

# The Arbor House Recorder

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

## HAPPY INDEPENDENCE DAY!

First it was Toby, then it was Star, now Alexa?! So many changes happening this year at Arbor House. As most of you are aware, our Executive Director, Alexa Lewis, has been accepted into a nursing program and will be stepping down from her position to begin classes at the end of July. Alexa has been part of the Arbor House team for eight years now, so she is going to be missed by all of us so very much. We realize that big changes like this can be scary, but we would like to reassure you that we will not settle with just anyone to fill her shoes. Our Executive Team has already begun sorting through resumes to narrow down the search for her replacement, and the final candidate will have to make it through several rounds of interviews before being offered the important position as Executive Director.

Thank you to all the family members who came out and made our Father's Day celebration so special. Even though it was REALLY hot outside, we enjoyed grilling out and helping you all honor your special dads.

Inside the newsletter you will find an article written by our Regional Director, Natalie Kunkel, about what Memory Care actually means and how it is different than a normal Assisted Living or Nursing Home community. Please take a moment to look through the photographs of our residents participating in our Life in Motion engagement program, as well as the special "Thank You" page devoted to Li Cross and the fidget mats that she has been distributing to local communities. We are looking forward to another great month at Arbor House!

Much Love,

Sabrina

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Dietary Manager

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



The beautiful Mary R. helping prepare grilled cheese sandwiches for an afternoon snack! Cooking club is one of our favorite "Feelings in Motion" engagements!



Melba loves helping out in any way she can. Here, she is preparing to make cheese quesadillas during cooking club!



Mary, Norma, and Gene take a short walk around the building to get some fresh air and vitamin D!



Betty A. looking as beautiful as ever in her stylish black hat!



Bob W. enjoys a refreshment during our Father's Day celebration!



We adore this couple! Bill H. and his wife Charlene enjoy a cheeseburger, french fries, and chocolate cake during our Father's Day celebration!



Joseph had a big group come help him celebrate Father's Day! Here, he is pictured with two of his sweet granddaughters! We are so happy they made it!



Twin sisters, Jo and Flo, enjoy sitting on the courtyards with their friend, Shirley, during a Friends in Motion engagement!

# ASK THE EXPERT

Each time I speak about “Finding Joy in the *Journey*\* of Dementia,” I find myself surrounded by a wonderful group of people to visit with after the program has finished and has then sparked situational conversations. There is usually more than one person looking for guidance to, “help mom stay at home as long as possible.” I **ABSOLUTLEY** support mom being in the place that gives her the most freedom and quality of life. However, home or even regular Assisted Living, doesn’t always equal the highest quality of life and the emotional support that is now needed by those experiencing dementia. People are also often wanting to know how to dissipate behaviors like, “mom gets anxious in the evenings,” “dad gets so upset when he cannot find things,” “my wife keeps buying things from QVC and we cannot afford all of that,” “my husband keeps taking the vacuum cleaner apart while I’m asleep,” and “my wife asks me daily what we are going to do or where we are going to go.” These are all actual quotes I have heard on more than one occasion. These and many other behaviors are the person’s best communication to you that their current environment is asking too much of them. Another common concern is, “mom is in the nicest Assisted Living and she likes the people there, but she just stays in her room all the time.”

Arbor House offers Memory Care at all of its locations and some of our communities offer regular Assisted Living as well. As I begin to explain the difference between the two (Assisted Living vs. Memory Care), I do not mean to take away anything from either. Assisted Living is to support residents from more of a physical perspective of assistance with bathing, toileting, medications, meals, and alleviate chores and stresses of running a house. In addition, the activity programs are available for the residents if they so choose to go and participate. Assisted Living is built on the premise that its residents can self-direct their day. An Assisted Living that is also certified in Alzheimer’s Care (most often referred to as a Memory Care Assisted Living), understands that its residents need assistance guiding their day.

I want to talk about what a Memory Care community is and isn’t. It isn’t a jail. It does offer a secured environment because people with dementia may decide they want to go to the store at 3:00 A.M. and we need a protection in place. I believe that exit-seeking is usually with a plan. It is not aimless and there is a need that the person is trying to fulfill. Nevertheless, this secured environment should not be the main reason for choosing a Memory Care community — meeting the individual needs should be. Arbor House Memory Care Assisted Living implements a very high staffing ratio to allow our team members to become resident-friends not just caregivers, to our residents. Our Life in Motion engagement program offers multiple engagements at the same time to meet the needs of distinct groups of residents in our communities. From very early to late *journey*, our residents can benefit from our Life in Motion program that was specifically written for Arbor House — the program we live, breathe, and abide by daily, ensuring our residents find purpose each and every day. Each person in the *journey* of dementia experiences it differently; therefore, we are not a ‘one size fits all’ environment. Between the way our buildings are designed architecturally (small neighborhoods), our care-friends who are vigorously trained, and our Life in Motion program, we reduce some of the stressors that cause the behaviors at home and in regular Assisted Living that we talked about. So, while mom might not currently need, or furthermore ever need, a secured environment, to find joy in the *journey* of dementia, she will need an emotionally supported structure and routine and possibly some physical assistance as well.

\*Journey—Arbor House’s definition of the term means: One’s emotional, mental, and physical experiences during the disease process of dementia.

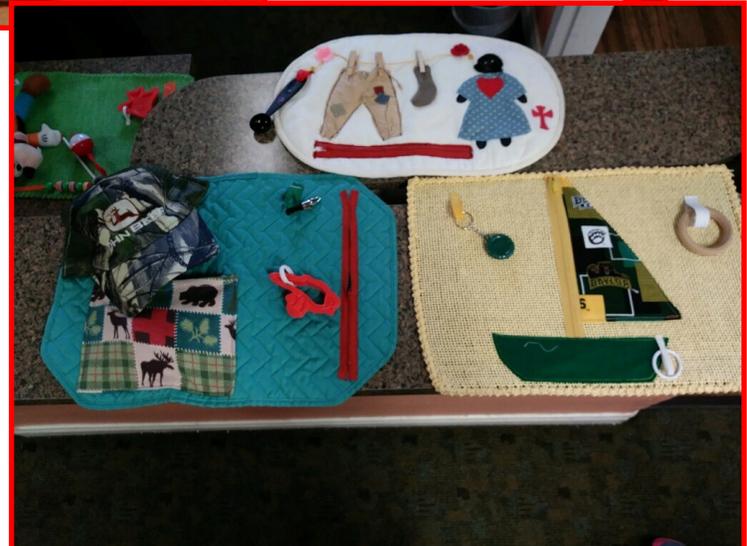
- Natalie Kunkel, CTRS, CDP

★ HAPPY ★  
BIRTHDAY!

Bob P. - July 6th

# THANK YOU!

We would like to thank Li Cross for the Fidget Mats she donated to our Arbor House residents this month! Li, and a few of her friends now, make these mats and distribute them to people living with dementia, either at communities or in their homes. The mats have numerous items on them including zippers, doll clothes, fishing bobbers, shoe laces, and key chains. These mats are designed to give individuals with Alzheimer's or dementia something simple to see and touch. They also rekindle memories from their past. We are so very appreciative of Li and her dedication to helping individuals living with dementia.



# July 2017

Sun Mon Tue Wed Thu Fri Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
	3 Party w/ Margie @2PM (Bogart)	4 Independence Day! 	5 Jammin' w/ Jesse @10AM (Bogart)	6 Bob P.'s Birthday!	7	
Gospel with the Richey's @3PM	10 	11	12	13	14	15
6 National Ice Cream Day!	17	18  Party w/ Margie @2PM (Bogart)	19 National Hot Dog Day! 	20 	21 	22
3	24 	25	26 Jammin' w/ Jesse @10AM (Gables)	27 Party w/ Margie @2PM (Bogart)	28 	29
0 International Friendship Day!	31 					



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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 it's 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.