

# The Arbor House Recorder

**ARBOR HOUSE: The #1 Memory Care in Granbury!**

## HAPPY EASTER!

We hope everyone is enjoying the nicer weather, we know we are! Our rose bushes out front are blooming and looking more beautiful every day, and we are in the process of revamping our courtyards for the spring. Be sure to go out and take a look when they are finished, we are expecting them to be gorgeous.

We are happy to announce that Gables House was the winner of the February "Compliment Challenge" with a total of six compliments from family members and third parties. After discussing several possibilities for rewards, the girls who work on Gables decided on gift-cards and pedicures. We are looking forward to pampering them to show our appreciation for their hard work and excellent care. This month we are doing another challenge to keep the care friends motivated that involves how well they do with the daily engagements. These engagements are so important to us, because they are what makes Arbor House stand out from the rest, so we want to ensure they are getting done right every day.

We are requesting donations of any iPods that you are no longer using for a new music program we would like to start. Music therapy has proven to be extremely beneficial for individuals living with dementia, leading to higher functioning and lower levels of stress and anxiety. If you have an old iPod laying around that still works, we would love to use it so we can start the music program off with a bang! We would like to be able to provide every resident with their own iPod so they can each enjoy their own music, but unfortunately we are unable to do that, so your donations to make this program successful will be greatly appreciated.

Much love,

Sabrina

# APRIL

# 2017

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

# ASK THE EXPERT

“Natalie, if I move my mom to a community isn't that the disease winning?”

I get some form of this question almost every week. I have never had to make this decision and can only imagine the guilt that must be contained within each act of the process. So let me speak from my experiences ... I see husbands, wives, daughters & sons after they have experienced something that has brought about the realization that help is needed. I see their struggle, denial and guilt. I hear about how they feel like they are failing someone they love dearly. And at last, they take a deep breath and the decision is made. Then, the transformation begins. While everyone's story is a little different and no one is guaranteed that “happy ending”, the overwhelming majority of the time the experience unfolds in this way...

The first few days the separation is hard for both people, the decision maker starts to experience some relief but they continue to wrestle with their guilt. The new resident has periods where the new-ness is awkward, but they are making friends little by little. Our *Best Friends* Approach begins to work and something magical happens between weeks 3 & 6 - our new resident begins to trust those new relationships and enjoy the interaction with new friends. Their loved one sees this and feels this and their load begins to lighten. There is an acceptance that caring can be done in more than one way. That allowing others to help can allow their relationship to move from caregiver to family again. I begin to hear laughter in their conversations and visiting becomes easier and more relaxed. After about 5 to 8 weeks, our new resident has their purpose and friends. This is the time where I hear the husband, wife, daughter or son make remarks about their loved one “being more like their old self” and “I wish I would have done this sooner – for both of us”.

So it is hard for me to ever see the disease winning because of this decision. And by no means do I ever think this is a choice that could be translated into “giving up”. This choice is a struggle and it is not passive. To make this choice is to give something to the person managing the journey of dementia ... something that would never replace the love of family but can add to that in a supportive nurturing way. Moving to an Arbor House community can *give new meaning to life* to both the family member and the person now living in this journey.

Ask the Expert, by Natalie Kunkel, CTRS, CDP

★HAPPY★  
BIRTHDAY!

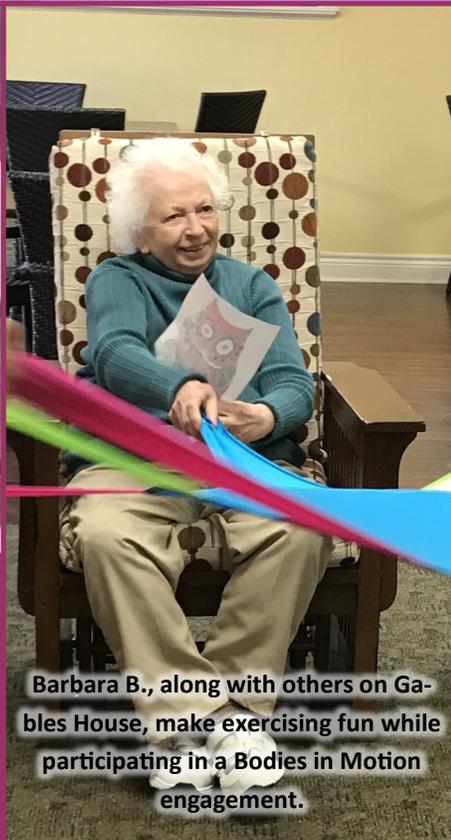
Dean - Apr. 5th

Bonnie - Apr. 15th

Beatrice - Apr. 18th



Charles W. participates in a Friends in Motion engagement where he and a few men show off their target shooting skills.



Barbara B., along with others on Gables House, make exercising fun while participating in a Bodies in Motion engagement.



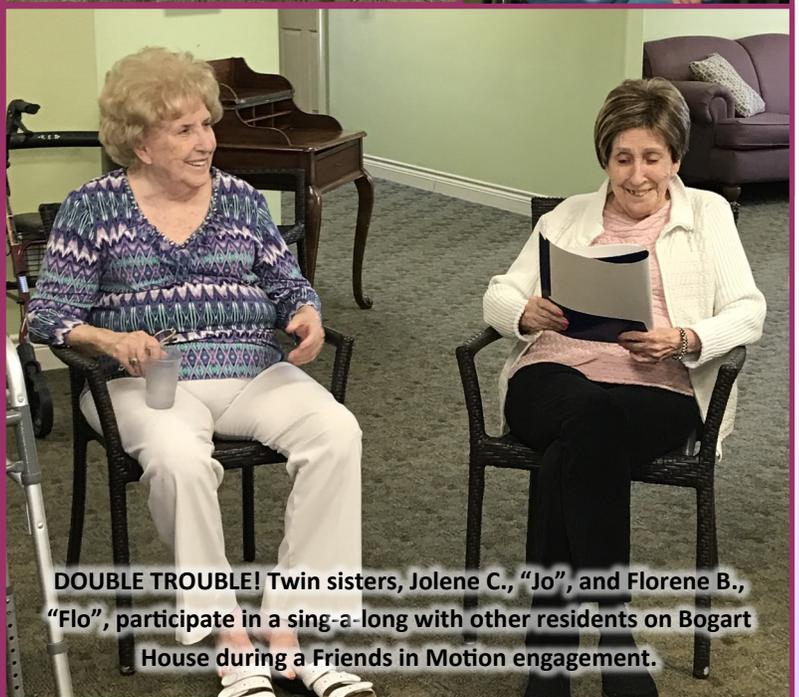
Marvin P., "Hoss", celebrates his heritage on St. Patrick's Day.



Dorothy C. uses a telephone during a Feelings in Motion engagement, to liven her senses and encourage conversation.



Bill H. and Bonnie W. enjoy each other's company, while freshening up their bowling skills in a Friends in Motion engagement.



DOUBLE TROUBLE! Twin sisters, Jolene C., "Jo", and Florene B., "Flo", participate in a sing-a-long with other residents on Bogart House during a Friends in Motion engagement.



Darlene F. celebrates her birthday with her loving husband and daughter after having her hair and makeup done by a care-friend!



Mary N. and Wanda E. clap their hands to the beat, while singing along with their friends in a Friends in Motion engagement.



Deanna R. and care-friend, Lori, enjoy a Feelings in Motion engagement, where they prepare queso dip for the other residents.



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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.