



Your Arbor House Leadership Team

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Rockwall

January 2018

A MESSAGE FROM ARBOR GARDENS

A community specializing in Memory Care

Can you believe it? It is time to begin enjoying another wonderful year! We have really enjoyed the months passed. Overtime, we have developed many remarkable friendships with our residents. Friendships that will truly endure the test of time. As you walk through the doors of our community you are met with a blissful touch of love! As it has always been said, "There's no place like home." Here, we laugh together, we cry together, we love one another. We are friends.

We enjoyed the holidays and all the holiday fun but we are really looking forward to starting the new year with personalized engagements that will cater to each one of our residents needs. If you know of something your loved-one has always had pleasure with over the years, please share it with our team! Our ultimate goal is to give them the best life they can have in their current reality by giving back the implicit confidence they may have lost. Everyone in life has a purpose and here at Arbor House, we will do our best to learn what gives our friends purpose and thrive to not let a day go by without helping each one of them fulfill that need.

What gives Carolyn purpose?

Loving a precious baby. The day she laid eyes on this baby she vowed to care for him like she's never cared for anyone before and she knows that her husband will support her! Our team is here to ensure she makes this connection everyday, and we will do the same for every friend we have!



Happy new year

Taking a look back at our... Life in Motion



Joy

There's more... Life in Motion



**Purpose
Friendship**

and there's birthdays... and parties... and more Life in Motion



Connection

Ask the Expert

Natalie Kunkel

Happy 2018! Resolutions, Promises & Goals

This journey through dementia affects not only the person with the diagnosis, but those they love as well. But the most affected person is the person that has accepted the duty to care for him or her. At times, this duty can offer a relationship that you never expected, and other times it can offer challenges you never knew you could navigate. There are everyday challenges & choices; and the more daunting expectations to uphold promises made in a different time in your life; a time in which these current complications were unforeseen.

As I sat with a support group the topic of promises came up. "I promised I would never put him in a home" – haunting words. But all those years ago "homes" were very different and they did not offer the support and companionship And even a new way to live again. And, I believe earnestly that if her husband saw the way the stresses of being a full time caregiver are affecting her health, he would find help himself. This disease affects those insights and just as you begin to make every day small choices for this person you love, a time will come when you will need to make the big choices as well. I encourage you to make the choices that allow you more moments of joy in that relationship that is familiar or new or reclaimed in this journey. I encourage you to take care of you! I want to share with you, at that start of this New Year, the 13 Commandments that Jolene Brackey shares in her book *Creating Moments of Joy*.

13 Commandments for the Caregiver

Thou Shalt:

**Love and Be Loved
Put Family Before Work
Give to Yourself Too!
Dance When the Music Plays
Pause and Get to Know Someone
Turn your back on Negativity
Be Compassionate
Smirk, Giggle & Wink
Seek Your OWN Truth
Soak Up the Sun & Breath Deep
Participate in Nutty Play
Fit Joy into Your Day
Live in the Moment**

Arbor Gardens New Years Resolution

This year, we plan to focus on our residents' simple pleasures. Our friends feeling a sense of purpose and achievement when they are occupied by the little things in life that bring them joy, are the moments we plan to capture and share with loved ones. The little things in life can make a world of difference!

Simple Pleasures

"Think back to when you were a child and all the simple pleasures you found: watching ants build their house, lying under the stars, running outside in the rain, licking a lollipop, eating ice cream, searching for beautiful rocks—simple pleasures we need to re-live again.

A simple pleasure for an older person might be those things, and it might be having their hair combed slowly, getting a back rub, feeling lotion rubbed into their hands, receiving flowers, getting their teeth brushed gently, eating with a friend—the list is endless.

Focus on simple pleasures—it's not spending hours organizing a big party or buying the person a whole new wardrobe. It's as simple as cleaning someone's glasses. You will be amazed by the gratitude you receive because now they can see better.

It's truly a gift, (especially in the later journey) to understand the importance of simple pleasures."

-Brackey, Jolene. *Creating Moments of Joy*. 2007. (pg. 212-213).





Wednesday
01/24/2018
5:00-6:00pm

Caring for the Caregiver

ALZHEIMER'S & DEMENTIA SUPPORT GROUP



Arbor House Assisted Living and
Memory Care

5250 Medical Drive Rockwall, TX 75032

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What's Happening in January?

Monday
January 1
New Year's Celebration
11:00am

Wednesday
January 17
Live Entertainment—Glen Bailey
11:00am

Friday
January 19
Jewelry Sale
3:30pm

Friday
January 26
Hazel's Birthday Party
3:30pm



Hazel 1/26

Arbor Gardens Wish List

- ◇ Old Jewelry
- ◇ Washcloths
- ◇ Hairspray
- ◇ Depends medium/large
- ◇ Wipes
- ◇ Razors
- ◇ Shaving cream
- ◇ Body wash

We will be having a jewelry sale on January 19 for our residents. If you have any old jewelry that you would like to bring in to myself or any Arbor Gardens team member, please do so. It would be greatly appreciated!



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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