



Your Arbor House Leadership Team

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Certified Memory Care Community

Rockwall

September 2017

A message from Sharnice

Arbor Gardens is awesome! We really enjoyed the time we spent with one another during the month of August. We brought the creative side of everyone to the table. We are very appreciative of the volunteers who helped us do so: Renee with Vitas, friends from Lakepointe Church and many others that stopped by and joined the fun! We also want to give a special thanks to volunteers that helped us to maintain a structured schedule: Victor with Heart to Heart Hospice touches the hearts of our friends by singing memorable hymns and playing the trumpet. Mr. Ray Holdcroft comes each week to read inspirational stories. Who wouldn't want to hear an uplifting story to get their day going? In Arbor Gardens, engagements do not just serve the purpose of having fun, but gives residents a reason to be with us, to give them purpose and a great quality of life.

Research shows that social interaction and intellectual stimulation (engagement) lead to the decrease in the risk of developing dementia. This protective effect happens even in the mind of a person who has already been diagnosed. The team here at Arbor House of Rockwall are proud to say, with a great deal of gratification, that we aim to succeed in providing this protective effect to our friends. Engagement is the most important part of your loved ones' day. All too often we picture how our mothers, fathers and grandparents once were, and we do our best at helping them restore their memories. However, it is even more important to give that part of their lives back to them by providing an engagement-filled day that will aid in giving them the best quality of life they can live now. Stop by and ask any one of our Care Friends, "Why is engagement so important?"

Hear their honest answers. Know that your loved ones have best friends who love to see the smiles on their faces!

In September we will be fully devoted to and heartily working on keeping our engagement program thriving to enhance the lives of our residents. Interaction with others is an important key to that success. We encourage you to join us during any of the many engagements. A special one this month is Grandparent's Day! Please join us on Sunday, September 10th at 3:30pm to celebrate our Grandparents. Also, if you joined us for the Memories in the Making Art Show & Auction in July, you will be pleased to know that it's happening again! Join us for this incredible event on Thursday, September 28th.

Are you excited, because we are! September is here!

Life in Motion



The residents enjoyed free painting! With the guidance of Care Friends and family, they created masterpieces.



Residents and family requested the Sip and Paint Engagement more than any other! Everyone enjoys sipping on their Mimosas while laying strokes of clever ingenuity to the canvas.

Life in Motion

Who likes to be with friends?



If pictures could talk you would hear this one singing, "You are my sunshine, my only sunshine."



It's nothing like relaxing and enjoying the beauty of your work in the Garden as the sun shines.



Midge said, "Take me to be close to my friends, just don't take me outside!"



Charlie and Judy were adamant about getting this puzzle done before stepping away from the table.... and YES they were successful.

FRIENDS

Ask the Expert...

Natalie Kunkel

“How will Arbor House keep [my loved one] busy?”

Our Life in Motion program plays a significant role in the life of our residents. It is through these engagement opportunities that your loved one is able to connect to the world around them... and with you! Engagements help foster joy, purpose, & connection. This joy, purpose and connection can happen in groups such as exercise, sing-a-longs or bingo. Connections are deeper in smaller groups such as Bible studies, domino games or expressive arts. My favorite is the pride and connection seen in purposed based programs like setting the table or helping with light maintenance tasks. The most overlooked engagement opportunities are the most personal. Jolene Brackey, author of *Creating Moments of Joy*, refers to this as “their greatness”. Consider the person who has been a homemaker, running the household and raising her children. This person’s greatness may be in the care she takes folding laundry or the love she puts into a batch of brownies. Consider the person who ran a business and performed tasks related to money management. This person’s greatness may be balancing numbers or following the stock mark Or maybe it is counting and rolling coins. Sometimes our greatness – what we personally take pride in – can seem mundane to others. At other times our greatness is apparent in our accomplishments or achievements.

Our goal at Arbor House is to coordinate an engagement plan for our residents that gives each person the opportunity to participate in their greatness. What is the best engagement for your loved one? Think back ... what was their greatness? What gave them meaning and purpose? Instead of trying to create new activities, we prefer to re-visit old skills and old loves. We tweak the task to match the person’s abilities. We find that a person can do so much when given the avenue and support to do so. Sometimes the greatest connection can be achieved through touch, so we don’t overlook the simple things like a hug or a solid handshake!

In order for us to know the person’s greatness, we use our friendships with our residents to learn more about them, but we also need stories from friends and family! We appreciate every story you tell us! We enjoy seeing our friends glow with pride when we give them back their stories or give them the opportunity to experience their greatness.



What's Happening in September?

Saturday 9/9
Barbara M.'s Birthday Party
4:00pm

Monday 9/11
Music Therapy w/Brandy
3:30pm

Saturday 9/16
Dale's Birthday Party
3:00pm

Wednesday 9/27
Treva's Birthday Party
12:00pm

Thursday 9/28
Memories in the Making Art Show and Silent
Auction w/Singing Pianist Rob Lowe
4:00-6:00pm



Barbara M 9/9

Dale 9/16

Treva 9/27

Join Us

**Please join us Thursday,
September 28 at 3:00p for the
Alzheimer's and Dementia
Caregiver Support Group.
The Support Group meeting
is held every 4th Thursday of
the month and is open to the
Rockwall community and its
surrounding areas.**



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 diseases like Alzheimer's.



Studies Suggest

People with dementia perform with greater independence in less crowded environments.

People managing dementia often benefit from modeling.

For people managing dementia, a structured and purpose filled day reduces stress and "sundowning".

Familiar relationships reduce stress during caregiving.

Arbor House's Design Response

We are a private community that offers engagements in small groups for anyone at any level of dementia. This helps people to perform with a greater independence.

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 boasts a minimum of 10 programs a day, which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement & vocation.

Our 1 to 6.5 staffing ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.



Don't forget our Golden Neighbor Club!

Refer a friend and Save \$500.



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