



**Please Visit our website at
www.arborhouseliving.com**

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

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Letter from Cam

I'd like to start by introducing myself. I'm Camille Morrow, the new Engagement Coordinator for Arbor House in Lewisville. I've been fortunate enough to meet all of the wonderful residents here and let me just say what a treat it's been getting to know everyone. I'm still learning more about them everyday. And as I do, I will continue to structure our daily events based on the individual needs of each resident. I'm always looking to personalize each engagement. So next time you're here for a visit, I'd love to meet you and hear all about your loved one. My goal is to know everything possible about all of the beautiful people that I now get call a part of my family. I'm so looking forward to meeting everyone. Thank you for sharing your family with me.

Alright! Let's talk about May!

To kick it off we celebrated Mother's Day all month long!

Our lovely ladies were like royalty at our Tea Party Luncheon. Equipped with fine China and exotic Tea's, we dressed in our Sunday best and talked about our children and mother's. We also welcomed entertainer Tara, of "Tunes By Tara. She is awesome! Come check out one of her shows with us!

We brushed up on our artistic skills by making gifts for our loved ones and enjoyed memories in the making painting class. Swing by and see the finished product and some of the amazing stories that went with them.

Keeping our culinary skills sharp as a knife, we made homemade guacamole & blended margaritas for our Cinco De Mayo Fiesta. T Miguel & Espie taught us some Espanol. Then we danced the afternoon away. Yeah, we had fun!

Father's Day is the theme for June. We are going to spoil our men all month long starting with a Father's day social. We have partnered with Home Depot to really highlight all of our guys talents and help continue to give them purpose.

Summer is HERE people! We want to beat the heat by revamping our garden and patio areas. So far we've planted herbs, next week we'll start planting veggies. Our residents find purpose and are so driven to tend to all of the responsibilities of gardening.

June is going to be a great month! I'm so excited to share our adventures with you next time. Don't forget- you're always welcome to join us!



Cinco De Mayo Celebration



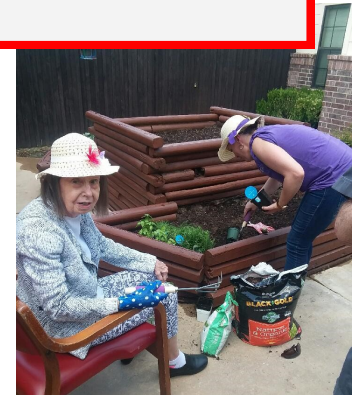
Mother's Day Tea Party- Cheer's to Mom!



A little pet therapy with the famous " Bear"



Espi & Ethel sure did love this Volunteer. Hand kisses for Dom!



Planting our new herb garden!



Our memories in the making program



Growing herbs in our Garden!



Tune's by Tara- Musical Performance

Life in Motion

SPECIAL EVENTS FOR THE MONTH :

Bible Study every Wed with Loving Community

Church service every Sunday with Vista Ridge United Methodist

June 13th @ 1:00pm Music Starz Studio

June 15th @ 12:00pm Fathers Day Lunch

June 18th @ 2:00pm Don & Sharon Perform

June 26th @10:00am Tunes By Tara

June Birthdays

6/4 Shirley M

6/18 Marylou T

6/25 Ray K



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-a-longs 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 re-visit 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.

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 "sun downing".	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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