

At Arbor House Assisted Living and Memory Care of Garland, our mission is to give new meaning to the life of our seniors by providing high-quality service in a comfortable secure environment, given with a spirit promoting dignity and respect. When you choose our Assisted Living, you will see that it's all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home, all while maintaining their dignity and independence. If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking through the journey with dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it. When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and care tailored to meet their individual needs.

Sincerely,  
  
Robin Wiley  
Executive Director



*Arbor House Assisted Living and Memory Care*



1501 W. Campbell RD.  
Garland, TX 75044  
License #146656



*Arbor House of Garland Assisted Living and Memory*

*Meet Our  
Leadership Team:*

- Executive Director**  
Robin Wiley  
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- Director of Nursing**  
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- Arbor Gardens  
Coordinator**  
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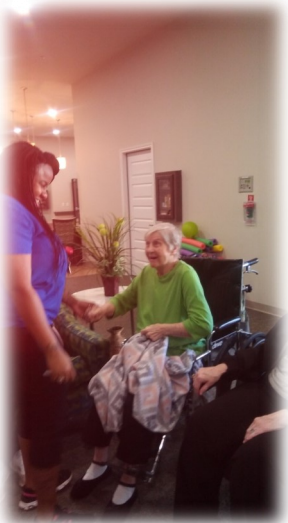
*September 2018*

*A message from Sharnice & Arbor Gardens*

Have you ever witnessed a moment in time so precious that you have to share it with everyone that you come across? It's the feeling you get in that special moment that you want others to partake of. Working at Arbor House, I am proud to say that these moments happen frequently. Not a day goes by that a moment of joy is not created. Our Care Friends are beginning to have break-throughs with so many of our friends here in



Arbor Gardens. Evelyn has put smiles on all our faces to see her high in energy and enjoying the bodies in motion and musical engagements. Music touches her soul. The joy she has on her face when she hears music is so contagious. Everyone joins in on the party to keep her spirits high! The greatest part is, we're striving to create moments of joy for every friend we have here in Arbor Gardens.



# Life in Motion

## Friends in Motion

During the Adult Coloring engagement, Care Friend Lakisha practices hand over hand to allow Evelyn to experience coloring her own picture to hang!



Purpose  
Friends  
Family  
Journey  
Life

## Purpose in Motion

Deborrah says, "I got this! Don't do things for me that I can do for myself." She finds purpose in folding napkins, setting tables and washing dishes.



# Ask the Expert

"How will Arbor House keep [my loved one] busy?"

Our Life in Motion program plays a significant role in the life of our residents. It is through these engagement opportunities that your loved one is able to connect to the world around them... and with you! Engagements help foster joy, purpose, & connection. This joy, purpose and connection can happen in groups such as exercise, sign-a-longs or bingo. Connections are deeper in smaller groups such as Bible studies, domino games or expressive arts. My favorite is the pride and connection seen in purposed based programs like setting the table or helping with light maintenance tasks. The most overlooked engagement opportunities are the most personal. Jolene Brackey, author of *Creating Moments of Joy*, refers to this as "their greatness". Consider the person who has been a homemaker, running the household and raising her children. This person's greatness may be in the care she takes folding laundry or the love she puts into a batch of brownies. Consider the person who ran a business and performed tasks related to money management. This person's greatness may be balancing numbers or following the stock mark .... Or maybe it is counting and rolling coins. Sometimes our greatness – what we personally take pride in – can seem mundane to others. At other times our greatness is apparent in our accomplishments or achievements.

Our goal at Arbor House is to coordinate an engagement plan for our residents that gives each person the opportunity to participate in their greatness. What is the best engagement for your loved one? Think back ... what was their greatness? What gave them meaning and purpose? Instead of trying to create new activities, we prefer to re-visit old skills and old loves. We tweak the task to match the person's abilities. We find that a person can do so much when given the avenue and support to do so. Sometimes the greatest connection can be achieved through touch, so we don't overlook the simple things like a hug or a solid handshake!

In order for us to know the person's greatness, we use our friendships with our residents to learn more about them, but we also need stories from friends and family! We appreciate every story you tell us! We enjoy seeing our friends glow with pride when we give them back their stories or give them the opportunity to experience their greatness.

Natalie Kunkel, CTRS, CDP





### ~The Beauty Of Friendship~

Friendship is a Priceless Gift,  
It cannot be bought or sold;  
But its value is far greater,  
Than a mountain made of Gold.  
For gold is cold and lifeless,  
It can neither see nor hear;  
And in the time of trouble,  
It is powerless to cheer.  
It has no ears to listen,  
Nor heart to understand.  
It cannot bring you comfort,  
Or reach out a helping hand.  
So when you ask God for a gift,  
Be thankful if He sends ...  
Not diamonds, pearls or riches,  
But the Love of Real True Friends.

~Helen Steiner Rice~

Being a best friend to someone is knowing who they really are.  
Knowing their past and their accomplishments. It is knowing that when  
you walk into the room to be with that individual, there's a sparkle in their  
eyes because they are met with familiarity and comfort. The best part of  
knowing.... we have the privilege of experiencing their greatness on this  
journey!

We are best friends to our residents here in Arbor Gardens!

## What's Happening

**Sunday, 9/9**  
**Grandparent's Day Celebration**  
**3:00pm**

**Monday, 9/10**  
**Beverly's Birthday Celebration**  
**3:00pm**

**Thursday, 9/13**  
**Live Entertainment**  
**Mike the Accordion Player**  
**3:00pm**

**Sunday, 9/16**  
**Joy's Birthday Celebration**  
**3:00pm**

**Sunday, 9/23**  
**Kay's Birthday Celebration**  
**3:00pm**

## Happy Birthday to these Beauties!

**Beverly - 9/10**

**Joy - 9/16**

**Kay - 9/23**



## Wish List

Wipes

Shower Products

Towels

Sorting Items—for engagements i.e. baby  
clothes, socks, old silverware, coins etc.

iPods

Headphones

Musical Movies from the 40's - 60's

