



Please Visit Us at our website
www.ArborHouseLiving.com

Contact Information:
 972.459.0600

Meet Your Team

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

Executive Director
 Paula Hicks
Paula@arborhouseliving.com

Marketing Director
 Tiffani Hayes
Tiffani@arborhouseliving.com

Director of Nursing
 Tamelle Ealy
Tamelle@arborhouseliving.com

Engagement Coordinator
 Camille Morrow
cmorrow@arborhouseliving.com

Dietary Manager
 Lisa Travis
Lisa@arborhouseliving.com

License# 103138

Friendship is so important, and we are the family we chose for ourselves". It's a beautiful thing to see relationships and friendships blossom here at Arbor House. Which is why I chose our Friends In Motion component to share with you this month. Just in time for the Holiday season.

We have met a ton of new friends this last month. Of all ages. Our Halloween party brought the trick-or-treaters RIGHT to our resident's door steps. (The games, prizes and candy kept them around longer) ;) These intergenerational engagements are so beneficial to everyone involved. Everyone's smiling by the end of them. Pure Joy and unconditional love.

Which takes us to our Thanksgiving Festivities! Whoa, what a turn out! It was so awesome to see so many friends and family make it out to celebrate with their loved ones, and us! And a huge shout out to all of you amazing baker's! All of the desserts were delicious! I think everyone was on a major sugar rush that night. It was a delight!

So, let's talk December- AKA-Christmas! We have some really fun things planned. Check out the daily calendars because we would LOVE for you to join us at any/ all of the fun events. But no matter what, mark your calendar for December 20th from 5pm-7pm. And get out your cowboy boots and hats because we're having us a good old fashioned Country Western Texas Christmas Hoe Down, y'all! Beak out the BBQ and smokehouse sauce- cause this ain't no ordinary party. There's going to be a costume contest and of course, A Country Western Band! Keep your eyes peeled for the flyer with more details and RSVP information.

December is a busy month! And that time of year when everyone is thinking about Volunteering and helping others. Let me know if you're interested and, I'll put you to work! => Merry Christmas and Happy New Year, 2019. XoXo- CAM

Friends In Motion



Dancing on Veteran's Day



Our Halloween party—friends of ALL AGES!



New and old friends at our Thanksgiving Family Feast!



Being sociable with neighbors



Laughter truly is the best medicine



These guys help Paula break down boxes. BFF?

December UPcoming EVENTS



- Bible Study every Wed with Loving Community
- Church service every Sunday with Vista Ridge United Methodist
- Every Wed @ 10 am Bible Study
- Every Sunday @ 3:30 Music Starz Studios
- Every Wed, Thurs & Fri @ 2:00 Piano w/Karen
- 6th @ 2:30 Music Therapy with Tiffany
- 10th @ 10 am Guitar with Tharell: Religious Christmas Songs
- 14th @ 12:30 Deane's B-day party on Dogwood
- 17th @ 10:30 Don & Sharon perform: Sing and Dance along
- 17th @ 6pm Christmas Program by: Students of the Lewisville Arts Conservatory
- 18th @ 10 Tunes BY Tara— Holiday Themed
- 20th @ 5pm-6pm Family Christmas Dinner
- 20th @ 6pm-7pm Texas Country Western Christmas Hoe Down
- 27th @ 12:30 Audrey's B-day Party



Birthdays of the Month

Deane 7. 14th

Audrey C. 27th

A special "Thank You" to Karen of Starz Studio Music! Your friendship is as beautiful as the music you play!



ASK THE EXPERTS

Ask the Expert by Natalie Kunkel, CTRS, CDP

Ask the expert : New Year 2019! Resolutions, Promises & Goals

This journey through dementia affects not only the person with the diagnosis, but those they love as well. But the most affected person is the person that has accepted the duty to care for him or her. At times, this duty can offer a relationship that you never expected, and other times it can offer challenges you never knew you could navigate. There are everyday challenges & choices; and the more daunting expectations to uphold promises made in a different time in your life; a time in which these current complications were unforeseen.

As I sat with a support group this last week the topic of promises came up. "I promised I would never put him in a home" – haunting words. But all those years ago "homes" were very different and they did not offer the support and companionship And even a new way to live again. And, I believe earnestly that if her husband saw the way the stresses of being a full time caregiver are affecting her health, he would find help himself. This disease affects those insights and just as you begin to make every day small choices for this person you love, a time will come when you will need to make the big choices as well. I encourage you to make the choices that allow you more moments of joy in that relationship that is familiar or new or reclaimed in this journey. I encourage you to take care of you! I want to share with you, at that start of this New Year, the 13 Commandments that Jolene Brackey shares in her book *Creating Moments of Joy*. [13 Commandments for the Caregiver](#)

Thou Shalt:

1. Love and Be Loved
2. Put Family Before Work
3. Give to Yourself Too!
4. Dance When the Music Plays
5. Pause and Get to Know Someone
6. Turn your back on Negativity
7. Be Compassionate
8. Smirk, Giggle & Wink
9. Seek Your OWN Truth
10. Soak Up the Sun & Breath Deep
11. Participate in Nutty Play
12. Fit Joy into Your Day
13. Live in the Moment

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.



The Arbor House of Lewisville

2215 Rockbrook Drive

Lewisville, Texas 75067

Main: 972.459.0600

Fax: 972.459.0609

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