

The Arbor House Recorder

ARBOR HOUSE: The #1 Memory Care in Granbury!

HAPPY LABOR DAY!

We had a wonderful, busy, month at Arbor House in August, and we are expecting September to be just as good, if not better!

We welcomed two new members to our leadership team in August — Courtney Current in the Executive Director position, and Mindy Hargrove in the Director of Nursing position. We are SUPER excited to have them both, and hope that you will take a few minutes to introduce yourself when you have a chance! They are both ready to hit the ground running, and get to know all of our residents and their sweet families! We will host an official “Meet and Greet” event at Arbor House, where we will invite all families, physicians, and third-party agencies to come meet our new leaders, so be looking for a formal invitation in the near future! We hope you all can make it out to get to know the new people who will be overseeing your loved one’s care.

As most of you are aware, the Alzheimer’s Association’s “Walk to End Alzheimer’s” fundraising event is going to be held in Weatherford on September 30th. This is the world’s largest event to raise awareness and funds for Alzheimer’s care, support, and research, and we would love for you to take part in the event by joining the Arbor House team. Our team has always done well in meeting our fundraising goals for this event in the past, and we hope to do the same this year! If you have any questions about how you get involved, come talk to Courtney or me and we will give you more information! Thanks in advance for your continued support!

Much Love,

Lydia

SEPTEMBER

2017

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Star Robertson
Housekeeping Manager

Sabrina McGinnis
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Regional Director of Nursing
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Along with a host of amazing care-
friends and dietary staff!

Mary's smile can light up a room, and she loves when children come to visit! Here, she is pictured with one of our care-friend's children, who enjoy coming to visit and making our residents smile!



Naomi helps Sabrina water the plants on the courtyard during a "Purpose in Motion" engagement.



Doris keeps us laughing all day with her awesome sense of humor! We are so happy to have her with us at Arbor House!



Barbara and Patsy LOVE participating in "Memories in the Making", which is an art program designed to help people connect with memories through art.

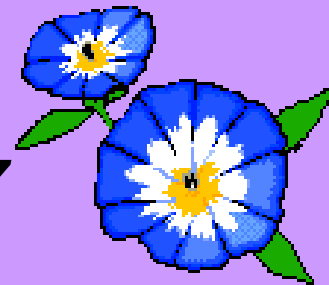


Jo, Victoria, Mary, and Betty gather around the TV in the living room to watch the solar eclipse coverage!



Loyce and Lori take a break from "phrases", a "Minds in Motion" engagement, to smile for a photograph!

September 2017



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4 Party w/ Margie @2PM (Bogart)	5	6 Jammin' w/ Jesse @10:30AM (Bogart)	7 Betty's Party!	8	9 James's Party!
10 Gospel w/ The Richey's @3PM (Bogart)	11	12	13	14	15	16
17	18	19 Party w/ Margie @2PM (Bogart)	20	21	22	23
24	25	26	27 Jammin' w/ Jesse @10:30AM (Bogart)	28 Party w/ Margie @2PM (Bogart)	29	30 "Walk to End Alzheimer's" in Weatherford

**TOGETHER, WE CAN
END ALZHEIMER'S
DISEASE.**



At the Alzheimer's Association "Walk to End Alzheimer's", participants carry flowers representing their connection to Alzheimer's — a disease that cannot be prevented, cured, or even slowed. But what if one day it could? By walking together, we can help make that beautiful day happen.

Join us at the Walk to End Alzheimer's, the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Each year nearly 500,000 people come together in over 600 communities to advance the fight against the disease.

THE WALK IN WEATHERFORD

Saturday, September 30th, at Weatherford College

312 College Park Drive

Weatherford, TX

Check-In at 8:00 AM

Ceremony at 8:30 AM

Walk at 9:00 AM

Distance: 2 miles

If you would like to participate in the Walk to End Alzheimer's in Weatherford please speak to Lydia about how to join Arbor House's team. You will receive a team t-shirt to wear on the day of the event! If you are interested in helping, but do not necessarily want to walk 2 miles, you can still donate to our team! 100% of all donations will go directly to the Alzheimer's Association, so please write check donations to the Alzheimer's Association, rather than Arbor House. Our team raised the most money in 2011, 2012, and 2013! Help us get our name on the trophy in 2017!

ASK THE EXPERT

“I want to go home” is one of the hardest things for families to hear from their loved one when they visit. The guilt that families feel when they hear “I want to go home” sometimes compels them to move their loved-one back home with them, or to find another family member who may be willing to become the full-time caregiver at their home. It may also cause the family to stop visiting altogether, because it’s too uncomfortable. Understand that the home they are looking for no longer exists because it is a home from long ago. It could also be the feeling of security and safety that a home provides. Even if you took them home, they will still want to go home. The best thing we can do is to help them feel safe and comfortable for the moment in the place they need to live. This is what Arbor House strives for every single day. Here are a few different ways you can respond to your loved-one if they tell you they want to go home.

1. **Give them a reason to stay just a little longer**—While they may get pretty upset if you tell them this is their home now, people generally don’t mind staying in a place just a little bit longer. If you are visiting in the morning you may say, “Stay for breakfast. They serve good food here.” If you are visiting in the afternoon you might say, “They are going to be singing in a little while. I know how much you enjoy listening to the music.”
2. **Provide a distraction**—Ask your loved one a question that is either related or unrelated to their longing to go home. You may say, “Do you live on a farm or in a city?”, or you may ask about their family.
3. **Magic Words**—Having reassuring body language and tone of voice makes all the difference when using magic words. You may say, “I understand,” or “I would feel the same too,” or “I will do whatever I can to help.”
4. **Give them a reason**— “The doctor wants to make sure you are feeling 100% better so he thought you should stay one more day.” In their generation the doctor was put on a pedestal and was not usually questioned.

Keep your answers as short and simple as possible. Usually if you get longer than two sentences you will lose them and have to repeat yourself. Just think about the simplest answer that would make them feel okay to stay “here” for a little longer. If your answer doesn't work, keep changing it until you find the one that does work. When you find the answer that works, tell everyone! It is a treasure!

—“Understanding the Person with Alzheimer’s” by Jolene Brackey

★HAPPY★
BIRTHDAY!

Betty L. - Sept. 7th

James B. - Sept. 9th



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Arbor House Memory Care Assisted Living, has been architecturally designed based on the most current and relevant studies dedicated to creating environments that promote independence and dignity for those managing dementia causing diseases such as Alzheimer's.

OUR DESIGN RESPONSE:

Current research tells us that people with dementia perform with greater independence in less crowded environments. Our Community honors this information in it's building design by providing 4 sections we call houses, which each offer 13 private bedrooms, 2 living areas, dining room, kitchen and courtyard.

We use **red dinnerware**, which studies tell us, improves appetite. Additionally, a person's ability to visually process the food on a plate can be affected in the journey and this contrast can make eating easier and reduce mealtime stress. 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.

For people managing dementia, a structured and purpose-filled day reduces stress and "sun downing." Our engagement program, "Life in Motion," boasts a minimum of 10 programs per house each day, which offers a consistent routine to increase independence and are designed to touch on 8 key areas of joy, connection & purpose.

Familiar relationships reduce stress during care giving. 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.