

At Arbor House Assisted Living and Memory Care of Garland, our mission is to give new meaning to the life of our seniors by providing high-quality service in a comfortable secure environment, given with a spirit promoting dignity and respect. When you choose our Assisted Living, you will see that it's all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home, all while maintaining their dignity and independence. If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking through the journey with dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it. When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and care tailored to meet their individual needs.

Sincerely,

Sharnice Taylor
Executive Director



Arbor House Assisted Living and Memory Care



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Meet Our Leadership Team:

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October 2018

A message from Sharnice & Arbor Gardens

Arbor Gardens is growing! I'm proud to share that we are adding to our engagement program, engagements that allow our friends to find joy, purpose and connection. These engagements also give them an outlet to express themselves. Going on a search to find what memories have been stored away, and what interests our friends and gives back to them something that seems to have been lost, is a search that we will go on until we've found that special piece of the puzzle.

Wilfrid Gordon McDonald Partridge is a story about a young boy who overhears his parents discussing the memory loss of a ninety-six year old lady, Miss Nancy, who lives next door to him in a senior living place. He tries to discover the meaning of "memory" by asking the other residents that live there with Miss Nancy. They tell him its something warm, something sad, something that makes you laugh and something as precious as gold. Young Wilfrid does his very best to collect all that he can based on what he was told a memory is, so that he could take these things to Miss Nancy and give her memories back to her. In so many ways, this is our goal here at Arbor House. We strive to give our residents new meaning to life and moments of joy every day, in hopes that some of these moments will lead to a significant time in their history that has managed to wander away. One great engagement that is known to aide in creating these moments is Memories in the Making.

Memories in the Making is an innovative, painting program that was created and is trained by the Alzheimer's Association. The unique program is a way for our residents to express their feelings and emotions. The most beautiful part of the program is the fact that through their art work, our friends find a way to speak to their families, friends and to anyone who wants to listen. Learning new stories and hearing memories come to a resident that have been filed away for years is one of the most precious and priceless things anyone can witness. I am glad to say that we will be adding this fulfilling program to our calendar this month!

Life in Motion

Dreams in Motion

Every Monday evening, the ladies will get together and create beautiful flower arrangements for the tables.



Dreams
Friends

Ask the Expert

Natalie Kunkel

Memories in the Making is a vital component to our Life in Motion Program. It is an opportunity to open communication and connections via the right brain – the portion of the brain most intact through this journey. You see communication, which is a left brain task, gets muddled and lost through this disease of brain failure – Memories in the Making capitalizes on the connections in the right brain giving people the freedom to express themselves again; first through art, then through words. As far as the journey of dementia causing diseases, the mile markers or stages can be seen in the works of art themselves. Earlier in the journey, the creative expression is present in a way that the person duplicates the inspiration; their painting is similar to the picture provided to inspire their painting. About mid-way through the journey, a rhythm develops where the inspiration is repeated over and over again – (this shows the strength of the right brain which loves rhythm). So if the inspiration picture is a daisy, the person will likely paint daisy after daisy in multiple rows. Late in the journey you see lines and the colors speak for the person as muscle tone increases and fine motor skills are being lost. These are my favorite, because for all that is lost along this journey, this avenue of art allows opportunities for choice and control. Choosing colors to express a person's feelings is a valuable connection and purpose. Memories in the Making serves as a vital vehicle of expression and voice for all its participants. I have witnessed its power to give a voice to those who cannot speak – it is truly an amazing program!

The program begins with a lot of encouragement, most say (in words or body language) that they cannot paint. This is not a measure of talent, but rather an engagement of spirit. So with encouragement and some assistance with initiation, expression begins and stories are told. For some, this can be the truest expression they have experienced in some time as the disease has clouded their thoughts with noise and taken away the ability to connect thoughts and actions. I have been told by one participant that when she paints "all the noise stops ... and it makes sense again" – her language was not that clear, but that was her intent. We have another resident who is so connected to this engagement, he enjoys it for more than an hour. This gentleman generally is done with a task and on to the next in just a few min. He has never painted before. I asked him about his painting and his response was "This I can do, I can pick my colors and I can make pictures, This I can do". What a gift to give!

People managing this journey demonstrate a decrease in anxiety, increase in attention to task, the ability to sit and rest (which can be a big win), laughter, self-expression, gross and fine motor range of motion and the ability to exercise choice. This engagement benefits both the physical and the emotional well-being of the person. The Life In Motion program is built on the idea that Joy, Connection and Purpose are required for all people to provide a sense of personal well-being. Memories in the Making is a big part of our Dreams in Motion component and provides all three of these! Others find their Joy, Connection and Purpose through our other program components. Each individual is just that, an individual. Our Life In Motion program is designed to serve the whole person as an individual.

What's Happening in October?

10/5
Ice Cream Social
2:30

10/6
Evelyn's Birthday Party
3:00p

10/13
Walk 2 End Alz
Join our Team!!!

10/14
Anna's Birthday Party!
3:00p

10/17
Earl's Birthday Party!
3:00p

10/24
Trick or Treat!
6:00p

Wish List

Towels
Body Wash for Men/Women
Fall Home Décor
Movies and CD's from the 40's
Fresh Flowers

Join Arbor House of Garland's team for the Walk 2 End Alzheimer's!

Event Details:

When: October 13, 2018

Time:

Registration at 8:00am

Ceremony at 9:00am

Walk at 9:30am

Where:

Dallas City Hall Plaza 1500 Marilla St.
Dallas, TX 75207

How to join our team:

Log onto Alz.org

Search for Team: Arbor House of Garland
Register to walk with us or make a donation!



Evelyn

Anna

Earl

Life in Motion

Purpose in Motion

Evelyn finds joy in rocking the baby to sleep. Joy makes sure he is covered and warm!



Grandparent's Day

Moms and Dads, children and grandchildren, even friends, get together to enjoy spending time with one another and celebrating our Grandparent's!