

The Arbor House Recorder

ARBOR HOUSE: The #1 Memory Care in Granbury!

HAPPY MEMORIAL DAY! HAPPY MOTHER'S DAY!

Another month has come and gone in the blink of an eye! As summer draws near, we hope everyone is gearing up for the warm weather that is headed our way.

We are so pleased to announce that after many interviews with highly qualified applicants, we have come to an agreement and hired our new Director of Nursing, Jennifer Wright. Jennifer has many years of experience in the nursing field, and was most recently employed as a home health nurse who spent a lot of time in our building with our residents! Because of this, Jennifer is already very familiar with our community and has worked with our Medical Director, Dr. Bishop, for many years. Jennifer is compassionate, organized, and obtains the excellent communication skills required to be a successful DON! Jennifer is currently scheduled to start with Arbor House on May 15th, at which point she will train alongside Toby until his last day, on May 19th. Please help us welcome Jennifer to our team, and do not hesitate to stop by and introduce yourself to her while you are sending Toby off with well wishes and good luck!

The care-friends on Bogart House took the prize for March's "Engagement Challenge." The management team paid close attention to each house to determine which one was the most consistent, and who made the greatest improvements in regards to keeping the residents engaged using our unique "Life in Motion" engagement program. While it was a close call once again, we were able to come to an agreement on Bogart. The care-friends who worked on Bogart will be rewarded with a pizza party to show our appreciation for their hard work. The care-friend challenge for April involved the consistency in documenting the resident's weight and vitals each week. The management team will look at the charts on each house to determine which house was the most consistent, and that house will be rewarded for their efforts as well!

Please take a moment to read our "Ask the Expert" article, written by our Regional Director, Natalie Kunkel, which provides some insight on the feelings most commonly associated with moving a loved-one into an Assisted Living or Memory Care community. Also, please notice the invitation to our Mother's Day Luncheon, and be sure to RSVP if you would like to join us in celebration of all the wonderful moms out there! As always, we have included some photos of our residents participating in our "Life in Motion" engagement program. Enjoy!!

Much Love,

Sabrina

MAY

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Along with a host of amazing
care-friends and dietary staff!

ASK THE EXPERT

During my career, I've had the opportunity to support many spouses going through the separation of moving their wife or husband, or even mom or dad, into an Assisted Living. In most cases, they were moving into the Community that I led, but not always. Right now, I'm helping a dear friend through this separation as she has moved her husband into a Memory Care Community in another state. Her story is not too different from the many others I have helped. In this case, she and her husband, who was diagnosed with Alzheimer's disease a number of years ago, have been strong advocates for education, resources and research. She and he are well versed in the journey behind them and in front of them. But that is little comfort, I suspect, on the first few nights alone.

It is the right decision. She needs to take care of herself. If the spousal caregiver is not careful this disease will claim their life first by way of stress related illnesses. It is also the right thing for him to be in an environment that is simplified and has both programs and people support to lighten his load. Again, I suspect this is little comfort on those evenings alone. These same feelings can be true for adult children, who have taken on the role of caring for their aging parents.

So how can I help both people through this really hard part of the journey? It is a question that keeps me up some nights. Here are my tips for her:

1. It is OK to grieve. You have experienced a loss – it is not death and for that we can be grateful, but don't feel guilty for grieving.
2. You must find your new purpose. For so long you have been caring for him and while you still bear some burden there in a broader sense, the day-to-day tasks are now carried out by others. Don't feel guilty about this. This is a gift that will improve the quality time you have with him. You cannot sit at home all day; re-visit an old hobby, find a new one, exercise, lunch with friends, volunteer... do something that is meaningful or just makes you feel good. You will rest better and have better visits.
3. Change your expectations and don't sweat the small stuff. In this case, I was encouraging the wife to take an iPod filled with her husband's favorite music to the Community so the caregivers could try using it during times of stress. She was concerned it would get lost or even stolen. I assure you, if it is being used it will get lost. I encourage you to think about things as moments of joy. If you were to go out to dinner and a movie how much would you spend? What do you have to "show" for it after the money is spent? Nothing, but you do have joy and/or satisfaction from the experience? An iPod Shuffle is \$40.00, if he gets to use it 3 or 10 times before it is misplaced, is that joy or satisfaction worth the cost? The same can be said for many items; don't restrict things because they may get lost and don't get upset when they are lost, his stress is not worth the cost. When spouses can let go of trying to keep track of every sock and towel, the time visiting can take on a higher quality.
4. Screen out troubling news. Your spouse cannot process information in the same way you can. It is not necessary to keep them up on the family gossip or tragedies. One of my favorite quotes by Joeline Brackey is: "People with dementia don't operate by a thought process, they operate by how they feel." Keep this in mind during visits. How will this news make the person feel? And likewise, remember this is still a person who cares about you. Healthy spousal relationships include sharing feelings. When your spouse is having a hard day, it is OK to share with them that this is hard for you too. I had one wife that parted every visit with her husband with these words. "I love you and I will miss you while I am running errands. I know you will miss me too. Our love is stronger than this disease and I will be back soon". This husband was aware of his Lewy Bodies diagnosis.
5. Know that he will have many moments of joy during his days. Many of which you will never witness. And it is OK for you to have moments of joy in your life too! Many of which he will not be a part of. This does not dilute your love or commitment, but it does keep you healthy in heart and mind so they you both can continue this journey hand-in-hand when you are together.

Natalie Kunkel, CTRS, CDP

★HAPPY★
BIRTHDAY!

Norma - May 9th

Inez - May 20th



Kenneth relaxes during "Quiet Moments" by catching up on the weekly comics in the newspaper.



Enid enjoys reading her favorite books during "Quiet Moments" in the afternoon.



Shirley and a care-friend make pizza quesadillas during a "Feelings in Motion" engagement. Yum!



James uses the photographer as his target during a "Friends in Motion" engagement.



Bob enjoys spending time with his daughter, who is visiting from NYC for Easter!



Dorothy gets pampered by our nail technician, who comes in every Monday to provide manicures and/or pedicures to interested residents!



Beatrice spends time with her puppy during a "Feelings in Motion" engagement.



Charles, Jim, and Barbara enjoy each other's company, and the nice weather, during a "Friends in Motion" engagement.



Bob enjoys playing his favorite tunes on the piano in our Ice Cream Parlor during a "Feelings in Motion" engagement.



Darlene gets some fresh air and Vitamin D during a visit with her daughter.



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Arbor House Memory Care Assisted Living, has been architecturally designed based on the most current and relevant studies dedicated to creating environments that promote independence and dignity for those managing dementia causing diseases such as Alzheimer's.

OUR DESIGN RESPONSE:

Current research tells us that people with dementia perform with greater independence in less crowded environments. Our Community honors this information in its building design by providing 4 sections we call houses, which each offer 13 private bedrooms, 2 living areas, dining room, kitchen and courtyard.

We use **red dinnerware**, which studies tell us, improves appetite. Additionally, a person's ability to visually process the food on a plate can be affected in the journey and this contrast can make eating easier and reduce mealtime stress. We practice "**Social Dining**", a technique in which the Care Team dines with our residents to promote conversation and provide socially appropriate cueing and assistance.

For people managing dementia, a structured and purpose-filled day reduces stress and "sun downing." Our engagement program, "Life in Motion," boasts a minimum of 10 programs per house each day, which offers a consistent routine to increase independence and are designed to touch on 8 key areas of joy, connection & purpose.

Familiar relationships reduce stress during care giving. Our 1 to 6.5 staffing ratio and designated Care Team per house allow for strong relationships to grow. This ratio does not include administrative staff.