

Hello

March!

Under the Shade Tree

Arbor House Memory Care

Marble Falls

March 2019

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*

Janell Hopper

*janell@arborhouseliving.com
Evergreen Engagement 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

WHAT'S HAPPENING...

As we Spring into March we have a lot to celebrate. We will start off with a Mardi Gras inspired birthday party for Charles on the 5th. Next comes spring themed Birthday parties for Nancy on the 15th, Ozeal on the 18th, and Ruth on the 22nd. Let's not forget the St. Patrick's Day social on the 17th. All parties begin at 2:00pm, and as always family and friends are invited to join the fun.

With spring in the air we will be getting our flower beds ready for planting. As the days get warmer we are all looking forward to setting in the sun, watching the birds that visit our feeders, visiting with family and friends and how about a few courtyard games to get us moving and laughing to shake off the winter blues. So march on into spring with us as we look forward to what the warmer weather will bring.



Maureen and Cara celebrating Maureen's Valentine Birthday.

Friends in Motion



Annie and Carolyn love making crafts with Pedro. Next Garland, Annie, Maureen, & Floyd are enjoying the music of the First United Methodist Church Musicians.



Valentines Day is made even more special when we can celebrate Maureen's Birthday with her family & friends.

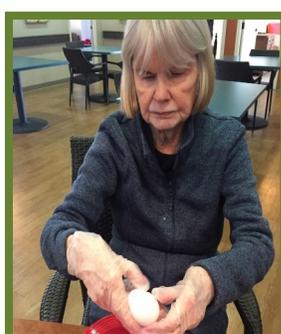


Debbie and Nancy are having a great conversation, Everyone enjoys it when our special friend Shiner come to visit.

Friends in Motion



Only in Texas can we enjoy a warm winter day in the courtyard. Nancy is taking a stroll, Ozeal and Terry are enjoying great conversation with a few laughs along the way, and as always Jeff is making sure the plants are well taken care of.



Chef's Corner is a great way for our friends to help the staff prepare our afternoon snacks. Pictured first is Eloma preparing peanut butter cookies, next Floyd is making pizza, Maureen is cracking eggs for the brownies, and Frances is stirring up a delicious cake.



Bowling with Kaylee is always fun especially when our family members join in . Thanks Dub for showing us how a pro does it. Next Annie is watching as Charles , Kaylee, Ruth, & Eloma are having lots of laughs as they toss the balloon in the parachute.

Ask the Expert

What Makes Arbor House so Special?

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

Below is a list of items that we have added to our wish list. All donations are greatly appreciated .

- *Spring flowers and plants for our outside courtyard*
- *Outside yard games– golf clubs, rackets, footballs, baseball mitt, Anything that we would enjoy.*
- *Music CD'S– jazz, oldies, country, music your loved ones would love to hear*
- *Board Games*
- *Art supplies– paint, paper, water colors, colored pencils, large 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 .



YOU ARE INVITED

Please join us on the following special days at 2:00 pm

Charles B 3/5

Nancy D 3/15

Ozeal Mc 3/18

Ruth G 3/22

St Patrick's Day Social

3/17/19

ATTENTION

Friends who have special talents:

Musicians	Chefs
Pet Therapy	Magicians
Artist	Readers
Card/Game players	Crafters

Contact Janell Hopper to volunteer and share your talents with our Evergreen Friends.

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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