



Under Shade Tree

Marble Falls

December 2017

Meet Your Arbor House Team

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Happy New Year Here we come 2018

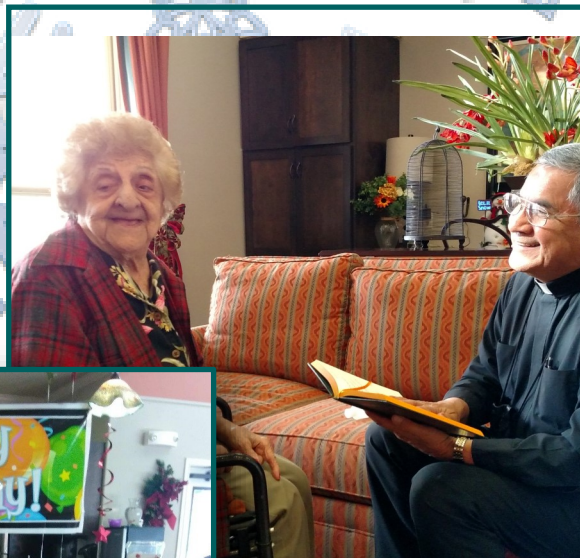
Holidays come and go too quickly. Our friends love the colors, lights, festive songs, and wonderful fatty foods they got to part take and enjoy. Our friends delighted in all the amazing different ways Christmas was changed and improved our lives, as we together remember the meaning of Christmas; love, family, and joy. This month we celebrated not one, but four December birthdays. One of our friends turned 100 years old, how blessed to celebrate an amazing beautiful friend, and hear the stories they had the privilege to witness.

The third Saturday of December, Arbor House hosted their annual Christmas party. It was fantastic to be around all our family and friends. If you were not able to make it, we will make sure to post pictures in our next Newsletter.

We ended this December with a wonderful, fun visit from Jolly Saint Nick the Thursday before Christmas. All of the friends got a kick out of seeing Santa himself. A great way to embrace our child inside.

Evergreen would like to send a wonderful greeting to all our families, and we hope you all have a great new year.

Hearts in Motions



This December was full of birthdays, family dinners, and visits with new babies. What a wonderful way to end our year together.

Life in Motion



Coming together for fun games and delicious winter treats

Ask the Expert

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 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 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 Celebration of Friends Birthdays in January

Engagement Wish List

We have added a few new things to our wish list. If you have any of these items laying around the house not being utilized, we sure could use them here in Evergreen. All donations are greatly appreciated. Thanks in advance...

- *Colored Pencils and Paint*
- *Magazines \Nature Books*
- *Music CD (country, jazz, Spiritual)*
- *Costume jewelry*
- *Fabric or \and Yarn*
- *Art Supplies*
- *Cooking Supplies (bowls, cooking spoons, cutting boards, etc.)*
- *Sewing machine*

1-28-1929 Ms. Ann G.

1-28-1931 Ms. Helen W.

You read correctly two of our friends in Evergreen share a birthday on the same day. How luck is that

Volunteering

Do you have a talent, or like to play games , perhaps love to paint? Come volunteer with us we are always looking for volunteers to share their time with us and make a new friend

Contact Kimberly Jackson

830-613-3260



Arbor House Assisted Living, specializes 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 dining programs.

People managing dementia often benefit from modeling.

For people managing dementia, a structured and purpose filled day reduce stress and "Sun downing".

Familiar relationships reduce stress during caregiving.

Arbor Houses Design Response

Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.

We use orange and red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.

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 boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and 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 administration staff.

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