

At Arbor House Assisted Living and Memory Care of Garland, our mission is to give new meaning to the life of our seniors by providing high-quality service in a comfortable secure environment, given with a spirit promoting dignity and respect. When you choose our Assisted Living, you will see that it's all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home, all while maintaining their dignity and independence. If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking through the journey with dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it. When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and care tailored to meet their individual needs.



Sincerely,

Robin Medders
Executive Director

Arbor House Assisted Living and Memory Care

1501 W. Campbell RD.
Garland, TX 75044
License #146656

Facility ID # 146656

Life in Motion

Arbor House at Garland 1501 W. Campbell RD 75044 (972) 530-4182

Meet Our Leadership Team:

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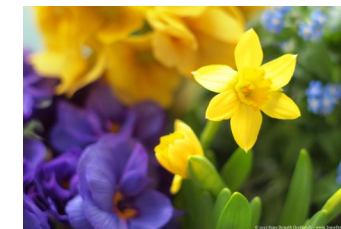
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It' Spring Time at Arbor House of Garland

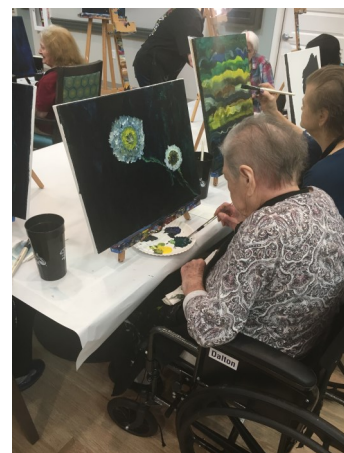
There is a famous chant that we use to say as children growing up, "Rain, Rain, go away. Please come back another day." This was how we knew that spring was here. Even though we have lots of Rain, there will also be lots of bloom! We are looking forward to bird watching, Seeing the fresh blooms of the spring and sitting on the patio with a cool glass of tea and talking amongst out friends. Stay on the look out, we will have a raised garden bed in our courtyard soon. We will be planting herbs and vegetables of the season. We are excited to be adding this new addition to our daily engagements, and sampling some of our harvest. Happy Spring!

Amber Porter
Engagement Coordinator

*"When a flower doesn't bloom, you fix the
Environment in which it grows, not the flower"*

Dreams in Motion

We recently had a visit with a wonderful Artist from Painting with a Twist Come out to do a class with all of our friends in Arbor Gardens. We had such a great time we want to share our wonderful experience with you!!



Ask the Expert by Natalie Kunkel, CTRS, CDP

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!