

The Arbor House Recorder

ARBOR HOUSE: The #1 Memory Care in Granbury!

**JULY
2018**

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Hello all! June just flew by but that's what they say about having fun, and we certainly had a great month. It was chalked full of special events! We celebrated Father's Day with a Men's Breakfast. Special thanks to Interim Hospice for helping us with the breakfast! Our gentleman gathered together and enjoyed pancakes and bacon, cooked fresh by our very own Crystal Dowling and her husband, Eli!

We would also like to thank all the family and loved ones that came out to help us celebrate Andy and Susie Rogers' 50 year wedding anniversary. It is our honor to be a part of a true love story like theirs!

We also hosted an Art Show and Silent Auction to raise money for the Alzheimer's Association's "Longest Day" fundraising campaign. At Arbor House, we participate weekly in the Memories in the Making program. Memories in the Making is fine arts program for individuals with Alzheimer's or dementia, where a person with no art background can create art to regain the ability to communicate while boosting self-esteem and opening the channels of communication with loved ones and caregivers. The paintings are created by our residents with only words of support and inspiration from our care friends. The event was a huge success and we are so thankful to the families who came to show their support. We were able to raise \$2,000, which went directly to the Alzheimer's Association for continued research and support for caregivers and individuals living with dementia. We could not have done it without our amazing donors, so THANK YOU!!

We had several birthdays to celebrate in June and just as many in July. We are also looking forward to a few events we have scheduled for this month. We will be hosting an Arbor House Fashion Show! Any donations (formal wear, jewelry, make up, etc...) would be appreciated. We are also having a Movie Night complete with fresh popped popcorn, sodas and other theater goodies. Be sure to check the calendar and feel free to join us if you are able.

Amid these special events, we also have many fun engagements scheduled every day. Enclosed you will see pictures of how we spend our days! We keep busy with tea parties, book clubs, trivia games, painting, growing our own tomatoes, and much, much more!

Happy Summer,

Shannon

Alexa Lewis
Executive Director
alexa@arborhouseliving.com

Crystal Dowling, LVN
Director of Nursing
cdowling@arborhouseliving.com
Lydia Messina

Community Relations Director
lydia@arborhouseliving.com

Star Robertson
Assistant Executive Director
star@arborhouseliving.com
Shannon Montgomery
Engagement Coordinator

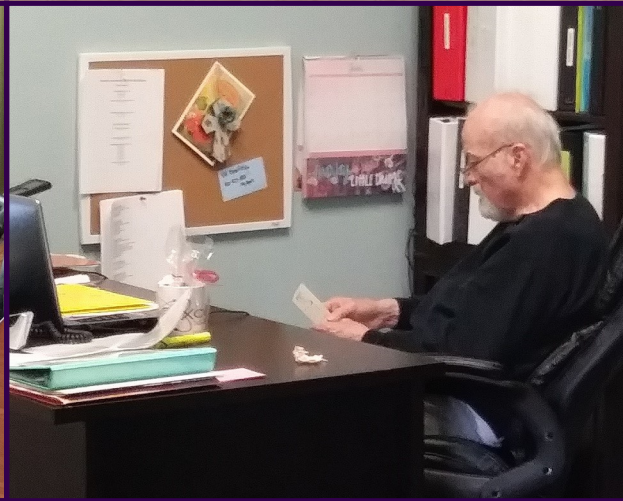
shannon@arborhouseliving.com

Janet Lyman
Administrative Assistant
janet@arborhouseliving.com
Sabrina McGinnis
Dietary Manager
sabrina@arborhouseliving.com

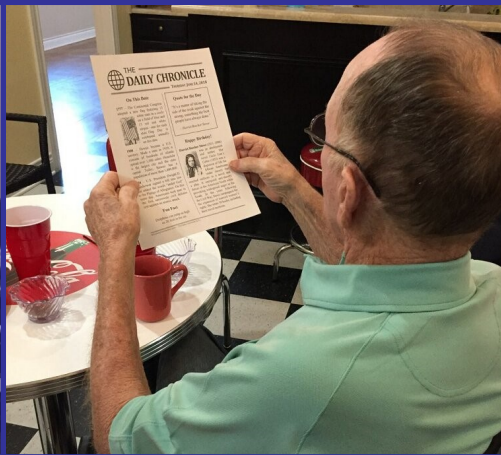
Melissa Xiong, RN
Regional Director of Nursing
melissa@arborhouseliving.com
Natalie Kunkel
Regional Director
natalie@arborhouseliving.com

David Hankins
Maintenance Supervisor

Life in Motion



June's Special Events





July 2018



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

Party w/ Margie
@2PM

3

4

Theme: 4th of
July

5

Singin' the Oldies
@10AM

6

Happy Birthday
Bob P.

7

8

Gospel w/ The
Richey's @3PM

9

10

Happy Birthday
Jessica!

11

12

Jo and Eleanor
@2PM

13

Theme: Military
Day

14

15

16

Chuck Kemper—
Musician @2PM

17

Party w/ Margie
@2PM

18

Theme: College
Day

19

Movie Night—
Hepburn @6PM

20

21

22

23

24

25

Rockin' w/ Rick
@2PM

26

Party w/ Margie
@2PM

27

White Elephant Gift
Exchange & Pot Luck

Theme: Christmas in
July

28

Happy Birthday
Demmie M.!

29

30

31

Ask the Expert

"I Want to Go Home"

Think about the person you know with [dementia or] Alzheimer's. Think about where they're sitting. Where they're sitting, does it look, feel, and smell like the home they're looking for? They only know what they see right now. When they say, "I want to go home," and we respond with, "No, you live here now. This is your home. Remember?" they want to dart out the door as soon as you turn your back because they think you are *crazy*. When they say, "I want to go home," change your response: "Please stay here for some dessert." We all can stay longer for dessert. Give them the hope that they can go home, but give them a reason to stay here a little bit longer. The person can live in a place for two years and think it has been one day, one hour... That is why this works. What would be a reason they would understand to want to stay a little bit longer? Why she would want to stay is completely different than why he would want to stay. Men are much more difficult to get to stay. Women can sit and gab, but men have to be working, working, working. When a man wants to leave, become the damsel in distress. "Would you help me with this really heavy box?" Take the man's arm, and don't be surprised when you're walking and he thinks, "Dang.... Where did I find this woman?" Walking with you is a moment of joy. You might not have to get to the box because he's so distracted.

Packing to "go home" is very common, especially if they have just moved into a community. Does it physically hurt anyone having all their stuff packed by the door? Nope. So let it go. This gives them the hope they can still go home. The guilt families/spouses feel when they see the person packed and ready to "go home" sometimes compels them to move the person back home. The person may be here because the spouse had a stroke while taking care of them. Once the spouse is better they are determined to bring them home and take care of them again. Again they will end up in the hospital. Even if families take them home, the person will still "want to go home." The home they're looking for is the home they were living in at the age at which they are living in their mind. They will walk out of a house they have lived in for forty years, thinking they're just visiting. Home is also a feeling. When they feel loved and accepted, they are more likely to feel at "home". Just love 'em, just love 'em.

- Jolene Brackey, "Creating Moments of Joy," pg. 68-70

★ **HAPPY** ★
BIRTHDAY!

Bob P. - July 6th

Bob M. - July 27th

Demmie M. - July 28th



Memory Care of Granbury

900 Autumn Ridge Drive

Granbury, Texas 76048

817.573.7720 - office

817.573.7029 - fax

www.arborhouseliving.com

Arbor House Memory Care Assisted Living, has been architecturally designed based on the most current and relevant studies dedicated to creating environments that promote independence and dignity for those managing dementia causing diseases such as Alzheimer's.

OUR DESIGN RESPONSE:

Current research tells us that people with dementia perform with greater independence in less crowded environments. Our Community honors this information in it's building design by providing 4 sections we call houses, which each offer 13 private bedrooms, 2 living areas, dining room, kitchen and courtyard.

We use **red dinnerware**, which studies tell us, improves appetite. Additionally, a person's ability to visually process the food on a plate can be affected in the journey and this contrast can make eating easier and reduce mealtime stress. 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, "Life in Motion," boasts a minimum of 10 programs per house each day, which offers a consistent routine to increase independence and are designed to touch on 8 key areas of joy, connection & purpose.

Familiar relationships reduce stress during care giving. Our 1 to 6.5 staffing ratio and designated Care Team per house allow for strong relationships to grow. This ratio does not include administrative staff.