



Arbor House

Giving New Meaning To Life

Please Visit Us at our website

[Www.ArborHouseLiving.com](http://www.ArborHouseLiving.com)

Contact Information:

972.459.0600

Meet Your Team

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

Executive Director

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SEPTEMBER

Letter From Cam

This month I want to highlight our Friends In Motion component of our Engagement Program. Mostly because there were so many times I saw the residents really making connections with others. It made my heart skip a beat!

During Reading Round Table, Miguel once again, took the lead. He read all 4 short stories out loud for us!

After each story we have a discussion. One of the stories was about Abe Lincoln. This reminded Ray of the song, "God Bless America" So, he sang it out loud for the group! My heart almost exploded with joy. I never knew Ray had the voice of an Angel!!! I mean, talented!

During Treats and Topics we chose to talk about "Jobs". Roy and Miguel found out they both had the same occupation! Well, at least similar. Next thing you know they are chatting away about the similarities and differences in what they did. To me, that's a huge success. Reminiscing AND bonding. Now these 2 are good friends.

Fred usually prefers to be alone. But during one of our Friends groups he began to open up. He started talking about his Father owning a Farm. Group members would ask questions and he would answer. He even remembered a funny story about a family friend falling off a horse. He had Bette laughing and giggling. Once he realized he was being heard, he took the floor and told us stories for the rest of the time. He was beaming with pride.

We had a huge group of student Volunteers come from Paint a Hope art studio. Howard painted a master piece! Everyone was impressed. Betty LOVED visiting with the kids, even though she didn't want to paint. Deane and Roy must have painted 3 or 4 pictures. The kids and residents loved this social so much, they asked to come weekly!

We started Music Therapy with Tiffany & Rae. It's extremely interactive. Each resident plays an instrument and participates as a group. Everyone was feeling the music but, Barbara and Miguel were actually dancing in their chairs! We love seeing our residents so engaged with each other. This will be on our calendar monthly from now on.

Friends In Motion



Dogwood's Book Club, Reading Round Table, has tons of great discussion topics. Learning about our friends is a treat!



Ethel was a Beautician. Now, she loves doing all of her friends hair and make –up.



Cupcakes & a Tea Party? YES please! Food and Friends, nothing beats it!



Dalton made connections at the music fest



Paint of Hope Students absolutely adore our residents. These volunteers inspire story telling through water colors. New & Old friends, we LOVE them all.



Barbara & Miguel were dancing in their seats during Music Therapy. Shake it!!

September EVENTS

Bible Study every Wed with Loving Community

Church service every Sunday with Vista Ridge
United Methodist

Every Wed @ 10 Prayer Service

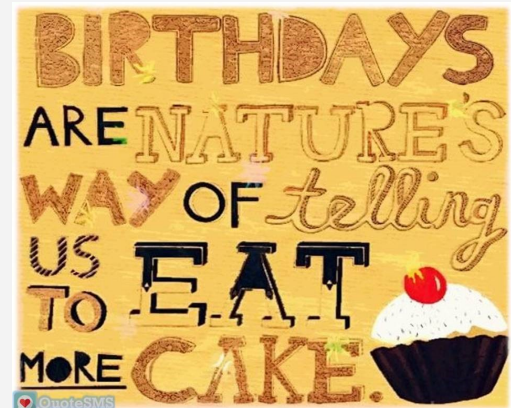
Every Sunday @ 3:30 Music Starz Studios

6th @ 2:30 Music Therapy with Rae

10th @ 10am Guitar with Tharell

17th @ 10:30 Don & Sharon

18th @ 2:30 Howard's B-day Party



Howard's B-day 9/18



Ask the Expert by 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 be flat wrong. And further, you 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) 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 organizations 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 Lewisville 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 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 , en-
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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