

# Arbor House Memory Care

Marble Falls

May 2018



## Meet Your Arbor House Team

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Happy Mother's Day! On Mother's Day, we hope you feel honored for all your years of caring for your children and grandchildren. And every day, we hope you feel how loved you are. Also this month we would like to remember and deeply appreciate the ultimate sacrifice our men and women in the armed forces have given. Happy Memorial Day!

April should did bring in some crazy showers and sunny days that we enjoyed watching from our back porch in the courtyard. Spring brought creative ideas to us in Evergreen, personal herb pots for the back, sunny chimes to catch the rays, exploring our taste buds in the kitchen, and always reminiscing together as friends.

This May Evergreen has a lot to look forward to. The first week of May we are lucky to have the First Methodist Children's Choir come sing for us. Also continuing our painting with Memoires in the Making. With spring on a roll, we are continuing our gardening for the court yard. So swing by ,we would love to see you.



# Dreams in Motion



At top Ms. Briana helping our residents plant flowers in our flower pots for the courtyard . Ms. Mary Ann showing her creative side. Ms. Angela and Ms. Cindy helping the our Evergreen friends with their personal herbal pots.

# Life in Motion



Ms. Eva spending time with baby Grace. The Wades sneaking in a dance. Ms. Eva showing off her beauty side. Ever-green friends playing dominos and two special friends, Mr. Demarco and Mr. Jackson doing some engagements with us.

# Ask the Expert

Understanding the World of Dementia-What is Happening?

By Natalie Kunkel

There are different diseases that cause the symptoms we call “dementia”. The most common disease is Alzheimer’s disease, but no matter the disease causing the symptoms there is a common thread among these non-reversible diseases. Sadly that thread is deterioration of the brain. Understanding this brain failure explains some of the symptoms family and friends encounter. These symptoms can be very frustrating. Because we cannot see the brain shrinking this disease remains hidden from our eyes. Maybe if we could see the physical changes in the brain it would be easier for us to understand the changes we see in the persons function.

Most people think of these diseases as diseases of the memory. It is so much more than that! I refer to this as a *processing* disease. My favorite definition is given to us by G. Allen Power, MD. He is a Geriatrician and an Eden Alternative Mentor and defines dementia in this way:

***“Dementia is a shift in the way a person experiences the world around her/him”***

This shift is powered by slower processing of information and an inability to recall orienting information such as time and place. This causes a misunderstanding of their environment. Our response to this change in processing can be more powerful than medication! It is hard for those closest to this person to recognize and accept these changes. The further you travel this journey with your family, the more it is necessary to hold on to this key concept “your reality is not their reality”. A great example of this is when person is looking for their mom or dad who died long ago. If the person knew mom or dad was dead they would not be asking for them. This puts you in a situation where you have to make a choice – do you crush their world and tell them the truth (they are dead) or do you meet them in their world and validate their reality by giving them an answer that brings the person peace. It is hard not to think of this as lying, so I encourage you to think of it as medication for comfort and peace. After all, the truth can be so upsetting that you would have to give a medication to calm the person down. Our understanding and modified responses have better side effects.

I encourage you to strive to understand that the brain failure is causing the person to be misinformed and often our best intentions to correct this misinformation is too much for their brain to process. The person with the dementia causing disease cannot adjust, so that means we must be the ones to accommodate the persons perceived needs. Find joy in this journey by changing your point of view.

## ENGAGEMENT WISH LIST

*Hello Friends and Family. We have a few items we are asking you if you can donate them to us, so we at Evergreen can use them. All donations are great appreciated*

- *Spring flowers and plants for our outside courtyard*
- *Outside yard games– golf clubs, rackets, footballs, baseball mitt, anything that seems fun*
- *Music CD'S– jazz, oldies, country; music your loved ones would love to hear*
- *Board Games*
- *Art supplies– paint, paper, water colors, colored pencils, beads*
- *Cooking Kitchen Supplies for our daily cooking engagements*
- *Yarn and fabric*
- *Costume Jewelry*
- *Books and Magazines*

*The items on the list can be things around the house you don't utilize, and we would love to have*

### Holidays to Celebrate in May

Cinco De Mayo 5/05/18

Mother's Day 5/13/18

Memorial Day 5/28/18

### May Birthday's in Evergreen

Lavine .....5-24



### Volunteering

At Evergreen we are always looking for a new friend to share their time with us. If you have a talent you want to share with us come volunteer. We are also looking for friends who might want to share and introduce friendly animals to play with.

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.

Arbor House of Marble Falls

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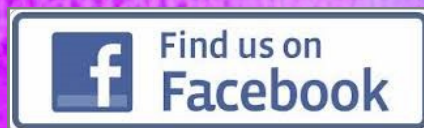
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