

Arbor House Memory Care

Under the Shade Tree

Marble Falls

September 2018

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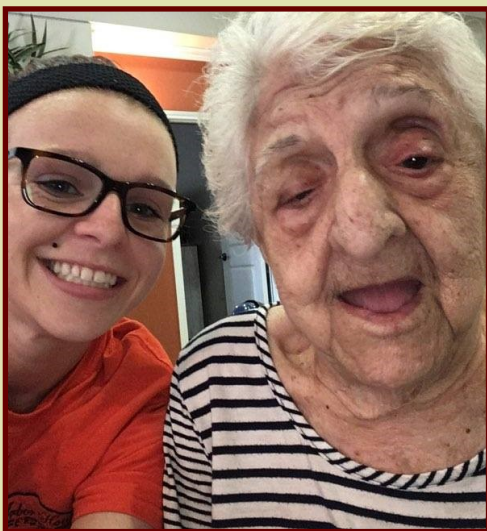
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Hello Arbor House Friends and Family! We survived the summer heat and fall is here; with changing leaves, cooler evening air, and football season is just beginning. September is also a time to celebrate Labor Day. It's that time of year to look at the labor movement and it's dedication to the social and economic achievements of American workers; strength, prosperity, and well-being of our country. Happy Labor Day!

Evergreen in August was full of engagements, love, and amazing treats. We started a weekly book club where all our friends read to each other. As a group, we made a knotted quilt; a lot of dedication in tying all those knots. With the cooler mornings in the beginning of the month due to the rain; our friends spent so much time in our courtyard sharing stories and drinking tea. And of course everyday our Evergreen friends cooked some delicious treats with our engagement, 'Cooking with Friends.' Swing by and visit us anytime, we would love to have your company.



Friends in Motion



Ms. Mary Ann O. and Ms. Maureen and Ms. Barbara sharing laugh while visiting with our puppy, Journey. Ms. Rose and Ms. Marion helping out in the kitchen putting together the morning snack. Ms. Liz and baby Grace. During Cooking with Friends, Mr. Floyd and Ms. Ruthie peeling apples for our coffee cake. Ms. Rose and Ms. Kaylynn smiling for a photo.

Life in Motion



Ms. Ruth, Ms. Ozeal, Ms. Ruthie painting ceramics. Ms. Ozeal and Mr. Jack showing off our fabulous cakes from Cooking with Friends. Ms. Nancy taking a quiet moment. Mr. Floyd, Ms. Maureen, and Ms. Connie reading a story in our reading group. And Ms. Ann and Ms. Carolynn enjoying our jewelry from our jewelry boxes

Ask the Expert

Keeping the Conversation Going By Natalie Kunkel, CTRS, CDP

I am asked often “how do I make [insert person with dementia here] talk – I know they can but they won’t talk to me”. The first problem noted here is that the person asking me the question is trying to make the person with dementia communicate on their terms. We not only have to change our expectations but we have to change the way we communicate to hold the connection. So here are my tips for creating a communication:

Recognize that communication does not always happen with words. Learn to listen visually – watch the person’s eyes, facial expression and movements. If you are holding their hand, you can feel how relaxed or tensed they are in that hand holding. Accept that this is a connection, this is engagement and this is a communication.

Change your approach to socialization. As a society we are taught that when we ask questions we are showing interest in someone and it is polite to show interest. That rule changes when dementia is on the playing field! Questions can become maddening! If you use the word “remember” it is safest to have an “I” in front of it. So instead of “do you remember the Iris’ grandma used to grow” you would say “I remember the Iris’ grandma used to grow”. The content of the question may be a suitable conversation piece as long as the question mark is removed and the expectation of recall is lifted from the person.

Accept their perception of the situation. If the person refers to a rock as a dog, don’t correct it. If you are not comfortable with agreeing to the mis-perception, a simply “oh” or “well look at that” will do. The person may express themselves through metaphors, adjectives, adverbs and often feeling words. The rock looks like a dog, that is OK.

Mirror their use of language, tone, rhythm and even body language. They are using words and a pace that is comfortable to them, take this as a cue to follow their lead. Additionally, the body language known as “mirroring” creates a connection. Ever notice that when you are talking with someone you agree with you are standing or sitting in the same way – a mirror! It is a powerful tool to gain or maintain the connection.

And last, but certainly not least, recognize the goal here is connection and engagement. Being together and enjoying each other’s company is the journey and the destination. The goal is not to “re-teach” things that have been “unlearned” by the disease, the goal is not some sort of cognitive rehab, the goal is not to be right --- rather the goal is to connect. Let them take the lead and you follow. Today, I was out shopping and the sign above the exit door said “A traveler has no fixed plans and is not intent on arriving” – Lao Tzu. I think the same could be said of a great connection with someone in the dementia journey. “A good conversation (connection) has no fixed topic and is not intent on finishing a conversation – the joy is in the journey and the experience of being together”-

Natalie Kunkel ;-)

ENGAGEMENT WISH LIST

Hello Friends and Family. We have a few items we are asking you if you can donate them to us, so we at Evergreen can use them. All donations are great appreciated

- *Spring flowers and plants for our outside courtyard*
- *Outside yard games– golf clubs, rackets, footballs, baseball mitt, anything that seems fun*
- *Music CD'S– jazz, oldies, country; music your loved ones would love to hear*
- *Board Games*
- *Art supplies– paint, paper, water colors, colored pencils, beads*
- *Cooking Kitchen Supplies for our daily cooking engagements*
- *Yarn and fabric*
- *Costume Jewelry*
- *Books and Magazines*

The items on the list can be things around the house you don't utilize, and we would love to have

Holidays to Celebrate September

Labor Day

09/03/2018



ATTENTION WANTED in Evergreen

Special Friends who have special talents

Musicians

Chefs

Animal Handler

Magicians

Artist

Readers

Card/Games player

Come volunteer and share your talents with our Evergreen Friends

Contact Kimberly Jackson to come volunteer

830-613-3260

Arbor House Assisted Living, specializes 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.

Color should be used to promote independence and appetite in dining programs.

People managing dementia often benefit from modeling.

For people managing dementia, a structured and purpose filled day reduce stress and "Sun downing".

Familiar relationships reduce stress during caregiving.

Arbor Houses Design Response

Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.

We use orange and red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.

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 boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and 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 administration staff.

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