



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 Wiley
Executive Director



Arbor House Assisted Living and Memory Care

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



ARBOR HOUSE ASSISTED LIVING AND MEMORY CARE

1501 W. Campbell RD 75044 (972) 530-4182

Meet Our
Leadership Team:

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Life in Motion June 2018

New Alzheimer's Support Group

There is no one size fits all formula when it comes to caring for a loved one with Dementia. It doesn't effect just the person but it also effects the people who are involved.

Here at Arbor House of Garland, we understand how difficult this transition can be for families and we are so excited to introduce our new Alzheimer's caregiver support group. Anyone who provides care is welcome to participate. Our group is a safe place where you can share and listen to other individuals who are experiencing the same struggles. Everyone has a different story and each one is on a different journey. Sometimes it helps to be along side with someone else going through the same changes.

We welcome you to join us the Third Tuesday of each month from 6:00pm to 7:00pm. To RSVP call 972-530-4182 We hope to see you all there!

Brian Johnson



Cinco De Mayo Celebration

Come join the family and fun as we gather together in good spirits, we enjoy seeing each other smile and capture the moments that last forever. Everyday is a blessing here in Arbor Gardens at Arbor House of Garland, special thank you to the families and friends for allowing us to be surrounded by wonderful people.



Hearts in Motion: Norine & Nephew Tom are enjoying homemade enchiladas during our Cinco De Mayo Family Night.



Friends in Motion: Arbor Gardens is enjoying frozen margaritas and snacks for our Cinco De Mayo celebration.

Ask the Expert by Natalie Kunkel, CTRS, CDP

“How will Arbor House keep [my loved one] busy?”

Our Life in Motion program plays a significant role in the life of our residents. It is through these engagement opportunities that your loved one is able to connect to the world around them... and with you! Engagements help foster joy, purpose, & connection. This joy, purpose and connection can happen in groups such as exercise, sign-alongs or bingo. Connections are deeper in smaller groups such as Bible studies, domino games or expressive arts. My favorite is the pride and connection seen in purposed based programs like setting the table or helping with light maintenance tasks. The most overlooked engagement opportunities are the most personal. Jolene Brackey, author of *Creating Moments of Joy*, refers to this as “their greatness”. Consider the person who has been a homemaker, running the household and raising her children. This person’s greatness may be in the care she takes folding laundry or the love she puts into a batch of brownies. Consider the person who ran a business and performed tasks related to money management. This person’s greatness may be balancing numbers or following the stock mark Or maybe it is counting and rolling coins. Sometimes our greatness – what we personally take pride in – can seem mundane to others. At other times our greatness is apparent in our accomplishments or achievements. Our goal at Arbor House is to coordinate an engagement plan for our residents that gives each person the opportunity to participate in their greatness. What is the best engagement for your loved one? Think back ... what was their greatness? What gave them meaning and purpose? Instead of trying to create new activities, we prefer to revisit old skills and old loves. We tweak the task to match the person’s abilities. We find that a person can do so much when given the avenue and support to do so. Sometimes the greatest connection can be achieved through touch, so we don’t overlook the simple things like a hug or a solid handshake! In order for us to know the person’s greatness, we use our friendships with our residents to learn more about them, but we also need stories from friends and family! We appreciate every story you tell us! We enjoy seeing our friends glow with pride when we give them back their stories or give them the opportunity to experience their greatness.

“Sometimes you will never know the value of a moment until it becomes a memory” - Dr. Seuss