



Please Visit Us at our website

www.ArborHouseLiving.com

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Meet Your Team

**A team of exceptional care-friends,
housekeeping, and dietary staff.**

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I want to brag on our awesome staff, specifically the Care Friends. This month I challenged them to encourage the residents to **DO** things they normally don't. Then post it on a board. The purpose of this exercise was to **SHARE** with the rest of the team, different daily Life in Motion skills our friends were successful with.

Brandi in Evergreen, boasted about what she was able to help them accomplish. This is our **late** journey home. So it's a real **BIG** deal that she got Gale, who is wheel chair bound, to **WALK** with her assistance! And during lunch, Nancy, who is non-verbal, was "talking" with her back and forth. Even a few words is a tremendous achievement for her. And Brandi helped get her there. It was magical to witness. She also encouraged John enough to use his hammer again. And welcomed sweet Ron by asking him to help and, with enough constant affirmation, he stayed on track and completed. All big, successful moments of joy.

Little Roy, in Dogwood, got the cards out and facilitated a friendly poker game between Big Roy, Fred, Kent and Miguel. It was so fun to see them all concentrating, betting and just hanging out with the guys. Meanwhile, Danyelle helped Barbara, Marylou, Bette and Deane do some cooking! Rice Krispy treats, cereal bars and even some sugar cookies. She didn't stop there. They all successfully made bracelets start to finish. They came out just beautiful. Gladys got Miguel to jump rope! It was so cool!

Tesse and Sharon in Magnolia are known for their singing engagements. So, for this challenge they took the extra time to ask their friends to **help** them with things like charity work, folding babies clothes, cooking and sewing. Ethel, Harriet, Shirley and Margaret really jumped on board when it was about them **teaching us** to sew. That was important for us to learn, as a staff. Same with Paula. She will **lead** us as a singing group during piano hour. This exercise really reminded us that our Magnolia ladies were Mother's and teachers first. We definitely have some new engagement approaches for next month with **TEACHING** in mind.

We love our residents. And our residents love their Care Friends. And I love being a part of it all. Together, we're a big family and It's really special. Creating moments of joy for everyone. That's our goal.

Life In Motion



Ellen & Brandi dancing



**Nancy & Shirley teaching
Cam to Sew**



**Marylou rolling dough for cook-
ies**



Danyelle cooking with Ray & Deane



More sewing lessons from Ethel



**Sweet Magerate making an
apron**



**Jesse & Harriet boogie down at Music
Therapy**



**Sharon dancing with Ken &
Ron**



Paula leading Audrey in song



Bible Study every Wed with Loving Community
Church service every Sunday with Vista Ridge United Methodist

Every Wed @ 10 Prayer Service

Every Sunday @ 3:30 Music Starz Studios

Every Wed, Thurs & Fri @ 2:00 Piano w/Karen

4th @ 2:30 Music Therapy with Rae

8th @ 10am Guitar with Tharell

2:00 Ken's B-day Party

11th @ 2:30 Don & Sharon

23rd @10:00am Tunes By Tara



Ken -Oct. 8th

Betty S. -Oct. 14th



What Makes Arbor House so Special?

By Natalie Kunkel

This month's ask the expert comes from a question I have been asked to speak on many times. The question doesn't always sound the same but means the same thing. People want to know what it is about the Arbor House environment that seems to have such a magical effect on those who reside here. People want to know how to reproduce these effects in other home settings. I am always happy to brag on our design approach! Like most questions in life – there are different answers and different philosophies behind the whys and hows of environment. I have limited space, but I try to share some of the magic of our “simplified environment”.

Our approach starts with an understanding of the studies completed in the early to mid-80's which focused on the environment of dining and how to help people with dementia engage to their fullest in the dining activity. The short version is that the number of people and lighting were the most influential factors. The study says that people with a dementia causing disease have greater focus and lesser stress in groups of 15 – 17 or less. We believe if that works for meals, it is likely true for other activities as well. Our “houses” have 13 residents and 2 team members staying within that goal number.

In the 90's we learned about how abstract thinking and visual perception are affected, so we designed communities with limited corners, straight line of sight and, of course, our small houses. In the mid 90's we learned that the “freedom to visit” was an important de-stressing factor. So we created communities that have different sections we call “houses” and an open “airy” walkway connecting them. Our residents can visit any house, any time and participated in those engagements, volunteer or just sit on another patio!

Our own experiences taught us the power of “yes”! Our communities are designed to have “yes” encounters more than “no” encounters. Our patios are always open, residents who cannot operate a lock do not have one on their door, we have multiple community areas to enjoy and residents play an important role in the life of each community. Many residents have chores or responsibilities that give them the feeling of ownership. Our residents have also taught us the best furniture for their independence. While we don't have the overstuffed leather sofas, we do have residents who can easily move in and out of our furniture. This decreases frustration and offers the highest level of independence.

There is so many other details to our environment that supports function for those in this journey of dementia. If you want to know more, ask us on your next visit!

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 disease, such as Alzheimer's.



Studies Suggest:	Arbor House's Design Response:
People with dementia perform with greater independence in less crowded environments.	Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard
Color should be used to promote independence and appetite in dining programs.	We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.
People managing dementia often benefit from modeling.	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.
For people managing dementia, a structured and purpose filled day reduces stress and "sun downing".	Our engagement program boasts a minimum of 10 programs a day (per house), which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement, & vocation.
Familiar relationships reduce stress during caregiving	Our 1 to 6.5 ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administrative staff.



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