



Please Visit Us at our website

[www.ArborHouseLiving.com](http://www.ArborHouseLiving.com)

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Meet Your Team

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

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License# 103138



Holy Moly you guys! Last month was CrAzY!!! We somehow managed to successfully celebrate five Birthday's and still have room for a Valentine's Party!! It's always so special to see our resident's celebrate their new and old friendships during our parties. I love seeing them GLOW as the spotlight is on them for their big day. Margaret was grinning ear to ear as she paraded around in her "Birthday Girl Sash". Fred was so proud of his big family coming and he got to show off his funny side with all of his great-grand kids. And, while I think we could all stand to lose a few pounds after all that cake and ice cream, it was totally worth it to see our resident's wild and crazy sides!!

Ok- so for March, I'm telling you guys: you HAVE to come see some of our NEW entertainers!! Not just because Brad (Frank Sinatra) is an amazing singer- and the Burnette's get the house rocking with their up beat Folk classics, but because our residents experience so many emotions and feelings during Live music. It's beautiful to see them remember lyrics to songs, steps to dance moves and feel the music in their minds. We have Starz Kids Music Spring concert series 2pm-4pm for the whole week of Spring break. Our March calendar is packed full of live Music. Come see for yourself!

Also, check out our New Facebook page! I'll be posting photos of engagements- daily, just for YOU!!- XoXo Cam











## Upcoming Events



**Church service every Sunday with Vista Ridge United Methodist**

**Bible study every Wednesday with Loving Community**

**Every Wed @ 10 am Worship**

**Every Sunday @ 3:30 Music Starz Studios**

**Every Wed, Thurs & Fri @ 2:00 Piano w/Karen**

**Spring Break Concert series 11th-16th 2pm-4pm**

**4th @ 10 The Burnette's Folk Duo**

**7th @ 2:30 Music Therapy with Tiffany**

**11th @ 10: Guitar with Tharell**

**17th St. Patrick's Day Celebration**

**18th Paula's Birthday Bash**

**18th @ 10 Brad Ackland performs as Frank Sinatra**

**26th Nancy's Birthday Bash**

**29th Sue's Birthday Bash**

# Happy Birthday

**Paula 3/18**

**Nancy 3/26**

**Sue 3/29**



*Irish*  
AND *KISSES*  
*Shamrock*  
WISHES



**"Am I giving up on my relationship and love by moving my [spouse] into Memory Care?"**

By Natalie Kunkel, CTRS, CDP

During my career, I've had the opportunity to support many spouses going through the separation of moving their wife or husband into an Assisted Living. In most cases, they were moving into the Community that I led, but not always. Right now, I'm helping a dear friend through this separation as she has moved her husband into a Memory Care Community in another state. Her story is not too different from the many others I have helped. In this case, she and her husband, who was diagnosed with Alzheimer's disease a number of years ago, have been strong advocates for education, resources and research. She and he are well versed in the *journey* behind them and in front of them. But that is little comfort, I suspect, on the first few nights alone.

It is the right decision. She needs to take care of herself. If the spousal caregiver is not careful this disease will claim their life first by way of stress related illnesses. It is also the right thing for him to be in an environment that is simplified and has both programs and people support to lighten his load. Again, I suspect this is little comfort on those evenings alone.

So how can I help both people through this really hard part of the *journey*? It is a question that keeps me up some nights. Here are my tips for her:

- 1) It is OK to grieve. You have experienced a loss – it is not death and for that we can be grateful, but don't feel guilty for grieving.
- 2) You must find your new purpose. For so long you have been caring for him and while you still bear some burden there in a broader sense, the day to day task are now carried out by others. Don't feel guilty about this. This is a gift that will improve the quality time you have with him. You cannot sit at home all day; re-visit an old hobby, find a new one, exercise, lunch with friends, volunteer... do something that is meaningful or just makes you feel good. You will rest better and have better visits.
- 3) Change your expectations and don't sweat the small stuff. In this case, I was encouraging the wife to take an iPod filled with her husband's favorite music to the Community so the caregivers could try using it during times of stress. She was concerned it would get lost or even stolen. I assure you, if it is being used it will get lost. I encourage you to think about things as moments of joy. If you were to go out to dinner and a movie how much would you spend? What do you have to "show" for it after the money is spent? Nothing, but you do have joy and/or satisfaction from the experience? An iPod Shuffle is \$40.00, if he gets to use it 3 or 10 times before it is misplaced, is that joy or satisfaction worth the cost? The same can be said for many items; don't restrict things because they may get lost and don't get upset when they are lost, his stress is not worth the cost. When spouses can let go of trying to keep track of every sock and towel, the time visiting can take on a higher quality.
- 4) Screen out troubling news. Your spouse cannot process information in the same way you can. It is not necessary to keep them up on the family gossip or tragedies. One of my favorite quotes by Joeline Brackey is: *"People with dementia don't operate by a thought process, they operate by how they feel."* Keep this in mind during visits. How will this news make the person feel? And likewise, remember this is still a person who cares about you. Healthy spousal relationships include sharing feelings. When your spouse is having a hard day, it is OK to share with them that this is hard for you too. I had one wife that parted every visit with her husband with these words. "I love you and I will miss you while I am running errands. I know you will miss me too. Our love is stronger than this disease and I will be back soon". This husband was aware of his Lewy Bodies diagnosis.
- 5) Know that he will have many moments of joy during his days. Many of which you will never witness. And it is OK for you to have moments of joy in your life too! Many of which he will not be a part of. This does not dilute your love or commitment, but it does keep you healthy in heart and mind so that you both can continue this *journey* hand-in-hand when you are together.

***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.***



| <b>Studies Suggest:</b>   | <b>Arbor House's Design Response:</b>   |
|---|---|
| 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, & |
| 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.   |



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