

Reminisce News



Our Staff

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Joseph Herrington
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Director's Note



I love my Seniors!!! After 30+ years being an advocate for Seniors it's really all I know. It's a calling and a passion to provide quality care and service to such a wonderful group of individuals. I cannot imagine a life without them. They have enriched me mind, body, and soul.

I have been a Nurse for 15 years as well as an Executive Director for 15+ years. I have three wonderful children and eight beautiful grandchildren, all born and raised in Oklahoma. Although my intentions were to come and help out for only 30 days, I am pleased and overjoyed to have been extended a warm invitation to stay on permanently at Arbor House Reminisce. Having been the Executive Director for Arbor House in Mustang for a few years I can say the standards of this company are exceptional and it is more like returning home than starting a new position. I look forward to getting to know everyone better over the next several weeks. My door is always open. Stop in and say hello anytime.

Welcome Director of Nursing



Director of Nursing, Joseph Herrington, is originally from upstate New York. He spent four years in the US Army as a radar operator. He began his career in healthcare as an aide, then pursued his degree in nursing. He brings many years of experience in dementia care to Arbor House.

Joseph has made Norman his home for the past 10 years and claims, "I have no horse in the bedlam race. Go Syracuse!!!" He likes to joke and make people laugh because, "laughter is the best medicine I can give all day." He said.

Joseph is a single father to a very bright, beautiful daughter. He moved to Oklahoma to help his brother with his kids. "Helping people is something I wanted to do when I grew up. Now I'm just working on growing up."

We're glad to have you on our Team, Joseph!

Ask the Expert... by Natalie Kunkel, CTRS, CDP

“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, and connection. This joy, purpose, and connection can happen in groups such as exercise, sing-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 purpose-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 market...or

maybe it is counting and rolling coins. Sometimes our greatness — what we personally take pride in — can seem mundane to others. 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 give each person the opportunity to participate in their greatness. What is the best engagement for your loved one? Think back... what was his/her 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.



Annual ALZ Fundraiser

The Wine Tasting event we hosted last year to benefit the End of Alzheimer’s was so successful, we decided to add dinner to this year’s evening.

Take a chance at some amazing Baskets for Auction donated by our Home Health and Hospice agency friends. We will also have a Wine Pull—which was a big hit last year!

Family and friends welcomed! Wine tasting provided by the Canadian River Winery.



*You’re Invited to Family Night
Spaghetti Dinner & Wine Tasting
Friday, August 31 - 5:30 p.m.
Presale tickets \$12/person
Arbor House Assisted Living
4501 W. Main St.
Proceeds benefit the End of Alzheimer’s*

Life in Motion — July Memories



Our Philosophy

Giving new meaning to Life

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?
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RESIDENTS

Mary M. — 8/5

Jim M. — 8/8

Bonnie S. — 8/23

STAFF

Elias — 8/6

Shelbi — 8/30

A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous “I Have a Dream” speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for Jobs and Freedom. King’s speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the “I have a dream” section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, “Tell ’em about the ‘dream,’ Martin.”

