

The Arbor House Recorder



ARBOR HOUSE: The #1 Memory Care in Granbury!

JANUARY 2018

Volume 11, Issue 1

I don't know if it's just me, but I cannot believe we are already entering January of 2018! This past year has come and gone in the blink of an eye, and we are so extremely grateful for all of the wonderful blessings we received in 2017. We welcomed many new residents into our community, gained a wonderful new Executive Director and Director of Nursing to our leadership team, and celebrated the lives of people we adore and miss. Every one of us here at Arbor House are beyond grateful for you—the families who have entrusted us with the care of the people you love so dearly. We strive to find and create moments of joy as often as we can, but I think we all agree that the most rewarding and joyful part of our job is being able to build such close relationships with both our residents and their families. We are excited for the fresh start and opportunity to make changes that comes with the new year, as well as the opportunity to continue with the success and happiness we are already experiencing.

We have so many wonderful people to thank for spreading holiday cheer to our residents and staff in December. First, a BIG thank you to the Granbury Middle School choir and the Boy Scout Troop for coming in to sing Christmas Carols. Our residents love when children come to visit, and these groups of kids spread a lot of joy! We were also blessed to have The Hinkle Family come in to sing carols — such a treat! Once again, The Salvation Army paid us a visit and blessed all of our residents with a Christmas gift — they do this year after year and we could not be more appreciative. We would also like to thank Kerry and her sister, Sue Ann, for coming in to make snowflakes with some of the women on Bogart—they enjoyed it so much and the final products were beautiful! Finally, we would like to thank Qyn Hughes, AKA the Grinch, from Alpha Omega Hospice for coming out and making everyone smile! Please see the photos from his visit inside the newsletter, along with other photos of our residents enjoying the holiday festivities.

We had the most amazing Christmas Party with our friends and family, and we all enjoyed watching our residents smile as they received their gift from Santa. Thank you to our very own David Hankins for dressing up as Santa Clause to distribute the gifts, as well as Sabrina McGinnis and the dietary team for preparing all of the tasty treats for the party. I may be biased but I think we have the BEST team of people at Arbor House, who do whatever it takes to make sure that our residents are happy and living their most meaningful lives.

Here's to a wonderful New Year — we are so excited for what's in store and hope to make 2018 the best year yet!

Much Love,

Lydia Messina

License #102889

Tiffany Wynn
Executive Director
tiffany@arborhouseliving.com

Paulette Spencer, LVN
Director of Nursing
paulette@arborhouseliving.com

Lydia Messina
Community Relations Director
lydia@arborhouseliving.com

Lela Sorondo
Resident Services Coordinator
lelas@arborhouseliving.com

Janet Lyman
Administrative Assistant

Sabrina McGinnis
Dietary Manager

David Hankins
Maintenance Supervisor

Melissa Xiong, RN
Regional Director of Nursing
melissa@arborhouseliving.com

Natalie Kunkel, CTRS, CDP
Regional Director
Natalie@arborhouseliving.com

LIKE US ON FACEBOOK!!
facebook.com/ArborHouseofGranbury

**Along with a host of amazing care-
friends and dietary staff!**

LIFE IN MOTION, with Sabrina McGinnis

Hepburn House and Bogart Bungalow

Music with Margie

Jan. 2nd @ 2:00 p.m.

Jan. 26th @ 2:00 p.m.

Jammin' with Jesse

Jan. 4th @ 10 a.m.

Gospel with the Richey's

Jan. 8th @ 3:00 p.m.



Monroe Manor and The Gables

Music with Margie

Jan. 17th @ 2:00 p.m.

Jammin' with Jesse

Jan. 25th @ 10:00 a.m.





ASK THE EXPERT

Happy 2017! 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 this last week 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 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 negative

Be Compassionate

Smirk, giggle, and wink

Seek your OWN truth

Soak up the sun and breathe deep

Participate in nutty play

Fit joy into your day

Live in the moment

★ **HAPPY** ★
BIRTHDAY!

Gene S. - Jan. 20th

Margaret B. - Jan. 21st



Ken and Teresa making sugar cookies during cooking club!



The Grinch visited Betty in the salon while she was getting her hair done!



Jo and Shirley helped Sabrina wrap her children's Christmas gifts this year!



Mary, Jo, and Victoria enjoyed listening to the Christmas Carolers so much! We love seeing their pretty smiles!



Beatrice singing along to the Christmas Carols!



Memory Care of Granbury

900 Autumn Ridge Drive

Granbury, Texas 76048

817.573.7720 - office

817.573.7029 - fax

www.arborhouseliving.com

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.