



**Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502**

**Contact Information:
254.773.3081**

Meet Your Team

**A team of exceptional care-friends,
housekeeping, and dietary staff.**

**Executive Director
Darlene Rodriguez
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**Executive Assistant
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**Community Relations Director
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**Director of Nursing
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**Engagement Coordinator
Julia Harper
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**Resident Service Coordinator
Shay Nealy
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**Dietary Manager
Janice Wilson
janice@arborhouseliving.com**

Tax ID 26-0357943



Letter from Arbor House

Hello to all or as Jeannette would say HOLA. Some of you may have heard there is a new kid on the block in the position of Engagement Coordinator. My name is Julia Harper. I was born and raised an Iowa Girl. If you are familiar with the movie Bridges of Madison County or John Wayne's birthplace, that is where I grew up. I have three children. My two sons live in Iowa and my daughter lives next door to me with my wonderful granddaughter and soon to be son-in-law. I moved to Texas two years ago to work as a lineman for Housely Construction, however, the work ran out and I decided to do what I have always been passionate about. That is to work with the elderly. My first job was at Winterset, Iowa at a nursing home facility. I started in the housekeeping department then moved to the dietary department. Before leaving the facility, I was a certified nurses aid for five years. While I was employed at Winterset South, I became the Activity Directors number one volunteer. I would spend as much time as I could during my time off helping her with many of the activities. I left Winterset South to work for an insurance company for a while but I returned to Winterset as an Activity Director holding the position for twenty years. While in the position, I implemented several programs. I would like to start expanding our volunteer program here at Arbor House. So, do not hide when you see me coming.

Alzheimer's Caregiver Support Group

Our Alzheimer's support group meets the third Tuesday of every month at 12 noon. Please join us to find support and joy in the journey.

**Congratulation to the following staff on their anniversary.
1 year: Patrickia J, Irma S**

Life in Motion



Edna R. doing a yarn engagement and chatting away with Syvanna.



Delbert H & Vernon Hicks eating what was left after making apple crisp.



Truett W, Vernon H, Tom A, Gary J, and Leonor T sitting in the courtyard catching some rays and enjoying the flowers.



Tom A, Jill C, Vernon H, & Miriam L are playing parachute with Julia while Maudie B and MaryAnn G are watching.



Dot and Mary up late at night laughing it up.



Patty S and a boy scout playing bingo.

EVENTS FOR THE MONTH :

- ♦ LaRon Tubbs Sing-a-Long - 07/03
- ♦ Water Melon on the Patio - 07/04
- ♦ Ladies Tea - 07/11
- ♦ Singing Cowboy - 07/14
- ♦ Men's Breakfast - 07/18
- ♦ The James Gang- 07/26

We, at Arbor House Assisted Living, would like to thank everyone who donated or volunteered at our company picnic. We could not have done it with out you.

Happy Birthday to...

- ♦ Robert L - 07/05
- ♦ Lois M - 07/10
- ♦ Delbert M - 07/21
- ♦ RoJean B - 07/22
- ♦ Gary J - 07/26
- ♦ Dorothy W - 07/28

Ask the Expert, by Natalie Kunkel

"It is so hard to visit with mom sometimes, I was always closer to dad and I think she blames me for putting her here – will we ever have a good visit?"

Visiting with someone you love that is experiencing the journey of dementia can be very challenging. There is the brain that is failing forcing the person to pull together memories in a jigsaw fashion that don't always fit together. They are warped by time and emotion. And that emotion... our life experiences with this person we love has been full of emotions: love and victories as well as disappointments and fights. Your place in the family was defined early: "momma's girl/boy", "daddy's girl/boy", "spoiled", the "favorite", not the "favorite", the "fixer" and the list goes on and on. The hardest part might be the role reversal... it is hard on the adult child to become the "parent" to their parent. It is hard on a spouse who has spent their life sharing decisions to now make them on their own. And it is hard on the family members to edit what should be told and what should not be told. Visiting can be so exhausting on both sides! I was visiting with a friend whose mom recently moved into a memory care unit and she described her visits as "Improv". She said "Mom asks great follow-up questions and I feel like I am constantly trying to predict her next question". With all of this going on, it is no wonder that the topic I am asked to speak on the most is "successful visits". So here are some tips I typically share:

1. There is no rule that says you are a bad daughter, son, husband, wife or sister if you do not visit every day. In fact, over visiting can contribute to agitation and increased confusion. There is also no golden number for what the right frequency is for visiting. Everyone is different! If you are struggling to find this balance, please involve our team!
2. There is no rule a visit has to be "x" number of hours long. In fact, for a majority of people in this disease journey, shorter visits are better. They are simply less exhausting.
3. The goal of your visit should be to bring your family member a moment of joy. Often the person with dementia can take the visit to a hard place. Especially if your family history has a lot of baggage. When this happens, please seek assistance from our team. If we work together we can find ways to have happier visits.
4. Visit with a plan. Take something to do or show. Something tangible that you just "found" to show and talk about. Keep it light and positive, and if their memories are not 100% correct, roll with it!
5. Bring gifts! Depending on where they are in the journey, you can recycle gifts. My grandmother loved those mechanical pop up flowers! I bought her 3, each visit I slipped one into my bag shortly after giving her the one I had taken last time. She always had two on her table. I could have bought her something every trip, but she didn't have room for it.
6. Exit with a plan. Honesty is not always the best policy. Your exit plan depends on the person's ability to "chain time" and their level of emotional investment (will they worry about your safety). Excusing yourself to the bathroom and giving a nod to the staff that you are leaving so they can get your loved one busy can work ... a lot! So can "I have to run to the grocery before it closes. I will be back after that" ... and won't you ... I mean not right back, but back eventually. People who can chain time might benefit from having the next visit written on a calendar. Again, this is great time to seek help from the Arbor House professionals!
7. And last, know that for a lot of our residents the emotional stress does not end when you walk out the door. And I know that is true for our family members as well. The evaluation of a successful visit ... or just about any fatiguing activity ... is how the person functions the 4 hours or so after. Are they able to fall back into routine? Are they exit seeking more? Do they go right to sleep? These are considerations (and more) that the team is trained to observe and support. Listen to their advice – it is good stuff!

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



Studies Suggest:	Arbor House's Design Response:
People with dementia perform with greater independence in less crowded environments.	Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard
Color should be used to promote independence and appetite in dining programs.	We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.
People managing dementia often benefit from modeling.	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 "sundowning".	Our engagement program boasts a minimum of 10 programs a day (per house), which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest , engagement, & vocation.
Familiar relationships reduce stress during caregiving	Our 1 to 6.5 ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.

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