



Arbor House Memory Care

Marble Falls

February 2018

Meet Your Arbor House Team

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License # 137448

Hello Friends and Family! Happy March

February was a month of love and friendship. We had a fabulous Valentine social with lots of sweets and treats. We would like to thank Valerie Ginsberg, Garland Wade, and Nurse Kim for all of the goodies they delivered for a successful party. What a treat.

Coming this month, we say hello to Spring, sunnier days, and venturing out to our courtyard to enjoy some much needed sunshine.

We are planning a St. Patrick's Day party March 17th at 3:00pm so please feel free to swing by and join us if you can. We have two birthdays this month Ms. Nancy, and Ms. Ozeal.



Friends in Motion



At the top of the page Ms. Mary-Ann, Ms. Ozeal, Ms. Helen, and Ms. Lavine are decorating Valentine cookies. Ms. Helen is celebrating her birthday blowing out her candles. And Ms. Maureen is having birthday cake with friends

Life in Motion



Evergreen engaging in a game with Ms. Christie. Ms. Mary-Ann and Ms. Rose painting winter trees. Ms. Javon and Ms Ann trying on hats. Ms. Mary-Ann posing in front of Valentine Hearts. Ms. Annie engaging with friends

Ask the Expert

What Makes Arbor House so Special?

By Natalie Kunkel

This month's ask the expert comes from a question I have been asked to speak on many times. The question doesn't always sound the same but means the same thing. People want to know what it is about the Arbor House environment that seems to have such a magical effect on those who reside here. People want to know how to reproduce these effects in other home settings. I am always happy to brag on our design approach! Like most questions in life – there are different answers and different philosophies behind the whys and hows of environment. I have limited space, but I try to share some of the magic of our “simplified environment”.

Our approach starts with an understanding of the studies completed in the early to mid-80's which focused on the environment of dining and how to help people with dementia engage to their fullest in the dining activity. The short version is that the number of people and lighting were the most influential factors. The study says that people with a dementia causing disease have greater focus and lesser stress in groups of 15 – 17 or less. We believe if that works for meals, it is likely true for other activities as well. Our “houses” have 13 residents and 2 team members staying within that goal number.

In the 90's we learned about how abstract thinking and visual perception are affected, so we designed communities with limited corners, straight line of sight and, of course, our small houses. In the mid 90's we learned that the “freedom to visit” was an important de-stressing factor. So we created communities that have different sections we call “houses” and an open “airy” walkway connecting them. Our residents can visit any house, any time and participated in those engagements, volunteer or just sit on another patio!

Our own experiences taught us the power of “yes”! Our communities are designed to have “yes” encounters more than “no” encounters. Our patios are always open, residents who cannot operate a lock do not have one on their door, we have multiple community areas to enjoy and residents play an important role in the life of each community. Many residents have chores or responsibilities that give them the feeling of ownership. Our residents have also taught us the best furniture for their independence. While we don't have the overstuffed leather sofas, we do have residents who can easily move in and out of our furniture. This decreases frustration and offers the highest level of independence.

There is so many other details to our environment that supports function for those in this journey of dementia. If you want to know more, ask us on your next visit!

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*
- *Gardening Supplies*

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

March Birthdays

Ms. Nancy 03/20

Ms. Ozeal 03/18



St. Patrick Day Party

March 17 at 3:00pm



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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