

Under the Shade Tree

Arbor House Memory Care

Marble Falls

October 2018



Meet Your Arbor House Team

Rhonda Tedford

Rhonda@arborhouseliving.com
Executive Director

Christie Denton

cdenton@arborhouseliving.com
Director of Nursing

Kimberly McDonald

kim@arborhouseliving.com
Resident Service Coordinator

Kimberly Jackson

kimberly@arborhouseliving.com
Evergreen Coordinator

April Caropepe

april@arborhouseliving.com
Engagement Coordinator

Jessica Robbins

jessica@arborhouseliving.com
Community Liaison

Bryan Steward

Executive Chef

Anthony Perez

Maintenance Director

Arbor House of Marble Falls

1801 King Road

Marble Falls, Texas 78654

830.613.3260

www.arborhouseliving.com

License # 105513

September has come and gone in the fall winds. We sure did get a lot of rain this month, but that didn't slow us down in Evergreen. In between the rain storms we still had time for games and conversations in the courtyard; soaking up all the fun before winter comes to Texas. As we watch the rain storms this month for the inside of our cozy home, we made wonderful fall treats to share. We also came together to play games to help keep our hearts young and always sharing a laugh with one another. Stop by and see us, even if it is to just have a cup of coffee.

October is the start of the wonderful winter season. In Evergreen, we are going to paint pumpkins, start making some winter treats like pumpkin bread, and embrace the up coming winter. Join us on October 17th for our annual Halloween Carnival at 6pm. Everyone is welcomed. See you there! Mark your calendars for November 17th for our annual Thanksgiving dinner at 6pm. All guest will need to sign up by November 9th. Hope to see you there!



Friends in Motion



First row L to R: Ms. Annie's birthday celebration with family. Mr. Jack and Ms. Carolyn sitting on the porch in the courtyard. Ms. Amy and Ms. Ruth sharing hats and a laugh.

Second row L to R: The gang coming together for cake. Ms. Ruthie and Ms. Mary Ann playing a game together.

Pictured left: Ms. Carolyn telling a joke.

Life in Motion



Front row L to R: Ms. Maureen showing off her muscles. Mr. Floyd and Ms. Logan bowling in the courtyard. Mr. Rollie and Ms. Ruth competing in yard darts.

Second row L to R: Mr. Jack making a score in yard darts. Ms. Marion loves balloon bash. Ms. Ruthie and Ms. Mary Ann teaming up together.

Pictured left: The gang drinking tea on the porch.

Ask the Expert

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 how's 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!

ENGAGEMENT WISH LIST

Hello Friends and Family. We have a few items we are asking you if you can donate them to us, so we at Evergreen can use them. All donations are great appreciated

- *Spring flowers and plants for our outside courtyard*
- *Outside yard games– golf clubs, rackets, footballs, baseball mitt, anything that seems fun*
- *Music CD'S– jazz, oldies, country; music your loved ones would love to hear*
- *Board Games*
- *Art supplies– paint, paper, water colors, colored pencils, beads*
- *Cooking Kitchen Supplies for our daily cooking engagements*
- *Yarn and fabric*
- *Costume Jewelry*
- *Books and Magazines*

The items on the list can be things around the house you don't utilize, and we would love to have

Holidays and Birthdays in October

Marion B.	10/01
Jack D.	10/06
Liz K.	10/26
Halloween	10/31

Halloween Carnival

October 17th 6pm to 7:30

Come and play games and win candy fun for all ages



ATTENTION: WANTED in Evergreen

Special Friends who have special talents

Musicians	Chefs
Animal Handler	Magicians
Artist	Readers
Card/Games player	

Come volunteer and share your talents with our Evergreen Friends

Contact Kimberly Jackson to
volunteer 830-613-3260

Arbor House Assisted Living, specializes 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 diseases like 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 reduce stress and "Sun downing".

Familiar relationships reduce stress during caregiving.

Arbor Houses Design Response

Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.

We use orange and red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.

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 boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and vocation.

Our 1 to 6.5 staffing ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administration staff.

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