



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.

Executive Director
Darlene Rodriquez
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Executive Assistant
Jeannette Cisneros
Jeannette@arborhouseliving.com

Community Relations Director
Peggy Holcomb
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Director of Nursing
Leah Loesch
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Engagement Coordinator
Julia Harper
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Resident Service Coordinator
Shay Nealy
Shay@arborhouseliving.com

Dietary Manager
Janice Wilson
Janice@arborhouseliving.com

License# 103463



Letter from Julia

What a fun filled July with lots of cook-out's and Summer fun. Now on to August we go!

I would like to brag about our Garden Club and the members. Thanks to Jim who spends many hours cleaning our patios and watering our plants. Jim is very devoted to taking care for the court yards. He gets up with the sunrise every morning and blows off the patios then tends to our plants by watering the keeping them groomed, he also fills the bird feeders and keeps the patios looking great!! Also a big thanks to Prissy, there are no weeds in the courtyards. Prissy is always out there weeding the flower beds and helps with watering as well. I would also like to thank Peggy for selecting beautiful new cushions for our lawn chairs. It has really brightened up our court yards and made our patio time comfortable.

This August we are going to have a few carnival games for engagements and could use some help. We need volunteers to help run a game, food, or prize booth. We also need volunteers to help the residents with the different games we plan on having. If you are interested or have any questions, please call me or Peggy.

I would like to thank Southern Care Hospice, Tex-Med, and Kindred Hospice for making our 4th of July cook-out a success and wonderful event and for helping our staff give the best care to our residents.

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: Sharry H, Keysha M, Elizabeth M
2 years: Irma S
5 years: Linda R

Bodies and Hearts in Motion



Cecelia and Caroline making donuts for Snacks in the Making.



Juanita D and Julia H preparing newsletters to be mailed out.



Ron and Yolanda playing ladder ball.



Jim N and Leonor T's grandson playing their guitars.



Lois B, Julia and Peggy enjoying a conversation while taking a break on the floor.



Agnes H and Darlene T getting the dough ready for donuts and everyone else is adding the toppings.

EVENTS FOR THE MONTH :

Bible Study every Wed & Hymns
every Thursday

8/10 Men's special breakfast

8/11 Elvis

8/17 Pet Therapy, Charlie

8/21 Good Ole Boys

8/31 Carnival Games

*The Perfect Summer
Day is when..*

*The sun is shining, the
wind is blowing*

*The birds are singing, and
the lawn mower is broken...*

James Dent

August Birthdays

8/1 Prissy B.

8/16 Dolores T.

8/22 Shirley L.



Ask the Expert by Natalie Kunkel, CDP

This is one of the stories used during our Dementia Care Training.

It talks about the benefits of touch. Enjoy!

The Baby in the Last Crib

I cannot find this story and I retell it here to the best of my memory. This was a real occurrence!

I believe the location of this story was in Germany just after WWII ended. The orphanages had the highest number of babies ever as a result of lives lost in the war, war crimes & impoverishment.

The orphanage was facing a challenge not new to orphanages and still exists today in many orphanages. But at this time, the challenge was at its all time high. The babies were dying from "failure to thrive". Even though the nuns and workers did a good job keeping each baby warm, dry, safe and fed; they were losing weight and becoming disconnected from the world around them. Many were dying.

There was an exception – the baby in the last crib. This baby grew with nourishment and would coo and react to those who tended to its needs. As this baby got adopted or was moved to another bed, this crib's new occupant would show signs of returning strength & awareness. If the previous occupant was simply moved to another crib, it began to lose weight and "fail" again.

Wanting all the babies to be happy and healthy, the search was on for what made this crib so special. Lighting and bedding were reviewed – even thoughts that this bed was blessed somehow. But the answer was something so much simpler

You see, when the janitor mopped the floor each night, she took a moment to cradle the baby in the last crib in her arms. It was this moment of love and touch that saved the child's life.

I tell you this story now to encourage you to be aware of our residents who are failing to thrive, who are turning inward, who are losing touch with their environment and people around them. Take an extra moment to hold them, sing to them and feed their soul. It is simply not enough to keep them clean, dry & safe!

Natalie Kunkel

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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