015 SPONSORS

Arden Courts Memory Care
Autumn Leaves of Austin
Bethany United Methodist Church (in-kind)
Cedar Ridge Alzheimer's Special Care Center
H-E-B
Hope Presbyterian Church
Riva Ridge Memory Care Center
Sam's Wholesale
Searchers Sunday School Class (Bethany UMC)
Senior Helpers
Senior Sitters
Starbucks – Anderson Mill & Hwy 183
Sundance Premiere Memory Care

LAUGHING MEMORY

A study at Loma Linda University in California found that a good laugh is associated with improved short-term recall. Laughing triggers the release of feel-good hormones called endorphins. You relax and that suppresses the stress hormone cortisol. When cortisol is suppressed, your blood pressure goes down and circulation increases, which reduces inflammation, muscle tension and associated pain. You improve overall oxygenation of the body and brain, and that triggers better mental clarity!

At House of Friends, yoga instructor Genevieve Yellin leads the group in “ho-ho-ho, ha-ha-ha, he-he-he” and soon broad smiles lead to giggles. Once the giggles start, the laughter is contagious!

MULTIPLY IMPACT

House of Friends raised \$3,300 in **Amplify Austin Day** in March! Thank YOU for your giving! Visit our Amplify online portal at:

<https://amplifyatx.ilivewheregivehere.org/bethanyHOF/overview>

throughout 2015 to view our Home Page and make a donation.

Your Financial Investment in HOF helps sustain our free community program that receives no direct financial support from the Bethany general budget. We depend on your donations and community grants and sponsors.

By Check, to Bethany United Methodist Church, with House of Friends on the memo line.

By Check, designating a Memorial. Make check to Bethany United Methodist Church, with House of Friends-In Memory of [insert name] or House of Friends -In Honor of [insert name] on the memo line.

By Check, using a Gifts and Memorial Form. This form is available at House of Friends, in the Bethany Church Office, or may be downloaded at:

<http://www.bethany-umc.org/generosity/forms>

Designate gift to Specific Project – House of Friends. Attach check with form and submit to Bethany office or to House of Friends Thursday program. This is a meaningful way to honor or celebrate a person or special occasion.

Online, at Bethany Website. Go to:

http://www.bethany-umc.org/generosity/give_online

You must designate your gift to House of Friends. All HOF donations go to a dedicated account.

Electronic Funds Transfer (EFT) and credit card giving are available. For more information contact the Bethany Finance Office at 512-258-6017.

CURRENT VOLUNTEER NEEDS

* Thursday companion volunteers * Newsletter editor * Volunteer Financial Assistant *
Contact Nancy Kier, Volunteer Coordinator 512-250-5501

Together we are the hands and heart of God building a house of friends. House of Friends is a program for those with early stages of Alzheimer's and related illnesses and provides a welcome respite to caregivers. It is offered at no cost to the community. HOF offers educational support to family members, volunteers and the community.

House of Friends at Bethany United Methodist Church
10010 Anderson Mill Road, Austin, Texas 78750 512-258-6017, ext. 254 www.bethanyHOF.org
Susie Petersen, Director Rev. Dave Lutz, Care Ministries Pastor