



Under the Shade Tree

Arbor House Memory Care

Marble Falls

May 2026

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What's Happening...

Happy May from our home to yours!

As Spring blossoms into its full beauty, Evergreen is buzzing with joy, laughter, and connection. May is a month of renewal, longer days, warm sunshine, and plenty of opportunities to enjoy the simple pleasures that make life so special.

Last month in Evergreen was a most enjoyable one. A lot of time was spent outdoors in our courtyard getting it Spring ready. Good Friday and Easter were celebrated with a televised Good Friday service and a visit from Mrs. Easter Bunny! And let's not forget our Heehaw Hoedown, Joanne's birthday, and our Mani/Pedi day.

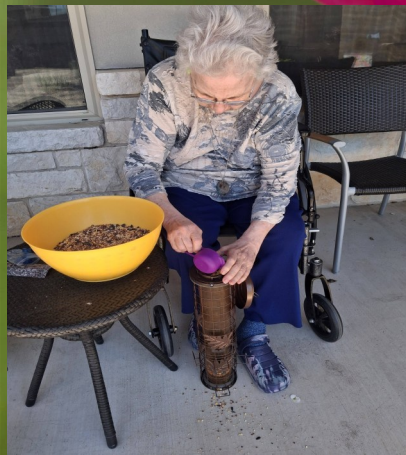
This month, we will be celebrating a few fun, and special days. Amongst those days are Cinco de Mayo, Nurse's Day, Mother's Day, and National Road trip day! Our Mothers Day Social will be on Friday, May 8th, at 2:00. If you will be attending, please let me know by May 4th. On May 22nd, we will be taking a bus ride to look at the countryside, for National Road trip day. We did this last year and the residents absolutely loved it! So whether it's a stroll through the courtyard to look at the flowers, a sing-a-long in the living room, baking in the kitchen, painting to soothing music, or a quiet moment with a friend, May is all about cherishing moments that matter most.

*"May is the month of Expectation, the month of Wishes,
the month of Hope." -Emily Bronte*

Friends in Motion



Life in Motion



Ask the Experts

Dementia and Nighttime Dreaming

By Ava M. Stinnett

Recently, a family member with early stage Alzheimer's was injured when he slipped as he got out of bed. What we found puzzling isn't that he had no memory of the actual accident, but that he described seeing himself standing to the side and watching it occur. Was he dreaming, hallucinating, or sleepwalking? Numerous studies have shown that sleep is just as important as diet and exercise when it comes to leading a healthy life. One study showed that when a person is asleep, their body filters out Alzheimer's-causing beta-amyloid proteins, and that lack of sleep could possibly lead to Alzheimer's disease. Much more research is needed, however, to determine a distinct connection between sleep habits and various types of dementia, including Alzheimer's.

For people with Alzheimer's, changes in sleep habits are common. This may include developing a habit of daytime napping, difficulty falling and staying asleep, an increase in dreaming (both vivid and recurrent dreams), calling out or yelling, or acting out dreams in their sleep.

Researchers do not completely understand why sleep changes occur. Depression, restless leg syndrome, and chronic pain can affect the quality of sleep. The impact of Alzheimer's on the brain could certainly be at play. In addition, recent studies have shown that specific medications used to treat Alzheimer's influence the quality of sleep, and particularly the quality and amount of dreams. The acting out of dreams, especially if it leads to injury or begins to intrude into waking life, can be a serious health risk that demands medical attention. Here are some tips for ensuring that your loved one stays safe.

- *Arrange for a thorough medical exam to rule out any potential illnesses that may be contributing to the problem.*
- *Seek morning sunlight exposure.*
- *Encourage regular daily exercise, but no later than four hours before bedtime.*
- *Maintain regular times for meals and for going to bed and getting up.*
- *Treat any pain with physician-recommended medications or physical therapy routines.*
- *Create a peaceful environment that promotes restful sleep, such as setting a comfortable room temperature and providing adequate bedding and pillows.*
- *Provide nightlights and, if necessary, security devices that alert the caregiver when a person gets out of bed.*
- *If your loved one has been prescribed a cholinesterase inhibitor (tacrine, donepezil, rivastigmine, or galantamine), talk with a doctor about taking the medicine early in the day instead of at bedtime.*

Although there are medications available to treat sleep disorders for people with dementia, most experts and the National Institutes of Health (NIH) strongly discourage their use due to the increased risk for falls, confusion, and risk of stroke.

Determining the best course of action can be tough when a family member or loved one is displaying alarming symptoms. You'll want to try your best to understand all of the available options and to talk with others about the benefits and risks of each choice during your journey with Alzheimer's disease.

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 :)

- Large Boas, ladies purses, men's ties
- Costume jewelry (large pieces)
- Art supplies– acrylic paints, canvases
- Hanging Plants/baskets
- Windchimes
- Fake flowers
- Magazines
- Jewelry box
- Bird seed
- Bird Bathe

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



Evergreen Fun Calendar Days

- 5/1 Hawaiian Lei Day***
- 5/2 Kentucky Derby***
- 5/5 Cinco de Mayo***
- 5/6 Nurse's Day***
- 5/8 Mother's Day Social***
- 5/10 Mother's Day***
- 5/13 Apple Pie Day***
- 5/15 Chocolate Chip Day***
- 5/17 Lauren's B-day***
- 5/19 Devil's Food Cake Day***
- 5/21 Lucky Penny Day***
- 5/22 Road Trip Day***
- 5/25 Beverly's B-day***
- 5/25 Memorial Day***
- 5/26 Blueberry Cheesecake Day***

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

(512) 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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