

Arbor House Memory Care

Marble Falls

April 2018



Meet Your Arbor House Team

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License # 137448

Happy Spring Happy Easter from us here in Evergreen.

What can we say about March but we had fun! We celebrated two birthdays this month, much always means delicious cake and ice cream. Thank you Debbie Brown for introducing us to your home made lemon pound cake, we loved it. We had our St. Patrick's Day Party which means tons of goodies and treats. We all wore a little green, so none of us got pinched.

This month we started an engagement called Memories in the Making. Every Wednesday we get together and water paint, reminiscing together on what our art means to us. Encouraging one another to awake our inner artist. Swing by and see what our love ones are creating.

Arbor House would love to introduce to you our new Director of Nursing Mrs. Christie Denton. Swing by and introduce yourself with her and welcome her to our Arbor House family

Happy
Spring!

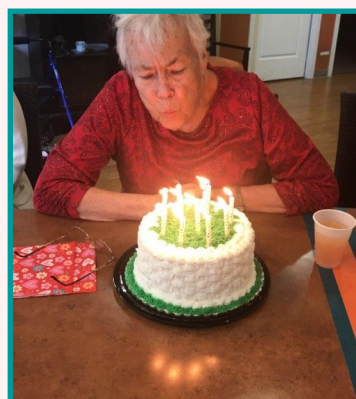


Dreams in Motion



Evergreen friends engaging during Memories in the Making. At the top we have Ms. Rose, Ms. Barbara, and Ms. Eva painting their flowers. Next we have Ms. Maureen, Ms. Ozeal, and Ms. Maryann reminiscing together. Then we have Ms. Annie and Ms. Liz enjoying their master pieces. Ms. Nancy, Mr. Floyd, Ms. Maryann, and Ms. Barbra successfully making St. Patrick Day treats.

Life in Motion



At top our Care Friends helping Ms. Lavine and Mr. Jeff hanging up our bird feeders. Ms. Maureen, Ms. Ozeal, Ms. Maryann, Ms. Barbra, Mr. Floyd, Ms. Rose, and our friend Jackson celebrating St. Patrick's Day. Finally our two birthday ladies enjoying their birthday celebration.

Ask the Expert

Ask the Expert by Natalie Kunkel, CDP

“Mom’s cousin just passed away, I think she would want to know”

At this stage of life, familial losses are becoming more frequent. And then there is other news as well: divorces, hospitalizations, diseases and such. Families often feel like they are expected to keep their loved on in the loop of family activity. This is not always the best idea. The person experiencing dementia is encountering brain changes that interrupt the way information is processed and stored. For some people bad news will only be bad news in the moment, for others the feeling of “bad news” stays but they cannot recall what it related to ... so they start creating stories that it must be and for others the feeling of loss and helplessness can result in decreased function.

Yes mom would have wanted to know, but her ability to cope has changed. I think this is one of the more distressing parts of the journey for families: the conflict between what their healthier family member would have wanted and now what the dementia affected brain can handle. When choosing what information to share and which troubling messages to screen out, here are a few things to consider:

Will having knowledge of this event change your loved one’s day to day activities? Ex: is this a cousin they have not seen in 10 years or is this a cousin she sees weekly

How will this information benefit your loved one? Will it explain an absence or will it create stress?

Are you providing the information out of sheer obligation?

Will the person be able to act on this information such as attend a funeral or send a card?

If this information is left unsaid, what are you concerned about?

As with every step of this journey, your Arbor House family stands ready to help. Feel free to talk through any concerns like this or others. We are happy to provide you a light on this journey. You are welcome to email me directly at Natalie@arborhouseliving.com.

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 April

Easter Sunday 04-01-2018

April Fools Day 04-01-2018



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.

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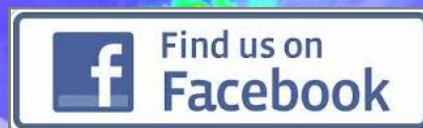
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