



# Under the Shade Tree

## Arbor House Memory Care

### Marble Falls April 2026

**Meet Your Arbor House Team**

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### What's Happening...

#### Happy April from our home to yours!

Spring is here and we are oh so happy! We in Evergreen have been living life to the fullest. Your loved ones have been reminiscing on memories while making new ones. March was filled with laughs, games, worship, love, happiness, and new found friendships. We have started on our garden and have planted tomatoes, basil, marigolds, zinnias, and various other wildflowers. We are excited to see their progress. The hummingbird feeders are out, bird feeders filled, and new tulip shaped solar lights adorn our courtyard. Next on our "courtyard beautification" to-do list is hanging baskets and windchimes. If you have any of those laying around collecting dust, we will be happy to take them off your hands. Oh, and our bluebonnets are growing beautifully! Our out to lunch to Lake Buchanan was a success. The ladies had a wonderful time. The conversations were heartwarming and fun. Making new memories and friendships is what it's all about. Let's not forget our St. Patrick's day get together. We had a good ole time. The ladies weren't to sure about the green wine, though, LOL. And boy were they competitive when it came to the Leprechaun games!

We celebrate Joanne's 93rd birthday this month, Happy Birthday Joanne! Our Easter social will be on Friday, April 3 @ 2pm if you'd like to join us. If you'd like to bring a sweet treat for us to enjoy, let me know. We will also be going on a Wildflower tour in April. I haven't set a date yet, but will let you know when we do. We hope you all have a safe and blessed April and Easter!



# *Friends in Motion*



# *Life in Motion*



# Ask the Experts

## Stimulating Memories Through Photos

We all need to feel engaged and entertained, to stay active both physically and mentally. Just because someone has Alzheimer's disease or another dementia doesn't mean that need disappears. But because of the cognitive decline that accompanies dementia, how people get engaged often has to change. An obvious sign of dementia is memory loss. One way to help stimulate the memories for someone with Alzheimer's—whether in the early or late stages of the disease—is by using visual aids, specifically photos. But how can families and caregivers use the photos to create opportunities for those who are affected by dementia to connect with those around them and themselves?

- Start by choosing a photo album that is sturdy but easy to hold. Keep the design simple so the photos are easy to focus on. Use plastic protective sheets over each page so the album will last indefinitely.
- Make the pictures large and clearly labeled.
- Place photos in chronological order. Your loved one may enjoy photos that span key times in their life, such as childhood, adolescence, and adulthood. Include shots of family members (across generations), caregivers, and friends to show relationships and to spark recognition of people in the photos.
- Be sure to also select photos that show your loved one's achievements and awards, hobbies, and travel. connection to the present.
- If possible, work with your loved one as you create the book and compile the photos. Begin with just a few pages. This is a good opportunity to share memories and conversation. You may find that the person with dementia has many interesting stories to tell.

Revisit the album from time to time, adding additional photos to reflect the past and present. The photo album can be used as a distraction technique for refocusing during difficult symptoms, as a security tool when the person is taken to unfamiliar places (e.g., the hospital), and to promote well-being and a sense of accomplishment. The album can also be used as a bridge to the past and a connection to the present

Article by : Ava M. Stinnett, Activity Connections

## ***EVERGREEN WISH LIST***

### **Hello Family and Friends**

Below is a list of items that we would be more than happy to have if you are spring cleaning :)

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- **Small plastic pool**
- **Large Boas, ladies purses**
- **Costume jewelry (large pieces)**
- **Art supplies– acrylic paints, canvases**
- **Hanging Plants/baskets**
- **Windchimes**
- **Fake flowers**
- **Magazines**
- **Wheelbarrow**
- **Flower pots (all sizes)**

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

**(512) 234-1860**



- **Birthstone: Diamonds**
- **Flower: Daisy & Sweet Pea**
- **Zodiac Signs: Aries & Taurus**
- **It's the 2nd month of Spring. Its time of planting.**
- **In the Southern Hemisphere, April is the same as Oct in the Northern Hemisphere.**
- **The diamond symbolizes innocence.**
- **The Boston marathon is held during April.**
- **April is the month when professional baseball season begins in the United States.**
- **April is sacred to the Goddess Venus**

### **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 for more information.**

**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.

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### **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.**



@ Arbor House Assisted Living

