



**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 Rodriquez

Darlener@arborhouseliving.com

Executive Assistant

Jeannette Cisneros

Jeannette@arborhouseliving.com

Community Relations Director

Peggy Holcomb

Peggy@arborhouseliving.com

Director of Nursing

Ken Englehart

Ken@arborhouseliving.com

Engagement Coordinator

Crystal Ortiz-Hall

Crystal@arborhouseliving.com

Resident Service Coordinator

Shay Nealy

Shay@arborhouseliving.com

Dietary Manager

Janice Wilson

Janice@arborhouseliving.com

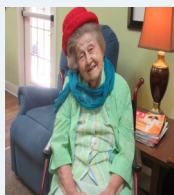
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Letter from Crystal

There is an array of color in our gardens for us to appreciate as we sit and enjoy some lemonade with our friends. Thanks to all of the showers we had in April, we have had some vegetables to pick. We will begin the month with some root beer floats and end it with a lemonade social. We will still have Charlie, The Singing Cowboy, Tammy & Jay, LaRon, and our volunteers that come sing hymnals throughout the month. For mother's day, we plan on having a tea party on May 13th at 2 pm. to honor all of the mothers. Please come and join us help celebrate this special day.

Our feature resident for this month is Dorothy Urubek. Dorothy met and married Raymond Kovor of Leedale (Rogers,Tx) community. They had 2 daughters, Gayle and Karen and a son who passed away suddenly at the age of 2 years old. Dorothy was from a ranching family. Dorothy was the perfectionist as a homemaker and caring for her family. She loved gardening and flowers, creating homemade dresses for her daughters and her fox terrier dogs. Dorothy's cooking was admired by all in the community, she only used the freshest ingredients. It was said " If Dorothy was cooking, I'm coming".



Dorothy's husband Raymond past away suddenly. She then met and married Jerry Urubek. They both loved dancing and playing dominos, and made many trips to Las Vegas.

Dorothy's pride and joy has always been her grandchildren, Jason York of San Diego CA. , and Lydia Zabcik of Zabcikville. Dorothy grew up as an only child, so she had many chores. She chopped and picked cotton and corn on the family farm, as well as caring for chickens, cows, hogs, mules, and the garden. Living on the farm, she walked to school each day until she was in the ninth grade. Dorothy's uncle was the founder and entrepreneur of Zabcikville, Tx.

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.

Bodies in Motion



Martha catching the ball and ready to toss it back to her friend, while Judith watches if it is her turn yet.



Our Care friend Courtney is showing our friends Maudie, Mary Ann, Mimi and Dorothy how to stretch those arms in the morning.



Our Care Friends Kandice and Shirley are showing our friends Sit and Get Fit with Dorothy, Clara, Eve



Our care friend Julia is leading our friends Truett, Myrtle, Dorothy and Mimi with leg lifts to start our morning stroll.



Care friend Eleanor is helping Edna with balloon toss while Mary Ann hits the balloon her way.



Patty is taking her afternoon stroll. She does around 20-25 laps around after each meal.



Delbert and Vernon are helping putting candy in the eggs for our Easter Egg Hunt for our team.

EVENTS FOR THE MONTH :

- ◆ Root Beer Floats 05/04
- ◆ Pet Therapy w/Charlie 05/08
- ◆ LaRon's Music Sing-a-Long 05/09
 - ◆ Singing Cowboy 05/12
- ◆ Mother's Day Tea Party 5/13
- ◆ Tammy & Jay's Music 05/16
- ◆ Lemonade Social in the Garden 05/30

Happy Birthday to....

* Della C. 05/01

Requests...

Arbor House management is providing a company picnic for staff and their family on July 1st. If you would like to make a donation towards the food or entertainment, please contact Jeannette at the front desk.

Meeting the need...

This month's article comes for a myriad of support I have provided through the years. The root of the question comes from the questions asked by the person in the journey - anything from where is my mother to my children are missing. What is the proper way to react to those questions that are misplaced by 20 years or more?

In the 80's the primary teaching was "redirection" which essentially means to distract the person with something else and let the disease take its course of forgetting the original question. This is effective when the question is trivial, but when the question is sincere and emotional we have to invest a little more in our response. There may be questions that are reoccurring and almost routine, to these we can develop a "therapeutic fib". This is a response that makes sense to the person in the time frame of their current reality. i.e. "where is my husband?" response "he called earlier and said he was running late, he asked that you join us for dinner and also wanted me to tell you he loves you very much". These interactions are followed by re-engagement, typically in a purposeful task. In the case of more significantly urgent needs we need to take time to validate the concern and understand the emotion before trying to meet the need.

Naomi Feil is the mother of Validation Therapy and author of the book "Validation Breakthrough". It is not an easy book to read, but I highly recommend it. She instructs that we ask the following questions to establish validation the family member/care partner should ask questions to gain insight in a non-threatening way. These questions should focus on facts such as who, what, where, when and how. Avoid asking why something happened or why they responded in the way they did. Here is a sample of such a conversation: a mom complains to her daughter that someone is stealing her jewelry.

Daughter: "**Who** is stealing your jewelry, Mom?"

Mom: "that young know-it-all that comes in here and thinks cleaning is moving dust around"

Daughter: "**What** does she take?" bringing the focus back to this reoccurring concern

Mom: "The last thing she stole were my black earrings, the ones dad gave me"

Daughter: Those were your favorite, dad gave you beautiful things. **When** did he give those to you?" the daughter now understands the need here is not about stolen jewelry but rather the loss of her husband.

And now the mother and daughter can visit about dad. This eliminates the argument of the thieving caregiver and focuses on the probable true root of the emotion, missing her husband.

Validation teaching is not to use therapeutic fibs, I believe that when used correctly both or essential tools in the tool box of those walking this journey with someone they love.

If you have further questions on Validation or other behavior understanding topics feel free to email me at natalie@arborhouseliving.com.

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. |

*The Arbor House of Temple
 4257 Lowes Drive
 Temple, Texas 76502
 Main: 254.773.3081
 Fax: 254.231.3644
 License#: 103463*