



Letter from Julia

**Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502**

**Contact Information:
254.773.3081**

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

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**Executive Assistant
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**Community Relations Director
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**Director of Nursing
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**Engagement Coordinator
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**Dietary Manager
Janice Wilson
Janice@arborhouseliving.com**

License# 103463

Happy June...I would like to say that May was super memory making month. We have been putting our patios to use our veggies are growing, our flowers are in bloom and several residents have been participating in the Garden Club. It is such a heart felt feeling when you see them our Garden Club members on the Patio blowing them clean, watering and pruning the plants. It is also very special to see them out on the patio's playing games and Singing.

The month of May also set so many memories in our hearts by Celebrating one of the greatest holidays "Mother's Day". We started our Mother's day Morning off with a special breakfast for the Ladies of the house on this very special morning. We really enjoy visiting and gathering in the Betty Boop room while the aroma of fresh brewed coffee, bacon and eggs, hash browns with slice of toast filled the air while conversation and laughter were enjoyed by all. Then we started preparing for the Mother's Day open house by making decorations and Cookies which we enjoyed taste testing as we decorated and made preparations for our special event. I can't say in words how much Out Mother's Day open house blessed us with our families joining us in visit and spending time with us on our special day.

June will be filled with another special day. We also have plans for a Father's day celebration so please plan on joining us to Open House from honor our Fathers. June 17 1:00-2:00 refreshments will be served. Hope to see you

Also, a big thank you to all my volunteers we could not make things happen without you.

Alzheimer's Caregiver Support Group
Our Alzheimer's support group meets the third Tuesday of every month at 12 noon. Please join us to find support and joy in the journey.

Congratulation to the following staff on their anniversary.
1 year: Donna B 2 years: Tim S
3 years: Sarah D 4 years: Kandice E

Life in Motion



Ed S and Lois B taking a stroll.



Nancy P, Cecilia C, Patty S sitting on the patio.



Billie L and Robert L enjoying their special lunch.



Shirley Jean S, Agnes H, and Lois B making flowers for the mother's day party.



Mr. and Mrs. Perry enjoying the Mother's Day snacks.



Marilyn D and Phyllis H making snacks (pigs in a blanket).

EVENTS FOR THE MONTH :

Bible Study every Wed & Hymns every Thursday

6/6 Men's special Breakfast, Ladies Tea

6/12 Elvis

6/14 Piano Music With Chaplain Sarah

6/15 Charlies is coming

6/17 Father's Day Open House

6/18 Garden Club Meeting

On June 17th we will be celebrating Father's Day. We plan on having an open house from 1 to 2. We will have pizza, chips, and dip. You are welcomed to join us on this special day.

May Birthdays

6/4 Oma Lee C

6/10 Dorothy W

6/11 Judith W



ASK THE EXPERT by Natalie Kunkel

It is virtually impossible to win an argument with a person with dementia. The person is convinced that their reality is correct. The best thing to do is to avoid adding to their mal-orientation, but don't tell them they are wrong. Letting go of the "right" answer allows the resident to experience success.

Back in my early days of being a Program Services Coordinator with another Organization, it was my practice to start each day with the Pledge of Allegiance, Exercise and then have our 10:00 snack and hydration before Bible Study. During the morning snack, I would hand out mail to anyone who had received something.

On this day Mr. Crank (and no I did not make up that name!) received a card from his daughter. He quickly opened it and happily read it and placed it in his pocket. After we finished Bible Study, he discovered the card in his pocket and marched over to me and demanded to know who had opened his mail. I politely did the wrong thing and said "You opened that just before Bible Study - remember?" "NO I DID NOT" he replied. I nicely urged "Yes you did, you told me it was a letter card from your daughter". "I COULD NOT HAVE OPENED THIS LETTER! ONLY A DUMB NUT WOULD OPEN A LETTER LIKE THIS - I ALWAYS USE A LETTER OPENER!" I was caught off guard and I don't recall how I calmed him down, but he returned to his seat and we moved to our next program - Wheel of Fortune as I recall.

When this program ended, Mr. Crank marched up to me again and demanded to know who opened his mail. I made the same mistake as the first time and again he stated: "I COULD NOT HAVE OPENED THIS LETTER! ONLY A DUMB NUT WOULD OPEN A LETTER LIKE THIS - I ALWAYS USE A LETTER OPENER!" I tried to convince him - he held his ground. I insisted that it was time for him to join the guys for dominoes while the ladies headed to the kitchen to bake something tasty for the guys. He dropped his head and said softer now "I couldn't have opened the letter I *always* use a letter opener. I am not this sloppy."

That's when I got it! He couldn't own or accept that he had torn the letter open with his thumb because that was not his *normal* way to do it. And furthermore, he thought poorly of anyone who would be so careless. Each time I told him he opened that letter, I was calling HIM a "dumb nut". He returned to me one more time before lunch demanding to know who opened his letter. This time I said "Oh, Mr. Crank, I am so sorry I did it. I didn't realize it wasn't mine. It was a terrible mistake I am so sorry!" His response: "Young people today have not self respect! You should use a letter opener instead of just ripping it open like this!" I promised I would get a letter opener and promised it would not happen again. That was the last time he asked me about that letter.

Sometime we have to take the fall in order to give the person back *their* dignity!

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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