



HELLO OCTOBER

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Certified Memory Care Community

Rockwall

October 2017

A message from Arbor Gardens

Greetings family and friends,

September has flown by! Staying busy and having fun contributes to much of this. We are a growing community with many new faces that have joined our family. We want to give a special thank you to the newest member of our leadership team, Sherrie Lynn, Community Relations Director. She has done such an awesome job at bringing the right touches of love to our Arbor Gardens Community. Our residents have enjoyed seeing the beautiful new décor.

"Isn't it so beautiful around here? Flowers make me happy. Reminds me of being home in Lubbock as a child picking flowers and making bouquets for the house." - Judy

It's absolutely amazing when anything we do creates moments of joy for our friends. '

We would also like to give special thanks to all the vendors that supported our residents and team members during the National Assisted Living Week. Heart to Heart Hospice, Heritage Home Health and Community Hospice are greatly appreciated for their contributions!

Arbor Gardens is looking forward to what we have happening in October. We will be holding a jewelry sale for our women on October 11th. Many of our residents are looking forward to this! We will also be having a Pumpkin Palooza on the 24th. With the help of our team members, our residents will be carving and decorating Pumpkins for a chance to win a prize! We encourage families and friends to join us with helping your loved ones during this fun engagement.

Pumpkin Palooza Time!!!!

Life in Motion



Bodies in Motion :

Some of the residents, along with Care Friend Charles, enjoy outdoors while playing a game of Parachute.

-left

Minds in Motion :

A few ladies of Arbor Gardens wiz through this word search puzzle that Care Friend Miseli has created for them!

-right



Dreams in Motion :

Our friends do a bit of story telling with Care Friends Amanda and Charles. Amanda shares a picture with the residents while Charles copies their story created behind the picture.

-left



Hearts in Motion :

Novelyn enjoys her time being pampered in the salon! She loves getting her hair and nails done. This is something that brings her joy and something she looks forward to!

-right



"Get to Know Me"

By Sharnice Taylor

**Get to know me for who I am,
Show me that you care.**

**Get to know the things I can do,
Know that although I have changed, in so many ways I am
still just like you.**

**Get to know me through the precious moments we share
everyday,**

**Refresh my memory with pictures and stories when I cannot
put a name with a face.**

**Get to know me now because you may have lost what you
once knew,**

Get to know me.

I still need love, the same way you do.

Get to know my past, I have so much history to share,

Get to know me.

Show me that you care.

Ask the Expert...

Natalie Kunkel

"It is so hard to visit with mom sometimes, I was always closer to dad and I think she blames me for putting her here – will we ever have a good visit?"

Visiting with someone you love that is experiencing the journey of dementia can be very challenging. There is the brain that is failing forcing the person to pull together memories in a jigsaw fashion that don't always fit together. They are warped by time and emotion. And that emotion... our life experiences with this person we love has been full of emotions: love and victories as well as disappointments and fights. Your place in the family was defined early: "momma's girl/boy", "daddy's girl/boy", "spoiled", the "favorite", not the "favorite", the "fixer" and the list goes on and on. The hardest part might be the role reversal... it is hard on the adult child to become the "parent" to their parent. It is hard on a spouse who has spent their life sharing decisions to now make them on their own. And it is hard on the family members to edit what should be told and what should not be told. Visiting can be so exhausting on both sides! I was visiting with a friend whose mom recently moved into a memory care unit and she described her visits as "Improv". She said "Mom asks great follow-up questions and I feel like I am constantly trying to predict her next question". With all of this going on, it is no wonder that the topic I am asked to speak on the most is "successful visits". So here are some tips I typically share:

There is no rule that says you are a bad daughter, son, husband, wife or sister if you do not visit every day. In fact, over visiting can contribute to agitation and increased confusion. There is also no golden number for what the right frequency is for visiting. Everyone is different! If you are struggling to find this balance, please involve our team!

There is no rule a visit has to be "x" number of hours long. In fact, for a majority of people in this disease journey, shorter visits are better. They are simply less exhausting.

The goal of your visit should be to bring your family member a moment of joy. Often the person with dementia can take the visit to a hard place. Especially if your family history has a lot of baggage. When this happens, please seek assistance from our team. If we work together we can find ways to have happier visits.

Visit with a plan. Take something to do or show. Something tangible that you just "found" to show and talk about. Keep it light and positive, and if their memories are not 100% correct, roll with it!

Bring gifts! Depending on where they are in the journey, you can recycle gifts. My grandmother loved those mechanical pop up flowers! I bought her 3, each visit I slipped one into my bag shortly after giving her the one I had taken last time. She always had two on her table. I could have bought her something every trip, but she didn't have room for it.

Exit with a plan. Honesty is not always the best policy. Your exit plan depends on the person's ability to "chain time" and their level of emotional investment (will they worry about your safety). Excusing yourself to the bathroom and giving a nod to the staff that you are leaving so they can get your loved one busy can work ... a lot! So can "I have to run to the grocery before it closes. I will be back after that" ... and won't you ... I mean not right back, but back eventually. People who can chain time might benefit from having the next visit written on a calendar. Again, this is great time to seek help from the Arbor House professionals!

And last, know that for a lot of our residents the emotional stress does not end when you walk out the door. And I know that is true for our family members as well. The evaluation of a successful visit ... or just about any fatiguing activity ... is how the person functions the 4 hours or so after. Are they able to fall back into routine? Are they exit seeking more? Do they go right to sleep? These are considerations (and more) that the team is trained to observe and support. Listen to their advice – it is good stuff!

What's Happening in October

Wednesday 10/11
Jewelry Sale
3:00pm

Saturday 10/14
Judy's Birthday Celebration
5:00pm

Wednesday 10/18
Brad Ackland– Live Entertainment
11:00am

Tuesday 10/24
Pumpkin Palooza!
10:00am



Judy C.
10/14



www.fabulousnature.com

What we need...

Hello families! If you have any old jewelry that you are no longer wearing and do not mind donating, please bring it in to myself or any Arbor Gardens team member. We want to collect as much as we can so that we can have a successful jewelry sale for our residents. Please join us if you wish!

Also, we're having a pumpkin decoration competition on the 24th. We're accepting pumpkins all month long.

HOPE

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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