



Specializing in Memory Care

January 2018

Happy New Year from Arbor House Lewisville!

Hope everyone had a wonderful holiday and is getting to kick back and relax some! It was wonderful to see so many of you at our Thanksgiving Feast and our Holiday Cheer get together.

As we enter 2018, I am excited to implement some new engagements. We will be starting a Men's Breakfast Club. Eggs made to order, hash browns, sausage, bacon and more. For our men, we are going to also offer Barber Shop Shaves and facials in our salon just to name a few. Our Life in Motion program will continue to offer many daily engagements that fit with our 8 components of our unique program. The daily variety of programs replaces "One Size Fits All"!

Meet Your Arbor House Team

Executive Director

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Dietary Manager

Martin Bermudez

Maintenance Director

Kristin Ross



"The only way to have a friend is to be one."

Ralph Waldo Emerson

Cheers to Friends!

Dawn

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Life in Motion!



Laughter is good according to Brandi and Miss Sue! Friends in Motion!



Miss Audrey Loves to Read. Quiet Moments!



Tea Time! Feelings in Motion!



Miss Ethyl enjoys helping. Purpose in Motion!



Making Bread Pudding! Feelings and Friends in Motion!

ASK THE EXPERT

What is *Life in Motion*?

Life in Motion is our strategically designed activity program. It varies in frequency and method of delivery depending on the group being served, but all programs are built around the fundamental concept of *well-being*. When a university asked “what does well-being mean to you?” they got the following answers: Identity, connectedness, security, autonomy, meaning, growth & joy. When the **Murray Alzheimer Research and Education Program** researchers asked people with Alzheimer’s and other dementias the same question, here are the answers they got: Being Me, Being With, Seeking Freedom, Finding Balance, Making a Difference, Growing and Developing and Having fun. As you can see, the words are different but the meaning is the same.

It is on this basis of Well-being that we constructed our Life in Motion engagement programs. We have 8 components to the program which occur daily in our Memory Care Communities and at least weekly in our Assisted Living Communities. Those components are as follows:

Bodies in Motion (*Growing & Developing*): these are physical, active programs to strengthen or maintain our resident’s current physical abilities. These programs are delivered at different levels to match our resident’s needs and abilities.

Minds in Motion (*Growing & Developing*): These programs are designed to meet the specific need of its participants in order to provide the right amount of challenge.

Hearts in Motion (*Finding Balance*): These programs encompass our religious and spiritual programs as well as those that support the emotions of our residents. Church, journaling and support groups are a few examples.

Dreams in Motion (*Seeking Freedom*): These programs give wings to the creative person inside. Arbor House offers some extraordinary programs that promote this idea such as Memories in the Making, Poetry Writing and unique music based programs. People who have never sought these avenues to self-expression enjoy this newfound freedom through our supportive and encouraging team members.

Friends in Motion (*Being With*): From sitting on the patio to afternoon teas to making new friends, the idea of *Being With* is fully supported and nourished.

Purpose in Motion (*Making a Difference & Being Me*): This is my favorite program component! It occurs in some groups but is mostly individual. We encourage our residents to maintain a purpose in their life by taking on a volunteer role such as setting the table, cleaning up or leading an engagement program.

Feelings in Motion (*Having Fun*): This is the sensory based programs such as baking, gardening, hand massage, trying new foods, etc. They are designed to liven the five senses. These programs are a very important part of our Memory Care engagements, but add fun to our Assisted Living engagements too!

Quiet Moments (*Being Me*): These are intentional opportunities to relax. We all have stressors that build up through the day, these quiet moments can help to reduce these stressors and improve our function in the afternoon.

Join in our *Life in Motion* today!



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.

Color should be used to promote independence and appetite in

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 four 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, 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.



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