



MARCH

Letter from Julia

**Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502**

**Contact Information:
254.773.3081**

Meet Your Team

**A team of exceptional care-friends,
housekeeping, and dietary staff.**

**Executive Director
Darlene Rodriquez**

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**Executive Assistant
Jeannette Cisneros**

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**Community Relations Director
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**Director of Nursing
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**Engagement Coordinator
Julia Harper**

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**Resident Service Coordinator
Shay Nealy**

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**Dietary Manager
Janice Wilson**

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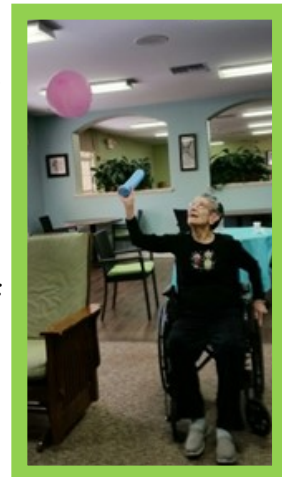
A heartwarming story from our family at Arbor house to yours. This day was a very special gal's birthday. One she was not willing to be a part of. Frances, better known as Granny, was reluctant in taking part in a birthday party we wanted to have for her.

If you know granny, you know she spends her days usually playing solitaire, watching tv, daily devotions, and spending time on the patio. Granny is quiet and laid back gal who chooses not to participate in most everything at Arbor House. Although granny enjoys our company, her day is always planned out by her own daily routine. I had to literally talk granny into letting us bake a birthday cake for her and celebrate her birth.

Finally she gave into my relentless begging but it could only be a few people and not to make a deal out of it. To our surprise, granny has so much fun she decided to stay for the engagements that followed. She smoked us in a game of trivia and balloon toss. She was also thrilled with the cake and ice cream. The room was filled with laughter and memory making was in the works.

Thank you granny for all the smiles you put on our faces.

We are touched daily by so many special friend, unforgettable moments, and heart felt joy. We want to thank all of the families for sharing your loved one with us.



Alzheimer's Caregiver Support Group

Our Alzheimer's support group meets the third Tuesday of every month at 12 noon. Please join us to find support and joy in the journey.

Congratulation to the following staff on their anniversary.

1 year: Elenor R., Luz R, Carolona S.
3 year: LaKendra D.

Life in Motion



Neoma P just smiling.



Delbert M. dancing with caregiver Shay N.



Marilyn D entertaining Lily house while she plays the harmonica and MaryAnn G sitting beside her.



Mr. and Mrs. Lutker relaxing after sharing stories at the tea party.



Patty S posing for the camera while at the ladies tea party.



Virginia S with Darlene at the piano.

EVENTS FOR THE MONTH :

Bible Study every Wed & Hymns every Thursday

Mar. 5&19 Garden Club

Mar. 10 Elvis

Mar. 13 Ladies Tea

Mar. 20 Good Ol' Boys

Mar. 22 Memories in the Making

March is upon us and we have pulled through the winter illnesses. Spring cannot come soon enough. We are ready to see some flowers in the yard and vegetables in our gardens. If you would like to participate in planting feel free to get with me and we can plan something with our residents.



March Birthdays

March 2 Eileen S.

March 14 Gladys C.

March 30 Tim H.



Ask the Expert

Many times family members feel like they do not know what to say to their loved one with dementia. It is ok to ask them questions, however, do not ask questions that force them to try and remember things like "do you know who I am". That is an unfair question. Keep in mind that dementia is the loss of recent events. These are some questions that can help spark up a great conversation:

1. If you could ask someone any questions, and they had to answer truthfully, who and what would you ask?
2. If you had the entire world's attention for 30 seconds, what would you say?
3. What are you most capable of teaching others?
4. At what moment in your life did you experience the biggest rush of adrenaline?
5. If you could do something dangerous just once, without any risk, what would you do?
6. What was the one of the best gifts you received as a child? Why was it so special?
7. Would you like to be famous? In what way?
8. What is your greatest accomplishment?
9. What is the best news you ever received over the phone? Describe the moment.
10. For what in your life do you feel most grateful?
11. Is there anything too serious to be joked about?
12. What was the most embarrassing moments of your life?
13. What is your favorite scent? Why?
14. Would you rather have an extra \$100 per day or an extra 2 hours per day?
15. How do you relieve stress?
16. When you hear the word 'successful' who is the first person that comes to mind? Why?
17. What is one question that you wish people would ask you when they first meet you?
18. What makes you feel most alive?
19. If you could be the best in the world at one thing, for one day, what would it be? How would you spend that day?

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 disease, such as Alzheimer's.



Studies Suggest:	Arbor House's Design Response:
People with dementia perform with greater independence in less crowded environments.	Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard
Color should be used to promote independence and appetite in dining programs.	We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.
People managing dementia often benefit from modeling.	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 "sundowning".	Our engagement program boasts a minimum of 10 programs a day (per house), which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement, & vocation.
Familiar relationships reduce stress during caregiving	Our 1 to 6.5 ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.

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