

Reminisce News



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Inside this issue:

Ask the Expert	2
Life in Motion	3
December Birthdays	4
Mission	4

Stay Connected

It is important for us to stay connected with Arbor House families! As we approach the new year, we are making some changes to our programs. Traditionally, the Family Support Group has been held on the first Thursday of every month at Noon. However, beginning January 2018, we will host the Support Group at a new time slot to allow those who cannot attend during the noon hour to join us.

On **Tuesday, December 5, at 5:30 p.m.**, we will host a "Meet & Greet" reception to get acquainted with our facilitator, Chaplain Harry Smith, meet new family members and our leadership staff, *and* kick-off the new year! Drinks and snacks will be provided. **Please plan to attend. We will meet at the Arbor House on Main Street. RSVP to 405-310-2499.**

Then, on January 4, 2018 the Family Support Group will meet at 5:30 p.m. in the Conference Room. When possible, we will introduce guest speakers to provide us with information about senior programs, the latest in Alzheimer's research, and more. We look forward to your participation. Friends and family are welcomed!



*Resident
Christmas Party
Thurs., Dec. 21
2:00 p.m.*

Please bring a wrapped gift with your loved one's name by **Thurs., Dec. 14.** Thank you!

Ask the Expert...Natalie Kunkel

Planning for Holiday Visits

With the Holidays here we just wanted to re-visit tips for successful visits:

- ◆ Include the person in the preparation or tasks. Understand what they are able to do without frustration and allow the person to be needed. Doing tasks (like putting bows on packages, unwinding lights, etc.) can take the stress off trying to find topics for conversation.
- ◆ Tone down your decorations. Blinking lights, large decorative displays and changing the environment can cause disorientation. Avoid decorations that could be mistaken for edible treats.
- ◆ Host a quiet, slow-paced gathering and always keep a space in mind that has little distractions for the person to go rest or for quieter visit. Keep the person's daily routine consistent as much as possible.
- ◆ Celebrate in the most familiar setting. For many people with Alzheimer's a change of environment – even a visit home, can cause anxiety. If this is true for your loved one, consider making plans to celebrate in their environment/home.

Arbor House is happy to help anyway we can.

- ◆ Keep visitor traffic to a minimum. Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who is who, 2 to 3 familiar faces are likely to be welcomed, while more may be overwhelming.
- ◆ Schedule visits at your loved one's best time of day. With the stress of trying to keep up, our friends tire easily, particularly as their journey in this disease grows longer. Your loved one may appreciate morning and lunchtime visitors more than those in the afternoon or evening.

During this busy holiday season we will see many visitors at Arbor House, all are welcomed! Keep in mind that each visit impacts more than just your loved one and others may want to be involved in your visit. We ask that you be patient with our other residents and ask our team for assistance if and when needed.

Peanut Butter Kiss Cookies

Ingredients:

- 1/2 cup butter, room temperature
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/3 cup peanut butter
- 1 egg
- 1/2 tablespoon vanilla extract
- 1 3/4 cups flour
- 1 teaspoon baking soda
- Nonpareil red and green sprinkles
- Hershey's Kisses, unwrapped

Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Cream butter and sugars together in a large bowl. Stir in peanut butter, egg, and vanilla.
3. Stir in flour and baking soda. Stir in 2 or 3 tablespoons of sprinkles.
4. Roll dough into 1-inch balls and place on the prepared baking sheet.
5. Bake 10 minutes.
6. Allow cookies to cool about 5 minutes. While still warm, place one chocolate kiss in the center of each cookie, pressing down slightly.

Makes about 2 1/2 dozen cookies





Time with Tonya



Residents enjoy music and entertainment— and, a little bit of dancing...

Our Philosophy

Giving new meaning to Life

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?
Contact Lil or Email
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@ Arbor House Assisted Living

Happy Birthday

DECEMBER

Residents

Maydell — 12/13
Lou — 12/20
Betty S — 12/21
Charlene — 12/31

Staff

Claudia E. — 12/20
Rachel — 12/21
Melissa — 12/24

Operation Santa Paws



The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats, and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.

