

It's
SUMMER
Time

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*** Memory Care Community***

Rockwall

July 2018

**A message from the Arbor Gardens
Community**

American Soldiers

Cynthia Barton

Published: September 2008

Every day more soldiers have to leave
to fight this war so we can be free.
they pack light to set out on their way
praying the war will end some day.
we have lost young and lost old
but all of those men were so strong and bold
In reality it doesn't seem too fair
but when at war there is no time to care.
once in a while they may get a letter
from loved ones at home feeling a little bit better
They let them know they miss them so
but no time to cry the men must go.
They fold their letters up real tight
Putting them away for another lonely night.
slowly they rise to take their stand
as each American soldier salutes with right hand.
They yell that they will be home soon
but tonight they're going to sleep with the moon
but not alone they have one another
To an American soldier those men are his brothers.
Each and everything they do
Is without a doubt for me and for you.
honestly, how many sit and pray
for each and every soldier on the field that day?
They don't draw names to see who they protect
So why need a face to match the respect?
They don't get hot home cooked meals
and I bet they would love a steak from the grill.
They are American Soldiers standing tall and proud
They deserve our respect, don't be ashamed, scream it out loud.
but at times, a soldier has no choice but to sleep
with those words I will close for now.
Saying as I go GOD BLESS AND REST IN PEACE.....

Life in Motion



Life in Motion



Ask the Expert

Natalie Kunkel, CTRS, CDP

Natalie, if I move my mom to a community isn't that the disease winning?

I get some form of this question almost every week. I have never had to make this decision and can only imagine the guilt that must be contained within each act of the process. So let me speak from my experiences ... I see husbands, wives, daughters & sons after they have experience something that has brought about the realization that help is needed. I see their struggle, denial and guilt. I hear about how they feel like they are failing someone they love dearly. And at last, they take a deep breath and the decision is made. Then, the transformation begins. While everyone's story is a little different and no one is guaranteed that "happy ending", the overwhelming majority of the time the experience unfolds in this way...

The first few days the separation is hard for both people, the decision maker starts to experience some relief but they continue to wrestle with their guilt. The new resident has periods where the new-ness is awkward, but they are making friends little by little. Our *Best Friends* Approach begins to work and something magical happens between weeks 3 & 6 - our new resident begins to trust those new relationships and enjoy the interaction with new friends. Their loved one sees this and feels this and their load begins to lighten. There is an acceptance that caring can be done in more than one way. That allowing others to help can allow their relationship to move from caregiver to family again. I begin to hear laughter in their conversations and visiting becomes easier and more relaxed. After about 5 to 8 weeks, our new resident has their purpose and friends. This is the time where I hear the husband, wife, daughter or son make remarks about their loved one "being more like their old self" and "I wish I would have done this sooner – for both of us".

So it is hard for me to ever see the disease winning because of this decision. And by no means do I ever think this is a choice that could be translated into "giving up". This choice is a struggle and it is not passive. To make this choice is to give something to the person managing the journey of dementia ... something that would never replace the love of family but can add to that in a supportive nurturing way. Moving to an Arbor House community can *give new meaning to life* to both the family member and the person now living in this journey.

Whats going on in July?

July 4th

Independence Day

July 13

Ice Cream Social

2:30-3:30p

July 22

Ms. Sug's Bday Celebration

2:30-3:30



Estelle "Sug" G. - July 22

Happy Birthday to all the July Babies !

Happy Independence Day &

Thanks

to all those who serve

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 diseases like Alzheimer's.



Studies Suggest

People with dementia perform with greater independence in less crowded environments.

People managing dementia often benefit from modeling.

For people managing dementia, a structured and purpose filled day reduces stress and "sundowning".

Familiar relationships reduce stress during caregiving.

Arbor House's Design Response

We are a private community that offers engagements in small groups for anyone at any level of dementia. This helps people to perform with a greater independence.

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.

Our engagement program boasts a minimum of 10 programs a day, which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement & vocation.

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.



Don't forget our Golden Neighbor Club!

Refer a friend and Save \$500.



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