



Please Visit Us at the
Arbor House of Temple at
4257 Lowes Drive
Temple, Texas 76502

Contact Information:
254.773.3081

Meet Your Team

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

Executive Director
Darlene Rodriquez
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Executive Assistant
Jeannette Cisneros
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Community Relations Director
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Director of Nursing
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Engagement Coordinator
Julia Harper
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Resident Service Coordinator
Shay Nealy
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Dietary Manager
Janice Wilson
Janice@arborhouseliving.com

License# 103463



Letter from Julia

It's hard to believe we are in October, Fall is upon us, and the holidays will be in full swing soon. I guess I'm counting Halloween as a holiday. We will be celebrating it by having school kids come trick-or-treat. We will also be having Witches Stew on the 31st and topping it off with a ghostly of a great birthday cake and ice cream for Leonor's birthday party.

Last month we worked on our Helping Hands program and hands down it was a huge success. In the month of October we will be working on the engagements of Quiet Moments and Coffee Hour. These two engagements fall under the Friends in Motion of the Life in Motion Program. Once again our team strives for perfection as being the best care friend for your loved one. If you have any questions about these engagements, feel free to get with me and I will be glad to explain it.

Everyone is probably wondering what we did at the Carnival in August. Just turn the page and the pictures will tell it all. We had lots of fun. There were many treats handed out for prizes and snacks. The carnival was sponsored by Standards Home Health and Hospice, Brookdale Home Health, Encompass Home Health, and Southern Care Hospice.

I also want to thank Kindred Hospice, Tex-Med Home Health, and Gentle Transitions Hospice for all wonderful things they do though out the year. I cannot leave out the very devoted volunteers: Truman B, Richard W, Larry P, Leonard K., Carol J., Mary Jo A., Good Ol' Boys and Gal, James Gang, Joan, Cindy Dean and Charlie, Golden Heights Choir, Rusty Dusters, Ron G, Rev Ballard, Rev Garner, and Betty and Irene. I want to make sure you know that you never go unnoticed!

Congratulation to the following staff on their anniversary.

5 Years: Janice W

carnival



Oma Lee C posing with her poodle balloon.



Nancy P and Leah talking about the carnival.



Eilleen S playing bean bag toss.



Ed S, Pam K, Laura M, Minnie D, Leah L, and Juanita D playing cake walk while Virginia S and Antoinette G watch.



Marilyn D sporting her balloon hat.



Myrtle S in the snack section enjoying her corndog.



Billie L, Pam K, Prissy B, Jean S, Truman B, and Judith W doing the cake walk.

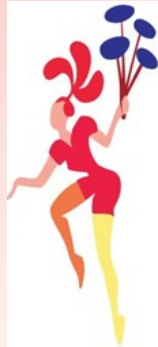


Larry J and Mary Jo A laughing it up.

carnival



Minnie D and Vera P waiting to see if who won on their cake walk game.



Marilyn D playing bean bag toss while Clyde J and Cecilia C watch.



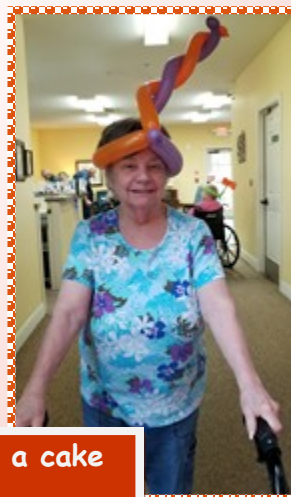
Eilene S enjoying her cupcake and Beau P's company.



Judith W showing off the cakes for the cake walk.



Clyde J having a good time walking from house to house.



Caroline M had just finished a cake walk.



Prissy B and Pam K participating in the cake walk.

Carnival



Juanita D and Gary J enjoying some popcorn and a corndog.



Cecilia C cheering for the players.



Virginia H and Talynn M preparing to play bean bag toss.



Caroline M and Rosario P-G encouraging others to come play bean bag toss.



Clyde J and Libby J enjoying their corndogs.



Vera P, Marilyn D, and Beau P posing before they dig into their snacks.



Dorothy W modeling her prize.



Ed S relaxing after playing ball toss and winning a prize.

EVENTS FOR THE MONTH :

Bible Study with Kindred every Wednesday & Hymns with the ladies from the First Baptist Church of Belton every Thursday. Good Ol' Boys and Gal every third Tuesday of each month. This month we will have a cook out every Friday for lunch. Sunny and Jane will perform on Oct 17th. Charlie is visiting on Oct 19th and Tammy and Jay will be here as well. Elvis will be here on Oct. 25th. We also have our coffee and chat on the third Tuesday of each month.

It's the smallest adventures that lead you to the greatest happiness.



October Birthdays

Oct. 4 Neoma P
Oct. 8 Myrtle A
Oct. 11 Marty W
Oct. 19 Darlene T
Oct. 31 Leonor T



Ask the Expert by Natalie Kunkel

"Is it better to take my loved one home for our family gathering or should we just plan a visit to Arbor House?"

I get this question every year. It is a tough question that has many possible answers. The "right" answer is just as different as all 52 residents of Arbor House. Many of our residents are comfortable going out to a well planned gathering, others experience greater stress. The "right answer" for this second group is harder to nail down.

For a specific answer, feel free to give me a call and we can discuss your specific loved one. I will try to guide you generally in the direction of making the best choice in the following sentences. When making this decision, one should consider the three pieces of the visit: travel, the visit, and the return to Arbor House. The choice to include your loved one in offsite holiday plans should focus on the first two pieces. If you feel the travel will go well and that the well planned gathering will be enjoyed by your loved one, in general, I would support the choice to include them in your holiday plans. Most residents fall into this category and many of these residents will deal with after affects of attending such as a function. These after affects can range from fatigue to restlessness. We have trained the staff to help our residents through these difficult moments. This difficult experience can last from a few moments or throughout the evening and is usually resolved after good rest. This can be an adequate trade-off for well spent hours and memories made during a family gathering.

There are a few residents for whom leaving their "safe" environment of Arbor House or the busyness of the gathering may create too much stress. I encourage those families to take advantage of the opportunities to celebrate with their family here at Arbor House.

If after these considerations, you feel your loved one can enjoy your family gathering, here are some tips:

- **Eliminate the guessing game!** Do not quiz your loved on family/friends names. Instead give them the answer: "Mom look it's Elizabeth, Sally's little girl." Focus the discussions on the past and familiar events, memories and stories in which the person with dementia may become lost. Remember, their recall of your name may make you good for the moment, but it creates much stress for your loved one.
- **Keep it short.** Watch your loved one's behavior paying close attention to signs of fatigue. Have a quite place available for a nap or de-stress
- **Create a place** for your loved one away from "action." Noise and excessive activity can be difficult for the person with dementia to process or understand.
- **Keep it simple.** When possible, limit the number of people in the room to 2 or 3

I hope these tips are helpful! I know I have only scratched the surface. Feel free to call myself or any member of the Leadership team if you have specific questions.

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:

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 reduces stress and "sun downing".

Familiar relationships reduce stress during caregiving

Arbor House's Design Response:

Our community is comprised of 4 houses, which each offer 13 private bedrooms, 2 living areas, dining room, and courtyard

We use red dinnerware, which studies tell us, improves appetite and the ability to identify food on the plate.

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 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.

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.

***The Arbor House of Temple
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