



Under the Shade Tree

Arbor House Memory Care

Marble Falls February 2026

What's Happening...

February is here and love is in the air! Valentine's Day will soon be upon us, the day to celebrate with our sweethearts and friends. February boasts popular holidays like Groundhog Day, Valentines, Presidents Day, and Ash Wednesday. Special events like the 2026 Winter Olympics, Superbowl LX, and Fat Tuesday are also some fun days we will be enjoying, along with all the other fun and quirky holidays. We truly get a kick out of learning all the holidays that are acknowledged these days! With that being said, we are always up for a good time, good food, and great friends!

This month in Evergreen, we will be having a Superbowl Tailgate Party on Feb. 6th @ 2:30. Come join us and predict the next Superbowl Champs! Also, on Tuesday the 13th at 2:30 pm, we will be our Valentine's party. We will also be celebrating Maureen's birthday! We hope you all have a blessed and safe February.

Meet Your Arbor House Team

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Friends in Motion



Life in Motion



Ask the Experts

Doll Therapy

by Alisa Tagg, BA ACC/EDU CADDCT CDP

NAAP Association Director

Doll therapy is a non-pharmaceutical intervention aimed at reducing behavioral and psychological disorders. This type of therapy has been used for over 30 years. While doll therapy has received a lot of positive feedback, it is also controversial.

About 25 years ago, I worked with a client who would carry her “child” around with her everywhere she went. When surveyors inspected our memory care community, one of them approached me and gave me a hard time about using dolls. They informed me that dolls were not age-appropriate and that we were providing childish support.

I had a lengthy discussion with the surveyor about why I disagreed and why the doll was person-appropriate and supported the participant in a positive way. The surveyor still issued a citation and a plan of correction. Our community responded to the plan of correction by stating that we would continue to provide education on alternative therapeutic interventions that met the individual needs of the people we served. I felt this was a win for engagement and person-centered therapeutic approaches. Since then, federal regulations have been updated to reflect the importance of person-appropriate care above all else.

Doll therapy shows lots of positive outcomes, including a dramatic reduction in behaviors—and zero medication side effects—but there are concerns with this therapeutic practice. The biggest concern is treatment with dignity. Like the state surveyor I encountered, there is the viewpoint that giving an adult a doll is childish no matter what their diagnosis.

An adult carrying a doll could cause observers to respond with statements such as, “Oh, aren’t they adorable!” The person living with dementia might be viewed in a condescending way instead of as an adult who is living with a memory problem.

Another concern is the reactions of family members. They may be distressed at the sight of their loved one holding a doll. This could lead to feeling that the facility is not valuing their loved one.

One solution is to help family and friends understand the justifications for doll therapy ahead of time.

Another concern with using dolls is the question of who “babysits” when the individual is unable to care for the doll or dealing with confusion if the doll gets broken or needs to be replaced. Proper education is valuable for all staff to be available to “babysit” when needed and/or have a duplicate replacement if it should break.

Doll therapy potentially offers meaning and purpose for someone who is living with dementia. Research has shown that the benefits are:

- *Decreased anxiety*
- *Decreased agitation*
- *Increased happiness*
- *Improved food intake*
- *Fewer negative verbal expressions*
- *Decreased wandering*
- *Greater focus*

EVERGREEN WISH LIST

Hello Family and Friends

Below is a list of items that we would be more than happy to have if you can spare (:

- *Tool Box*
- *Lock sets w/ keys*
- *Costume Jewelry*
- *Small terra cotta pots*
- *Different sized plastic bowls w/lids*
- *Cooking Kitchen Supplies for our daily cooking time.*
- *Jewelry Boxes*
- *Magazines*
- *2 small plastic round pools*
- *Fake Flowers*
- *Paint Canvases (all sizes)*

If you have any questions, please feel free to contact Camille Guthrie for more information

(830) 234-1860



Elizabeth...2/4

Maureen...2/14

Dates to Remember

- **Groundhog Day... Feb. 2nd**
- **Winter Olympics...Feb. 6th**
- **Super Bowl LVIII... Feb. 8th**
- **Mardi Gras... Feb. 17th**
- **Valentine's Day... Feb. 14 th**
- **Presidents' Day... Feb. 16th**
- **Ash Wednesday...Feb. 18th**

Attention Volunteers

If you have a special talent or skill that you would like to share with us, we invite you to join our Evergreen Volunteer Program!

Contact Camille Guthrie for more information

(830) 234-1860

Arbor House Assisted Living, specializes in Alzheimer's and Memory Care. Our community 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 diseases like Alzheimer's.

Studies suggest

Research has shown that the health benefits of laughter are far-ranging. Studies so far have shown that laughter can help **relieve pain, bring greater happiness, and even increase immunity.** Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess.

Arbor Houses Design Response

Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.

We use red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.

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.

Our engagement program boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and vocation.

Our 1:6 staffing ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administration staff.



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