

Weatherford Arbor House Informer

MEMORY CARE, ASSISTED LIVING & INDEPENDENT RETIREMENT VILLAGE

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Teresa Brown
Executive Director
teresa@arborhouseliving.com

Samantha LaJone
Administrative Assistant

Jana Brown
Director of Nursing &
Community Relations
jana@arborhouseliving.com

Mary Roden
Team Lead

Carrolyn Brawner
Beautician

Amy Mason
Dietary Manager

Jessica Reed
Environmental Specialist

Eli Hale
Maintenance

*And a host of
wonderful caregivers
and dietary staff.*



Giving New Meaning To Life

Arbor House of
Weatherford
1101 Jameson Street
Weatherford, Tx 76086
817-599-5075
817-613-9230 fax
www.arborhouseliving.com
License #128446
#134168

How to Balance Life and Caregiving

Should you attend your grand-daughter's soccer game or take your dad to his doctor's appointment? If you're caught in the middle between responsibilities to your spouse and children and caring for your aging parents, you're a genuine member of the sandwich generation. You know the stress of never having quite enough time or energy to give all members of your family the attention they deserve.

There's obviously no perfect answer to dilemmas like these — but there are measures you can take to help balance your family responsibilities:

- **Involve your spouse and your children.** Share your feelings about how important it is for you to care for your parents. Develop a weekly schedule and do your best to adhere to it. Ask for their advice and support when making decisions.
- **Understand your parents' true needs.** Learn all you can about your parents' condition and how you can best help them. Provide the most appropriate care while respecting their independence.
- **Nurture your marriage and your important relationships.** Make time to enjoy the company of friends and to preserve the romance in your marriage. These vital connections will remain important even after you complete your responsibilities as a caregiver.
- **Take care of yourself.** Eat well, stay rested and exercise regularly. Give yourself credit for doing the best possible job rather than focusing on things you haven't accomplished. Know your limits and give yourself breaks.
- **Arbor House understands the need for a break.** Short-term stays can offer both the family caregiver and senior some time to spend apart and reconnect with themselves. Contact Teresa or Samantha to learn about our respite care.
- **Ask for the staff at Arbor House to HELP!** When your loved one moves to Arbor House, no matter if its Independent, Assisted Living or Memory Care, our trained caregivers provide attention and assistance to our residents. Our staff can support with medication management, housekeeping, bathing, dressing, cooking and other tasks. Our team here at Arbor House is educated and trained in the unique needs in each part of this journey.

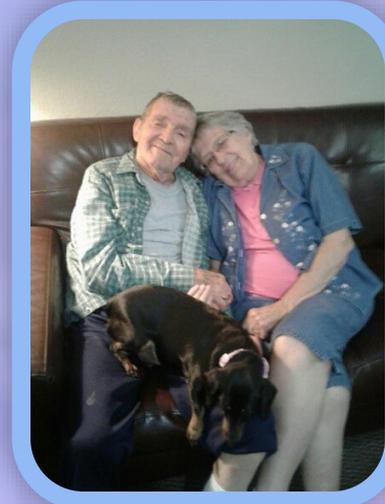




Earl and Cheryl lather up for a shave



Marie dancing with her son, Jack



Bill gets a snuggle from wife Carol and Trinket



IL residents got a visit from the Easter Bunny

Enjoying Friendships and Celebrating Life



Arlene got a big laugh from the Easter Bunny



Jackie modeling the clothing protectors the sewing club made!



Barbara waiting for lunch!



The ladies and gentlemen Bible Study with Jerry

Spring Into A Fun And Active Lifestyle!



It's important to keep active mentally as well as physically, and now that spring is here, there is more to look forward to than just warmer weather. Come get to know your neighbors at one of this month's fun events. Join us for one of our fun planned activities or just stop by for a cup of coffee and to visit!



Spring Word Scramble

WBNIAOR _____
 BLLAMURE _____
 WFLORE _____
 PLITU _____
 NERGE _____
 MLOBO _____
 PLRIA _____
 LFBTUTREY _____

NIAR _____
 DREGNA _____
 EBE _____
 YMA _____
 GNRIPS _____
 HSSNIEUN _____
 YBNUN _____
 CAMHR _____

SPRING

scavenger hunt

<input type="checkbox"/> bird nest	<input type="checkbox"/> ladybug	
<input type="checkbox"/> worm	<input type="checkbox"/> grass	
<input type="checkbox"/> bunny	<input type="checkbox"/> moss	<input type="checkbox"/> sunshine
<input type="checkbox"/> feather	<input type="checkbox"/> frog	<input type="checkbox"/> dandelion
<input type="checkbox"/> spider web	<input type="checkbox"/> ants	<input type="checkbox"/> green leaf
<input type="checkbox"/> clouds	<input type="checkbox"/> ball	<input type="checkbox"/> fruit tree
<input type="checkbox"/> puddle	<input type="checkbox"/> lady bug	
<input type="checkbox"/> yellow flower	<input type="checkbox"/> sprinkler	
	<input type="checkbox"/> a stick	

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Thoughts from the Expert

Stop Correcting Them

Before you correct them on the layers of clothes they are wearing, before you correct their story, before you correct them about being in someone else's room, ask yourself three questions.

- 1) What they are doing right now, is it hurting me? (Not annoying...use the word hurting)
- 2) What they are doing right now, is it hurting anyone else here?
- 3) What they are doing right now, is hurting them?

If the answer is "No" to those three questions, let them do what they want to do. Isn't that what you would want? By correcting them you are only adding stress and agitation to their day. How would you like to be corrected all day long?

Please apply these same guild lines when another person with Alzheimer's is in your mom's room. We need to understand the other people here with Alzheimer's are also doing the best they can with the abilities they have left.

When you visit and they are carrying around someone else's stuff or wearing someone else's sweater (or someone else is carrying around your mom's stuff). Don't correct them...instead say to yourself, that doll must be familiar. I need to go shopping to get her 5 dolls that look like that one because it brings her comfort. You ask why they need 5 dolls...because the doll will get lost, and other people want to hold the doll too.

For the most part, people with Alzheimer's do not think there is anything wrong with them. They are not doing these things to make you upset...they are doing the best they can with the abilities they have left. So let them "be" no matter if it's wrong or right. Let them have what they want to hold whether it is theirs or not. Now you have just assured them that everything is OK. What a comforting feeling to leave them with!

- Jolene Brackey, *Creating Moments of Joy*

SAVE THE DATE



***Bible Study with Dale ***

Monday @ 1:00 pm

Come learn and discuss the bible



***Sewing with Thea ***

Monday @ 3:00 pm

Enjoy friendship and sewing some stitches



***Yoga with Kathy ***

Wednesdays @ 1:00 pm

Join in, work on balance and strength.



Painting Circle

Wednesday @ 3:00pm

Lets learn some painting techniques



***Active Mind ***

Thursdays @ 9:45 am

Mind teasing and strengthening your brain



***Pot Luck ***

May 11, 2017 @ 5:00pm

Bring a dish and enjoy fellowship with your neighbors!



***5 O'clock Somewhere ***

May 25, 2017 @ 5:00pm

Bring a dish and enjoy fellowship with your neighbors!



***Bingo ***

May 5, 2017 @ 11:00am - Tammy with Best Care

May 12, 2017 @ 1:00pm - Emily with Kindred

May 19, 2017 @ 11:00am - Tammy with Best Care

May 26, 2017 @ 1:00pm - Emily with Kindred

The following engagements are in our Main Community.



Monday Devotional with Jerry

Monday @ 10:00 am

Come learn about the bible



***Hug A Friend**

Everyday @ 2:45 pm

Everyone needs 10 hugs a day! Come get yours here with us!!



Randy Ingram

Every Thursday @ 10:00 am

Come enjoy the music!



Memories In The Making

Every Friday @ 10:00 am

Creating and Recalling!



***Mother's Day Tea ***

May 12 @ 3:00 pm

Put on you best HAT and join us for TEA!



Joy Singers

May 16, 2017 @ 10:00 am in MC

Come sing hymns with the singers



Texas Wildflower s

May 16, 2017 2:30 am in MC

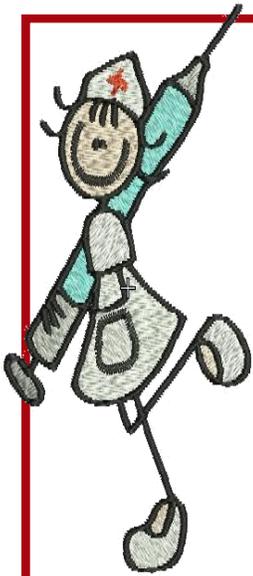
Enjoy the ladies clog dancing



***Saturday Church Service ***

Saturday @ 3:00 pm

Come join in and praise the Lord



Nurses Notes Jana Brown, LVN

May is better sleep month to encourage people to establish better sleeping patterns. Refreshing sleep is of huge importance's when staying healthy. Better sleep month aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives. As with diet and exercise, sleep is crucial to our physical, emotional and mental health. Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep. The consequences of poor sleep include reduced concentration, mood swings, irritability, stress, and a weakened immune system. The release of stress hormones can also make it harder to sleep, perpetuating an unhealthy sleep cycle.

In severe cases, poor sleep may be linked to serious problems including narcolepsy, insomnia, restless leg syndrome and sleep apnea. Better Sleep Month helps to make people aware of these problems; advice from a suitable health professional should be sought if any of these consequence are experienced.

Many experts believe that 7.5 to 8.5 hours of sleep a night is optimal. However, better sleep does not refer to just the length of time we sleep. 6 hours of deep refreshing sleep is more beneficial than 8 hours of light interrupted sleep.

Tips To Get Better Sleep:

- *Establish a consistent sleep schedule by sleep at the same time each day of the week.
- *Relax before sleeping. Prior to sleep, limit any stimulating activities such as exercise and work. Perform activates that you may find relaxing such as reading.
- *Create an optimal sleeping environment. Your place of sleep should be dark, ventilated and of a appropriate temperature. If possible, remove any distractions such as computers or TVs from the room. Ensure your bedding is of adequate quality and there is enough space in the bed if you share the bed with a partner or a pet.
- *A healthy lifestyle consisting of exercise and a healthy diet can contribute towards better sleep. Avoid alcohol, nicotine and caffeine close to bed time. While alcohol may help some people to relax, it can disrupt sleep throughout the night.

For more information on Better Sleep Month, visit the Better Sleep Council Website.



Sleep Soundly, Dream Deeply, Snore Softly



Arbor House of Weatherford Communities consist of Memory Care, Assisted Living, and Independent Apartments.

Our Independent Living Community offers privacy and can be tailored to meet the needs of the residents with services such as medication management, housekeeping, home-cooked meals delivered or in our private dining room as desired. The Assisted Living Communities creates an environment of independence with 24 hour assistance in needed areas.

The Memory Care community has a secured and enclosed yard/patio where they can be closer to nature. The smaller setting promotes a greater independence and dignity for those managing dementia causing diseases. 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, while offering home-cooked meals. Our engagement program offer a consistent routine to increase independence and are designed to touch key areas of interest. These are structured and purpose-filled programs to help reduces stress and sun downing. Our staff longevity and ratio allows more personal care, while building a strong relationship with residents and family. Our home-like environment lets our residents know they are loved and encourages visits from family and friends. It provides the residents a strong sense of belonging.

*The greatest compliment you can give us is your referral.
We'd love to give your friends a tour of our home-like community.*



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