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**\*Certified Memory Care Community\***

**Rockwall**

**August 2018**

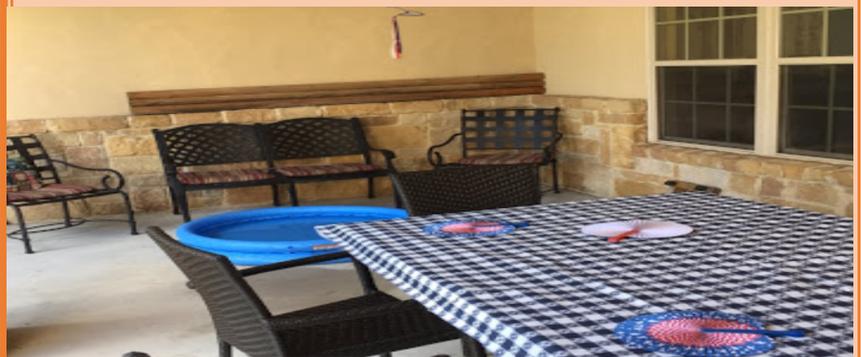
**A message from the Arbor Gardens  
Community**

This month in Arbor Gardens our residents had a pretty awesome pool party for Independence Day! Our residents helped prepare refreshments for the party as well. We baked a cake, and also made Rotel nacho dip to go with our hot dogs. We decorated the patio and we enjoyed a really entertaining picnic.

Once lunch was finished, our residents was able to soak their feet in the pool. Essentials oils were added to the water so they could also benefit from some aromatherapy. We really enjoyed getting our feet wet while singing some old nursery rhymes they use to sing to their children.

This month we will incorporate some new things in our exercise routine. I have reached out to some dance companies who are willing to come show us some new techniques. We will have Zumba instructor come show us some chair Zumba and we will also try chair yoga. I recently learned about a engagement called Fur Therapy that I think will be beneficial as well. Family is always encouraged to join us anytime. We love our visitors.

Also Arbor Gardens would like to give a big welcome to our new Executive Director Tori Moore! We are glad to have you .



# Life in Motion

Independence Day



Pool Party

# Ask The Expert

Natalie Kunkel, CTRS, CDP

This is an open letter from me to all the family caregivers of the world ... you have permission!

You have permission to occasionally put yourself first! In fact, do it on a regular basis!! If you do not take care of yourself, you might find yourself unable to be there for the person you are caring for in the long run. It is not a selfish act but rather a prudent one. Ask *your* doctor -he/she will tell you I am right! Do it! Take the day off! If you need help finding resources to take the day off, give us a call or call your local Alzheimer's Association. We can help you find the resources you need.

You have permission to make a mistake or flat be wrong. And you further have permission to be proud of yourself for taking that step or risk even if the outcome was not what you had hoped. Don't let arm chair coaches judge your day to day choices. You know that if you had a road map you would make all the right choices. But you don't, you are blazing a path for yourself and the people you love. You will make a wrong turn – and that is not your fault.

You have permission to visit less or visit differently. If your loved one lives in a community or in a facility, know that they are OK. No one can love them like you do but you have to take care of yourself so you can be there at reasonable times/frequencies to give them that love. If they are living at home and you are concerned about their safety, contact myself ([natalie@arborhouseliving.com](mailto:natalie@arborhouseliving.com)) or your local Alzheimer's Association for ideas on how to increase their safety at home. If they live with you, schedule time out and do things that *you* enjoy.

You have permission to make hard choices. No one could see this situation coming and it is unlikely that conversations about caring for one another in the golden years included the particular challenges you are facing or that you will face. It is OK to be the decision maker. It is OK to consider another plan. It is OK to admit that you cannot do this on your own. There is much help to be had when you know where to look. It is also OK to be sad about these choices and mourn the loss they represent, but this is my promise to you .... These tough choices can result in great moments of joy!

Claim your “me time”! Keep yourself tuned up so you are ready to be there in the relationship with the person you love and whom loves you. Lean on people and organization who are there to help. It doesn't matter if your loved one lives with us, uses our respite services or you just need advice - Arbor House of Rockwall (469) 338-0204 is here to help!

**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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