



Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502
254.773.3081

Meet Your Team

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

Executive Director
Darlene Rodriguez
Darlener@arborhouseliving.com

Executive Assistant
Jeannette Cisneros
Jeannette@arborhouseliving.com

Community Relations Director
Peggy Holcomb
Peggy@arborhouseliving.com

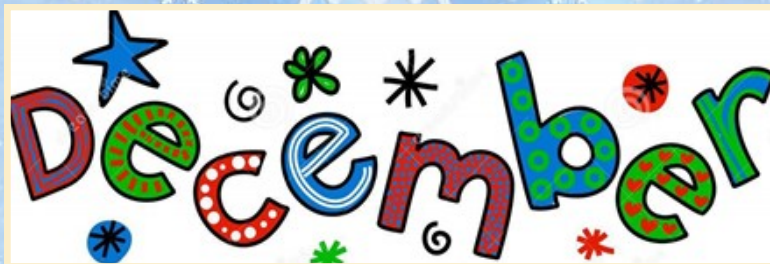
Director of Nursing
Ken Englehart
Ken@arborhouseliving.com

Engagement Coordinator
Julia Harper
jharper@arborhouseliving.com

Resident Service Coordinator
Shay Nealy
Shay@arborhouseliving.com

Dietary Manager
Janice Wilson
Janice@arborhouseliving.com

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Letter from Julia

November has come and gone and we are ready for December. As always, our Thanksgiving feast was a success with the help of the Arbor House team. I would like to thank everyone who joined us and for the ones that were not able to, please know that we understand. We also appreciate your understanding that we do not have enough room to accommodate more than one family member per resident.

Our family Christmas party will be held on December 24 starting with a candle light service at 4 pm. The service will be presented by Pastor HK Ballard with a soup supper to follow. Again, we will only be able to allow one family member to attend due to lack of seating abilities. Please RSVP by December 19th if you plan to attend.

I am asking family members and friends to have a gift under the tree in your loved ones house by December 19th. Please mark the gift with their name, you can sign from Santa or yourself. Please use their name instead of mom or dad, we have several moms and dads. This gift will be opened on Christmas morning. Thank you so much for helping to make this a very special Christmas.

You can look inside this newsletter for our holiday events. Remember we can always use a helping hand with all events. I will also be setting out calendars on the information desk in the front office. Feel free to take one when you visit. If you are unable to pick a calendar up you can always find them on our Arbor House website.



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 jour-

Congratulation to the following staff on their anniversary.
4 year: Jeannette C

Life in Motion



Caregiver Gail and Marty W dancing before lunch.



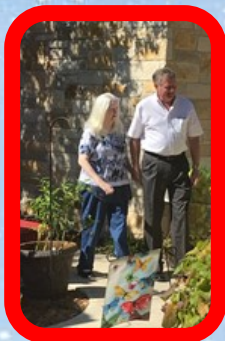
Phyllis H in the courtyard enjoying the nice weather.



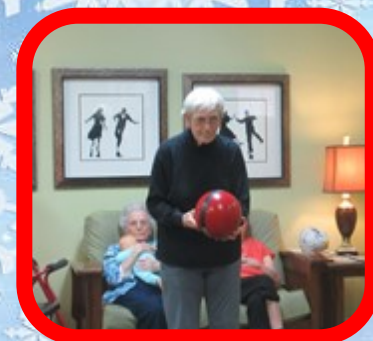
Dolores T, Della C, Judith W, and Shirley Jean playing balloon toss.



Mimi L and Darlene T making turkeys decorations.



Marty W and her son taking a stroll in the courtyard and enjoying the beautiful weather.



Marian G focusing on her bowling aim.

Throughout the year we try and do special things for our staff. In December we try to do something a little bigger. If you would like to contribute to our staff fund, please get with Jeannette or Darlene. Your contribution would be greatly appreciated.



December Birthdays

Dec 2 Miriam L
Dec 13 Dorothy M
Dec 16 Toni G
Dec 23 Phyllis H
Dec 27 Shirley Jean S
Dec 31 Maudie Bulls

Ask the Expert by Natalie Kunkel, CDP

“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 question 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 Ken a call and you can discuss your 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: the travel, 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 will deal with after effects of attending such a function. These after effects 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 one on family/friends names. Instead give them the answer.
- * **Keep it short.** Watch your loved one’s behavior paying close attention to signs of fatigue. Have a quiet 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 a specific question.

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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