

# Weatherford Arbor House Informer

INDEPENDENT LIVING, ASSISTED LIVING & MEMORY CARE

Volume 12 Issue 9

September 2017

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*And a host of  
wonderful caregivers  
and dietary staff.*



*Giving New Meaning To Life*

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## Walk With A Purpose

Walking is healthy for you. Walking can help others as well as yourself. Walking can serve an even greater purpose than to keep you fit if the steps you are taking help blaze a trail to find a cure for Alzheimer's disease.

Of particular interest to us here at Arbor House is the Walk To End Alzheimer's organized by the Alzheimer's Association. The Alzheimer's Association is the largest nonprofit voluntary health organization dedicated to accelerating the progress in prevention, cure and living with Alzheimer's disease.

This event converts a healthy activity into an unselfish workout. Participants in this years upcoming Walk to End Alzheimer's will not only put on their walking shoes but will also raise money for this worthy cause. Eager partakers at each local walk are a part of a larger national effort to mobilize volunteers across the country for three reasons:

- Help families across the country by continuing to provide and improve programs focusing on education and support.
- Advance critical research studies into methods of treatment, prevention and ultimately, a cure.
- Speak up for the needs and rights of those facing Alzheimer's.

When you participate, your fundraising dollars fuel the mission-related programs of care, support and research. In addition, your actions, both through fundraising and participating in the events, help to change the level of Alzheimer's awareness in your community.

**Why we walk...** Many of us here at Arbor House have witnessed the overwhelming effects that dementia takes on our residents and their families. Many of us also, have someone we love that has been touched by this disease. We walk for our beloved residents, grandparents, parents, sisters brothers, spouses, partners, and friends living with Alzheimer's.



# Enjoying Friendship



Esther plays the piano for us!



Ruth & Debbie enjoy a moment dancing!



Debbie reads to Barbara and Marie during reading club

# Celebrating Life!



Marie browses through a magazine



Esther colors a mandala



Lee working on a puzzle



Barbara folding table linens



Joan plays us a tune on the harmonica



Memories In The Making with Sue



Debbie and Joan make a snack with Allisa



Earl helps by supervising the city!



Randy serenades us!

# Memory Care Is Engaged In Everyday!



Debbie singing for Teresa and Lee!



Celebrating Barbara and Louise Birthday!

# Thoughts from the Expert

## What does Memory Care actually mean?

Each time I speak about "*Finding Joy in the Journey of Dementia*", I find myself surrounded by a wonderful group of people to visit with after the program has finished and has then sparked situational conversations. There is usually more than one person looking for guidance to, "help mom stay at home as long as possible". I absolutely support *mom* being in the place that gives her the most freedom and quality of life. However, home or even regular Assisted Living, doesn't always equal the highest quality of life and the emotional support that is now needed by those experiencing dementia. People are also often wanting to know how to dissipate *behaviors* like, "mom gets anxious in the evenings", "dad gets so upset when he cannot find things", "my wife keeps buying things from QVC and we cannot afford all of that", "my husband keeps taking my vacuum cleaner apart while I'm asleep", and "my wife asks me daily what we are going to do or where are we going to go"; these are all actual quotes I have heard on more than one occasion. These and many other *behaviors* are the person's best communication to you that their current environment is asking too much of them. Thus is, "mom is in the nicest Assisted Living and she likes the people there, but she just stays in her room all the time".

Arbor House offers Memory Care at all of its locations and some locations offer regular Assisted Living as well. As I begin to explain the difference between the two (Assisted Living vs. Memory Care), I do not mean to take away anything from either. Assisted Living is to support people from more of a physical perspective of assistance with bathing, toileting, medications, meals, and alleviate the chores and stresses of running a house. In addition, the activity programs are available for the residents if they so choose to go and participate. Assisted Living is built on the premise that its residents can self-direct their day. An Assisted Living that is also certified in Alzheimer's Care (most often referred to as a Memory Care Assisted Living), understands that its residents need assistance with guiding their day.

I want to talk about what a Memory Care community is and isn't. It isn't a jail, it does offer a secured environment because people with dementia may decide they want to go to the store at 3 a.m. and we need a protection in place. I believe that *exit-seeking* is usually with a plan; it is not aimless and there is a need that the person is trying to fulfill. Nevertheless, this secured environment should not be the main reason for choosing a Memory Care community, meeting the individual needs should be. Arbor House Memory Care Assisted Living offers a very high staffing ratio to allow our team-members to become resident-friends not just caregivers, to our residents. Our *Life in Motion* engagement program, offers multiple engagements at the same time to meet the needs of distinct groups of residents in our communities. From very early to late *journey*, our residents can benefit from our *Life in Motion* program that was specifically written for Arbor House; the program that we live, breathe and abide by daily ensuring our residents find purpose each and every day.

Each person in the *journey* of dementia experiences it differently; therefore we are not a 'one size fits all' environment. Between the way our buildings are designed- each with bedrooms, a living and dining room; creates a home-like feel, our resident-friends who are vigorously trained, and our *Life in Motion* program; we reduce some of the stressors that cause the *behaviors* at home and in regular Assisted Living that we first were talking about. So, while *mom* might not currently need or furthermore ever need, a secured environment; to find joy in the *journey* of dementia, she will need an emotionally supported structure and routine and possibly some physical assistance as well.

There is so much more to say here, but my space is limited. Please give us a call so we can share more about how we *serve* people in this *journey* and help to create joy along the way.



By Natalie Kunkel



### Fall Into A Fun And Active Lifestyle!

It's important to keep active mentally as well as physically, and now that fall is on its way, there is more to look forward to than just cooler weather. Come get to know your neighbors at one of this month's fun events. Join us for one of our fun planned activities or just stop by for a cup of coffee and to visit!



## Brainy Word Search Puzzle

S	N	I	E	G	W	U	A	T	F	U	E	W	C	G
N	S	C	N	J	M	I	N	U	N	Y	I	F	A	C
H	M	C	F	D	E	S	N	B	R	I	O	F	T	K
Z	N	F	I	C	C	C	O	O	M	C	H	E	E	O
H	O	T	K	B	T	O	M	R	U	B	C	T	G	S
E	I	F	P	I	O	E	G	S	T	N	L	T	O	T
R	T	Z	O	C	M	R	E	N	E	I	H	Q	R	R
M	N	N	J	X	Z	P	U	I	I	B	N	E	I	A
Q	E	G	O	Q	M	R	C	E	C	T	A	G	E	T
Y	T	V	L	Z	C	S	P	Q	N	E	I	E	S	E
B	T	Y	C	I	O	W	A	A	N	A	I	V	Q	G
N	A	L	G	R	L	E	A	R	N	I	N	G	E	I
S	U	O	U	O	M	H	Q	Q	X	X	A	F	N	E
E	L	E	R	E	A	S	O	N	I	N	G	R	J	S
W	N	G	N	I	K	N	I	H	T	Q	K	U	B	M

NEUROSCIENCE      FUNCTION      COGNITIVE

CLUE      ATTENTION      BRAIN

SORTING      LEARNING      LOGIC

STRATEGIES      CATEGORIES      FOCUS

NEUROBICS      HINT      MEMORY

THINKING      REASONING

Brought to you by



# SAVE THE DATE



**\*Bible Study with Dale \***  
**Monday @ 1:00 pm**  
*Come learn and discuss the bible*



**\*Sewing with Thea \***  
**Monday @ 3:00 pm**  
*Come learn and discuss the bible*



**\*Yoga with Kathy \***  
**Wednesdays @ 1:00 pm**  
*Join in, work on balance and strength.*



**\* Active Mind \***  
**Thursdays @ 9:45 am**  
*Mind teasing and strengthen your brain*

**\*Watermelon Social \***  
**September 1, 2017 @ 3:00pm**  
*Join us for a juicy treat and fellowship with your neighbors!*



**Its 5 O'clock, Somewhere \***  
**September 14, 2017 @ 5:00pm**  
*Its 5 o'clock somewhere! So, lets have a drink and visit*



**\*Pot Luck \***  
**September 21, 2017 @ 5:00pm**  
*Bring a covered dish and eat with your neighbors!*



**\* Friday Bingo Schedules \***  
**Join us for a fun game of Bingo!**  
**9/1/2017 at 11:00am - Tammy/Best Care**  
**9/8/2017 at 1:00pm - Emily / Kindred at Home**  
**9/15/2017 at 11:00am - Tammy/Best Care**  
**9/22/2017 at 1:00pm - Emily / Kindred at Home**

**Following Engagements Are Locate In Memory Care - All Are WELCOMED!!!**



**\*Randy Ingram\***  
**Every Thursday @ 10:00 am**  
*Come enjoy the music!*



**\*Memories In The Making\***  
**Every Friday @ 10:00 am**  
*Creating and Recalling!*



**\*Joy Singers\***  
**September 19, 2017 @ 10:00 am**  
*Come sing hymns with the singers*



**\*Texas Wildflower s\***  
**September 19, 2017 @ 2:30 am**  
*Enjoy the ladies clog dancing*



Ice Cream Social

## LEARNING IS SWEET!

**September 6, 2017 at 3:00pm**

**Danna, from Angels Care Home Health will be here to teach us about the Signs and Symptoms of Depression and then we will enjoy some ice cream and fellowship!**



Ice Cream Social

## You Can Help!

Join our team for the Walk to End Alzheimer's. An event to raise awareness and funds to fight Alzheimer's disease.

The Walk is Saturday, September 30, 2017 at the Weatherford College

**Go to [alz.org](http://alz.org) and look for Weatherford Arbor House Believers To join our team or make a donation.**



Imagine not being able to recognize your best friend



# Independent & Assisted Living



The Ladies of Sewing with Thea making a quilt!



Charles and Harry out for their morning walk



Lorraine with her Granddaughter and Great-grandson!



Lenore enjoys the fresh air and sunshine!



Arlene, Lorraine and Joyce show off their pretty painted nails!



Enjoying some good food and even better company at Pot Luck!



Dot keeping her mind active and doing word puzzles



Watching a movie with Bible Study Group!



Mary catches up on her reading

Enjoying Fellowship with Our Neighbors



## Nurses Notes Jana Brown, LVN

Since September is National Cholesterol Awareness Month it is the perfect chance to talk about what it is and what to do about it. Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level.

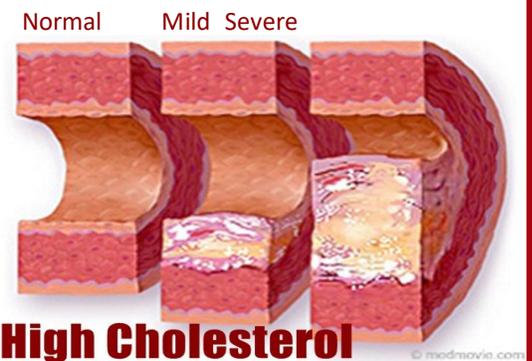
You may need to have your cholesterol checked more often if any of the following statements applies to you:

- Your total cholesterol is 200 mg/dL or higher.
- You are a man older than age 45 or a woman older than age 50.
- Your HDL cholesterol is lower than 40 mg/dL.
- You have other risk factors for heart disease and stroke.

### How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by

- **Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
  - **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
  - **Not smoking.** If you smoke, quit as soon as possible.



**Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.**



**Arbor House of Weatherford Communities consist of Memory Care, Assisted Living, and Independent Apartments.**

**Our Independent Living Community offers privacy and can be tailored to meet the needs of the residents with services such as medication management, housekeeping, home-cooked meals delivered or in our private dining room as desired. The Assisted Living Communities creates an environment of independence with 24 hour assistance in needed areas.**

**The Memory Care community has a secured and enclosed yard/patio where they can be closer to nature. The smaller setting promotes a greater independence and dignity for those managing dementia causing diseases. 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, while offering home-cooked meals. Our engagement program offer a consistent routine to increase independence and are designed to touch key areas of interest. These are structured and purpose-filled programs to help reduces stress and sun downing. Our staff longevity and ratio allows more personal care, while building a strong relationship with residents and family. Our home-like environment lets our residents know they are loved and encourages visits from family and friends. It provides the residents a strong sense of belonging.**

*The greatest compliment you can give us is your referral.  
We'd love to give your friends a tour of our home-like community.*



*Giving New Meaning to Life*

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