



Under the Shade Tree

Arbor House Memory Care

Marble Falls

June 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 Stewart

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 our beautiful spring weather quickly turns to summer we will be ready for the hot June days sitting in the shade eating watermelon or how about a nice refreshing snow cone or a tall ice cold glass of lemonade. What a nice way to cool off and enjoy the afternoon.

Let the celebrations begin! First we will celebrate Flag Day with a flag craft on the 14th. Next we will honor our Fathers with a Tie One on Party at 2:00 pm on 6/16. So tie one on (a necktie of some sort that is) and join us to honor our special Dads.

The celebrations will continue with birthday parties at 2:00pm on the following days. On June 21st we will celebrate Floyds birthday, then for Jeff on 23rd, and Mary Ann on the 26th and as always we invite families and friends to join the celebration.



A special thank you goes out to Stephanie, Pedro, and Shannon for making our Mother's Day social so special for our Moms. The ladies loved receiving the beautiful flowers.

Life in Motion



Today in Chef's Corner Ozeal, Dee, and Maureen are making oatmeal muffins for our afternoon snack. Floyd is patiently waiting to lick the bowl.

Bodies in Motion



Bodies in Motion is a very important part of our day. It keeps us strong ,flexible and keeps us moving. Here are a few of our body in motion engagements. Top left is balloon ball, on the right Jeanine is hitting her mark with the bean bag toss. Bottom left Lela is concentrating so she can make that ringer in the ring toss game. Bottom right is Jeff entertaining us with the rings on his head instead of on the peg, he really knows how to make us laugh, and that laughter truly makes our day.

Ask the Expert

Alzheimer's Caregivers: What to Remember

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. According to the National Alliance for Caregivers, there are over 65 million unpaid caregivers aged 65 or older in the United States. That's 29% of the U.S. adult population who provide an average of 20 hours of care per week; some provide care around the clock.

Often, there's very little preparation for the daily challenges that caregivers face. There are practical answers to questions such as how to manage doctor's appointments, handling insurance paperwork, and how to take time off work. There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. But what about the physical and emotional toll, which can be overwhelming? Researchers Carol J. Farran and Eleanora Keane-Hagerty offer the following tips to keep in mind as you face the challenges of caregiving.

Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my relative.

I need to take care of myself so that I can continue doing the things that are most important.

I need to cultivate the gift of allowing others to help me, because caring for my relative is too big a job to be done by one person.

I need to take one day at a time rather than worry about what may or may not happen in the future.

I need to have a sense of humor, because laughter helps put things in a more positive perspective.

I need to remember that my relative is not being "difficult" on purpose; rather their behavior and emotions are distorted by the illness.

I need to increasingly depend upon other relationships for love and support.

I need to focus on, and enjoy, what my relative can still do rather than constantly lament over what is gone.

Last, and most important, caregivers must often remind themselves that they are doing the best they can at this very moment.

Sources

Farran, C.J. & Keane-Hagerty, E. (1989). Twelve Steps for Caregivers. *The American Journal of Alzheimer's Care and Related Disorders and Research*, Nov/Dec.

Scot, P.S. (2014). *Surviving Alzheimer's: Practical tips and soul-saving wisdom for caregivers*. San Francisco: Eva-Birch Media.

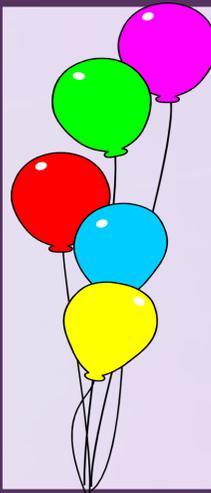
ENGAGEMENT WISH LIST

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 .



HAPPY BIRTHDAY

FLOYD 6/21

JEFFERSON 6/23

MARY ANN 6/26

SPECIAL DAYS TO CELEBRATE

FLAG DAY 6/14

FATHER'S DAY 6/16

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 independ-

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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