

# The Arbor House Recorder

**ARBOR HOUSE: The #1 Memory Care in Granbury!**

**NOVEMBER**  
**2017**  
**Volume 10, Issue 21**

What an exciting month we had here at Arbor House! We are so happy to welcome our newest team member, Tiffany Wynn, as our Executive Director! Tiffany comes to us from our Weatherford Arbor House community, and has years of experience working with seniors in Assisted Living communities. Thank you to the families who were able to stop by for Tiffany's official "Meet and Greet" on the 26th! If you were not able to make it please feel free to give her a call and schedule a time to come introduce yourself. You may have already spoken to her over the phone, but it's nice to be able to put a face to a name and she is eager to learn all about your loved-one!



Our Fall Photos turned out wonderfully! The residents enjoyed helping us decorate the scene with hay and pumpkins, and then got pampered by the care-friends before having their photos taken. We will be printing out the photos and sending you a copy as soon as they are ready!

We hope you all are getting ready for a busy holiday season! Holidays are so special to us here at Arbor House, and we want to make sure yours go as smoothly as possible! Let us know if there is anything we can do to help you out, or if you'd like to reserve the Ice Cream Parlor for any special celebration!

Inside the newsletter you will find an excerpt written by Jolene Brackey, a page of photographs showing our amazing residents participating in our "Life in Motion" engagement program, and a calendar of important dates and events! Please take a moment to read about our Thanksgiving celebrations as well! We hope you all can make it!

Much Love,

Lydia Messina

License #102889

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Administrative Assistant

**Sabrina McGinnis**  
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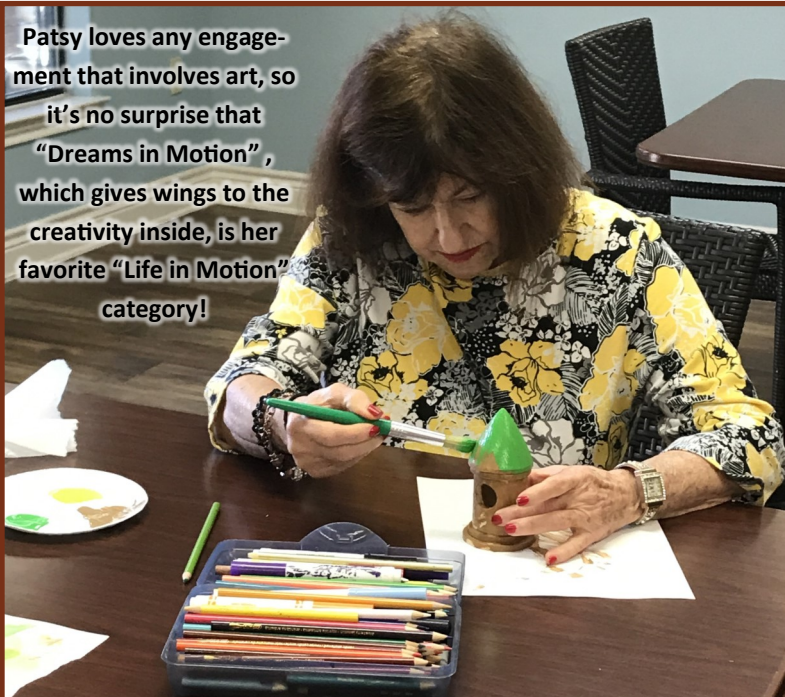
**David Hankins**  
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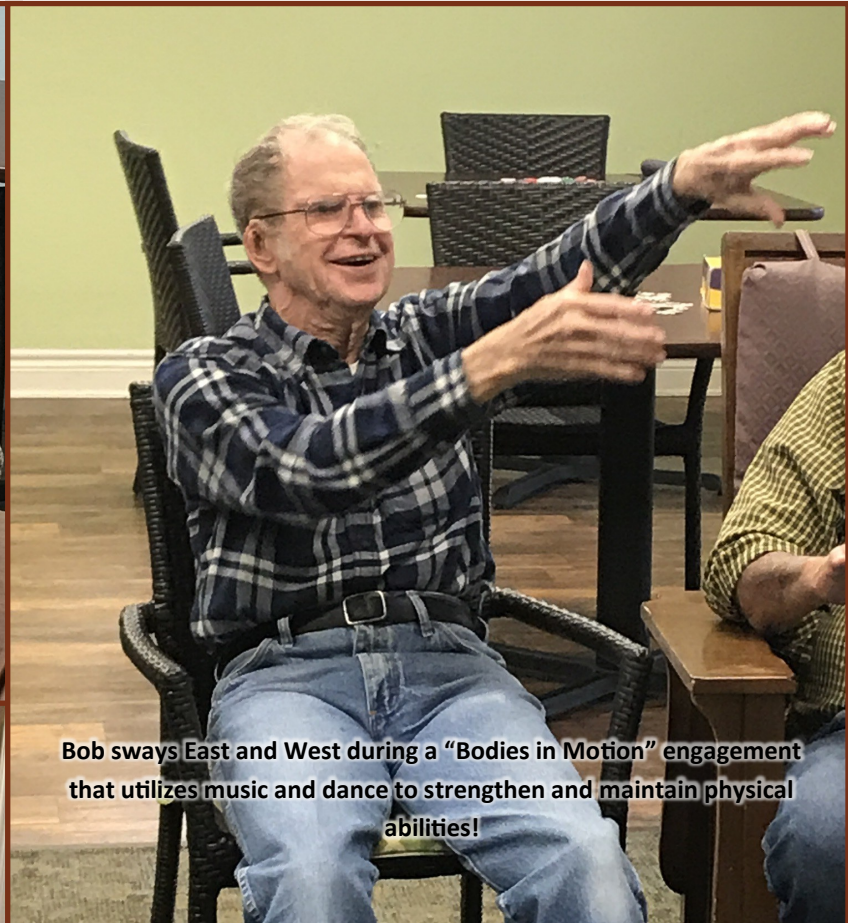
**Natalie Kunkel, CTRS, CDP**  
Regional Director  
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Along with a host of amazing care-friends and dietary staff!





Patsy loves any engagement that involves art, so it's no surprise that "Dreams in Motion", which gives wings to the creativity inside, is her favorite "Life in Motion" category!



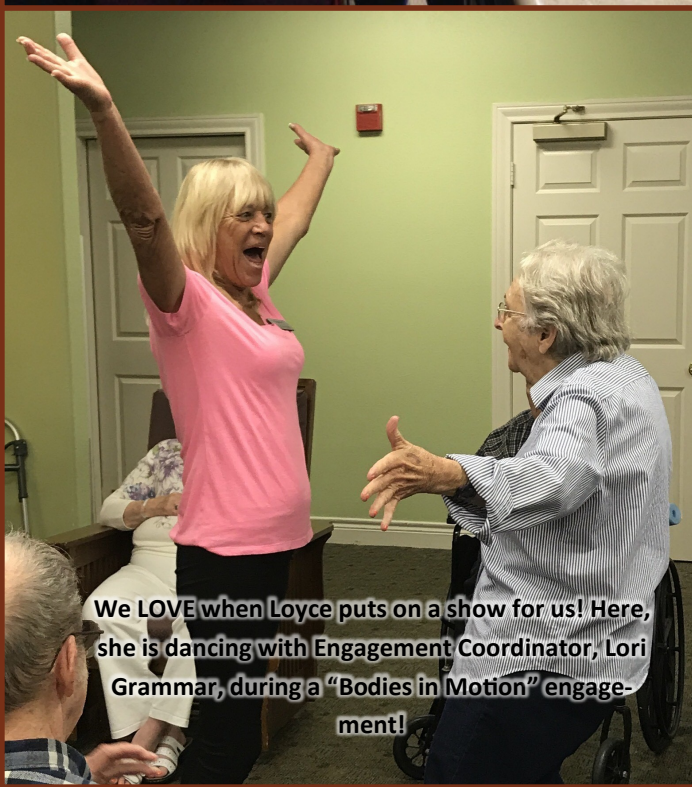
Bob sways East and West during a "Bodies in Motion" engagement that utilizes music and dance to strengthen and maintain physical abilities!



What a special 96th birthday Pat had! She had almost 80 friends and family members come celebrate with her! Here, she is pictured with care-friend, LauraAnn and Shirley!



Charles and care-friend, Christi, enjoy a friendly game of Dominoes in our Ice Cream Parlor during a "Minds in Motion" engagement!



We LOVE when Loyce puts on a show for us! Here, she is dancing with Engagement Coordinator, Lori Grammar, during a "Bodies in Motion" engagement!



We were so happy to see Hoss's family out at the Walk to End Alzheimer's!



# November 2017



Sun














Mon

Tue

Wed

Thu

Fri

			<b>1</b> Jammin' w/ Jesse @10AM (Bogart)	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Set your clocks back!	<b>6</b> Party w/ Margie @2PM (Bogart) Alzheimer's	<b>7</b> Election Day	<b>8</b> Thanksgiving Lunch on Hepburn and Monroe at 12PM	<b>9</b> 	<b>10</b> Alzheimer's Association Fall Caregiver Seminar 9AM-2:30PM	<b>11</b> Veteran's Day
<b>12</b> Victoria's Birthday  Gospel w/ The	<b>13</b> Bill's Birthday  	<b>14</b>	<b>15</b>  Barbara B.'s Birthday  Thanksgiving	<b>16</b>  	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 	<b>21</b>  Party w/ Margie @2PM (Gables)	<b>22</b> Jammin' w/ Jesse @10AM (Bogart)	<b>23</b>  Thanksgiving Day!	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>  Mary W.'s Birthday 	<b>30</b> 		



# THANKSGIVING LUNCH

Thanksgiving is around the corner and we would love for you all to come celebrate with your family by having lunch with us! We are having two separate Thanksgiving celebrations, so that the number of visitors we have in our building does not disrupt our amazing residents! A Thanksgiving lunch will be served on the House, so please let someone in the front office know if you are going to be able to attend!

## **MONROE AND HEPBURN**

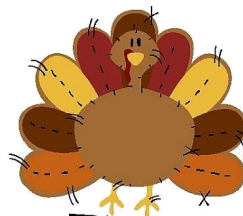
**WEDNESDAY, NOV. 8TH AT 12PM**

Monroe and Hepburn's Thanksgiving lunch is scheduled for Wednesday, November 8th, at 12:00 PM. If you are able to attend please let Janet, or someone in the front office, know by Nov. 3rd so that we can be sure to have enough food prepared! Lunch will be served on the house of the person you are visiting!

## **BOGART AND GABLES**

**WEDNESDAY, NOV. 15TH AT 12PM**

Bogart and Gable's Thanksgiving lunch is scheduled for Wednesday, November 15th, at 12:00 PM. If you are able to attend please let Janet, or someone in the front office, know by Nov. 10th so that we can be sure to have enough food prepared! Lunch will be served on the house of the person you are visiting!



Happy Thanksgiving

# ASK THE EXPERT

## Holidays and Family Reunions

Holidays and family reunions are very stressful for a person with dementia. Not only do we take them out of their familiar environment, but we also invite everyone over and ask the person to be “normal” again. The kids think, “Mom should be there.” Could it be that we inflict our own values and standards on people with dementia? The person will be nice and act perfectly fine for a short while, but eventually due to utter confusion they will say, “I want to go home.” Or they have an unexpected outburst, which essentially means, “I can’t handle this situation.” Family gatherings are actually the time when everyone gets to experience firsthand that something is wrong, which is a blessing in disguise because awareness is the key to doing it differently. It may take two weeks to recover from one family reunion, and the caregiver suffers the repercussions. Spread holidays throughout the year. On Sunday, go to the Christmas Church service. The next week invite one family for dinner. The next month open presents.

Rethink your holiday traditions:

- Call a family meeting before the holidays. Discuss the traditions that must be continued and ones that can be changed.
- It is not a choice; the caregiver needs help. If the caregiver insists on cooking the turkey and favorite stuffing, you buy the turkey and ingredients for stuffing. Ask each guest to bring a vegetable.
- During the family get together, be sure the person is seated in their place of comfort or next to their favorite family member who is assisting. Say: “Here comes Annie. Dinner is almost ready.”
- If the person is restless, have someone who is attuned to the person’s mood take them outside for a walk, or to the bedroom for a nap or some much needed quiet time.
- Make sure the person is never left alone in a crowd.
- Put something in the person’s hands or lap (a plate of finger food, a loved pet, a baby) to create a positive distraction from the noise and stimulation.
- Put the caregiver and the person with dementia first. The rest of the family can adjust.
- Take turns being with the person with dementia. The other family members can get quality time with Dad/Mom and do what “normally” is done (shopping, eating out, watching a football game together).

-Excerpt from “Creating Moments of Joy” by Jolene Brackey—pages 42-43

★HAPPY★  
BIRTHDAY!

**Victoria G. - Nov. 12th**

**Bill H. - Nov. 13th**

**Barbara B. - Nov. 15th**

**Mary W. - Nov. 29th**



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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.