



**Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502**

**Contact Information:
254.773.3081**

Meet Your Team

**A team of exceptional care-friends,
housekeeping, and dietary staff.**

**Executive Director
Darlene Rodriguez
Darlene@arborhouseliving.com**

**Executive Assistant
Jeannette Cisneros
Jeannette@arborhouseliving.com**

**Community Relations Director
Peggy Holcomb
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**Director of Nursing
Ken Englehart
Ken@arborhouseliving.com**

**Engagement Coordinator
Julia Harper
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**Resident Service Coordinator
Shay Nealy
Shay@arborhouseliving.com**

**Dietary Manager
Janice Wilson
janice@arborhouseliving.com**

Tax ID 26-0357943

Letter from Julia

Hello.

We have been keeping so busy that time has flown by and August is over. Fall is right around the corner and we are looking forward to cooler weather.

So what have we been doing, frying donuts and baking cookies, making smores, and having birthday parties. I would like to thank MaryJo A, Truman B, and Roma M for donating their time and volunteering to help with some of our engagements. I would also like to thank Gladys C's family for coming up to Arbor House and singing on Sundays. Our residents really enjoy it. If you have a special talent that you think that our residents would enjoy, please contact me and I would be happy to sit down and schedule a time to have you come in.

Always remember that our residents love to see the grandchildren, visit with friends and family, see the pets, so don't forget to bring them by. Our residents also love to read mail, receive cards, and get special notes from the family.

Alzheimer's Caregiver Support Group

Our Alzheimer's support group meets the third Tuesday of every month at 12 noon. Please join us to find support and joy in the journey.

Congratulation to the following staff on their anniversary.

**1 year: LaTena H 2 Years: Brittany H
3 year: Teresa V 4 years: Kevin J**

Life in Motion



Residents in Lily House praying for their lunch.



Irma is doing Marty's hair for doll me up in the morning.



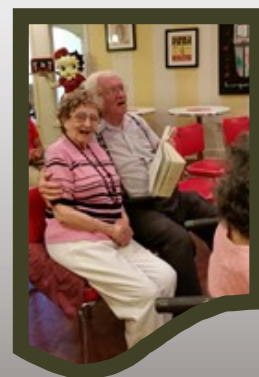
Maudie B, Marilyn D, Shirley S, and Darlene T are enjoying hymns on a Thursday.



Darlene T, Kiera M, and Della C enjoying their hard work after making s'mores.



Tim H enjoying his s'mores.



Mr. and Mrs. Booth singing along during hymns.

Events

9-5 Resident Council
9-11 Singing Cowboy
9-11, 18, & 25 Scavenger Hunt
9-19 Men's Breakfast
9-20 The Sonny Music Show
9-30 James Gang

Every Sunday at 9:30 we have church.
Every Monday at 10 am we will be making donuts.
Every Tuesday at 2:30 we have Bingo.
Every Wednesday we have bible study at 10 and fill the cookie jar at 2.
Every Thursday we have Hymns at 10:30 and snacks in the making at 2.
Every Friday we have sing with me in the Betty Boop Room and Trivia & Treats at 2

"Is it better to take my loved one home for our family gathering or should we just plan a visit to Arbor House?"

I get this answer every year. It is a tough question that has many possible answers. The "right" answer is just as different as all 52 residents of Arbor House. Many of our residents are comfortable going out to a well planned gathering, others experience greater stress. The "right answer" for this second group is harder to nail down.

For a specific answer, feel free to give me a call and we can discuss your specific loved one. I will try to guide you generally in the direction of making the best choice in the following sentences. When making this decision, one should consider the three pieces of the visit: travel, the visit, and the return to Arbor House. The choice to include your loved one in offsite holiday plans should focus on the first two pieces. If you feel the travel will go well and that the well planned gathering will be enjoyed by your loved one, in general, I would support the choice to include them in your holiday plans. Most residents fall into this category and many of these residents will deal with after affects of attending such as a function. These after affects can range from fatigue to restlessness. We have trained the staff to help our residents through these difficult moments. This difficult experience can last from a few moments or throughout the evening and is usually resolved after good rest. This can be an adequate trade-off for well spent hours and memories made during a family gathering.

There are a few residents for whom leaving their "safe" environment of Arbor House or the busyness of the gathering may create too much stress. I encourage those families to take advantage of the opportunities to celebrate with their family here at Arbor House.

If after these considerations, you feel your loved one can enjoy your family gathering, here are some tips:

- **Eliminate the guessing game!** Do not quiz your loved on family/friends names. Instead give them the answer: "Mom look it's Elizabeth, Sally's little girl." Focus the discussions on the past and familiar events, memories and stories in which the person with dementia may become lost. Remember, their recall of your name may make you good for the moment, but it creates much stress for your loved one.
- **Keep it short.** Watch your loved one's behavior paying close attention to signs of fatigue. Have a quite place available for a nap or de-stress
- **Create a place** for your loved one away from "action." Noise and excessive activity can be difficult for the person with dementia to process or understand.
- **Keep it simple.** When possible, limit the number of people in the room to 2 or 3

I hope these tips are helpful! I know I have only scratched the surface. Feel free to call myself or any member of the Leadership team if you have specific questions.



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:

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

Color should be used to promote independence and appetite in dining programs.

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:

Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard

We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.

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 (per house), 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 ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.

The Arbor House of Temple

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Temple, Texas 76502

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