



**Please Visit Us at the  
Arbor House of Lewisville at  
2215 Rock Brook Drive  
Lewisville, Texas 75067  
Contact Information:  
972.459.0600**

**Meet Your Team**

**Executive Director**

**Lindsay Martin**

**Lindsay@arborhouseliving.com**

**Executive Assistant**

**Rickitha Gardner**

**Rickitha@arborhouseliving.com**

**Engagement Team Coord.**

**Kerri Burns**

**Kerri@arborhouseliving.com**

**Dietary Manager**

**David Wells**

**David@arborhouseliving.com**

**Kristin Ross**

**Maintenance Director**

**License #103138**

*Letter from Arbor House*

Two thousand-seventeen is flying by. What a short summer that seemed to have been for all the kiddos that have returned back to school. I am already seeing Christmas decorations in the stores. But what a great year we have had so far. We are grateful that you allow us to continue to care for your loved one; they are so special to us!

We have some new faces (staff and residents) around the building so please feel free to stop and introduce yourself.

Thanks to everyone for your patients while Magnolia got some much needed flooring put in the house.

As always, if you have any complaints or concerns about the care of your loved one please do not hesitate to write it down and give it to a manager! We are always looking for ways to improve and ensure that we are offering the best possible care to your loved one. We appreciate your participation in this effort!



# Life in Motion at Arbor House



Brandy and Ellen pose for the camera after a stroll



Baarbara gets her mix on whipping up some cookies



Maurren helping the flowers grow



Asilia and Sue take a breather after "Beach Ball" toss



Nancy and Eddie love to dance!



Lois enjoying a game of toss with this little cutie

#### EVENTS FOR THE MONTH :

- ◆ Bible Study every Wednesday @ 10
- ◆ Music Stars Studio every Friday @ 3:30
- ◆ Mike The Accordion player every 3rd Saturday of the month
- ◆ Singing and dancing with entertainers Don and Sharon September 18 @ 2 pm
- ◆ Guitar time with Tharell every second Monday of the month @ 10 am

## Labor Day



### Alzheimer's Care-giver

#### Support Group

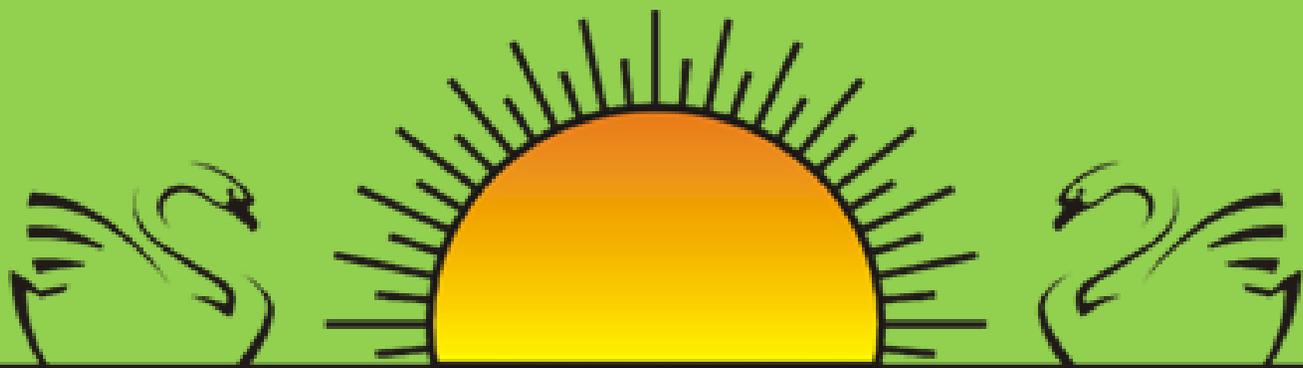
Our Alzheimer's support group meets the second Tuesday of every month at 2. Please join us to find support and joy in the journey.

Ask the Expert, by Natalie Kunkel, CTRS, CDP

"The Long Goodbye" or New Hello's?

So often I hear the burdened spouse or child talk about their loved one in terms of what is missing. There are a lot of challenges in this journey. I have the honor of facilitating a support group for people who are early in their dementia journey and I hear firsthand about the challenges and sadness they feel about their losses. Today, we visited about how to replace losses with a "new find". This is a topic that comes up often. Today one of my guys shared that he drove a go cart that goes 60 mph and while it wasn't the same as driving a car, he felt that freedom again. I don't think that this is something he would have probably done at this stage of life unless he was in this journey. He lit up when he spoke about it! There is a resident in one of our communities who was very reluctant to participate in our Memories in the Making© program. She explained she was an accountant and good at numbers, not good with art. Now, not only does she love coming to MIM now (which she never misses), she helps facilitate it and even does a little painting on her own. She said "I never knew I had this in me!" And with that, another new joy is found.

My encouragement here is to not let this disease process limit the person in this journey – or even past preferences, allow this journey show you both new "hello's" in your relationship, hobbies and past times. Our team – especially our Engagement Coordinator – are specially trained to look at the persons abilities, past interests and new opportunities to give each resident greater joy, purpose and connection in their life. We need the family and friends of our residents to share stories and interests about their past. Share with us the losses they have struggled with in this journey and let's see if together we can create more "hello's". My hope for the family and friends of our residents is that you too experience new "hello's" as you walk this journey as well. This is your life to – live it!



# THE ART OF LIVING

**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 disease, such as Alzheimer's.**

Studies Suggest:	Arbor House's Design Response:
People with dementia perform with greater independence in less crowded environments.	Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard
Color should be used to promote independence and appetite in dining programs.	We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.
People managing dementia often benefit from modeling.	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 boasts a minimum of 10 programs a day (per house), which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement, & vocation.
Familiar relationships reduce stress during caregiving	Our 1 to 6.5 ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.



**Arbor House of Lewisville**  
**2215 Rock Brook Drive**  
**Lewisville, Texas 75067**  
**Main : 972-459-0600**  
**Fax : 972-459-0609**  
**Toll Free : 866-886-7678**

## 5 Tips for Talking to Someone with Alzheimer's



- 1 Diminish distractions  
banish background noises.
- 2 Converse one-on-one  
more people equals more confusion.
- 3 Keep things simple  
stick to short, specific statements.
- 4 Avoid arguments  
no one will win.
- 5 Just keep talking  
even if they can no longer respond.



AgingCare.com Supporting Caregivers