

At Arbor House Assisted Living and Memory Care of Garland, our mission is to give new meaning to the life of our seniors by providing high-quality service in a comfortable secure environment, given with a spirit promoting dignity and respect. When you choose our Assisted Living, you will see that it's all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home, all while maintaining their dignity and independence. If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking through the journey with dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it. When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and care tailored to meet their individual needs.

Sincerely,

Sharnice Taylor
Executive Director



Arbor House Assisted Living and Memory Care



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Arbor House of Garland Assisted Living and Memory Care

*Meet Our
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A message from Arbor Gardens

Arbor House is a place anyone can call home! Here at Arbor House of Garland, the atmosphere is wonderful and the love that is shared is amazing. When you walk into Arbor Gardens, you get a feeling from the Care Friends that is true affirmation to the care we provide. Taking part in that care and ensuring the team has the knowledge to provide quality care and meet the needs of our residents is what we all thrive to do as leaders. Knowing that our front line team have hearts of gold is the best thing ever!

In August, we will be focusing on Hearts and Friends in Motion! Its nothing like enjoying a day with that special friend that knows you oh so well, and knows how to connect with you in an intimate way. Knowing that song that will make our friends smile, knowing that special routine that will keep our friends going, knowing that favorite story they like to tell. Overall, knowing that your loved ones trust their friends because they are attentive to not only their physical, but their emotional needs as well. We will have live entertainment by The Accordion Man Friday, August 23th at 3pm.

We look forward to what's to come in Arbor Gardens!!

Life in Motion



Friends in Motion

Our care friend Dena joins residents Patsy, Pat, and John as we enjoy table games.



Friends in Motion

Our care friend Kim joins our resident Ray as he goes in for a strike!



Ask the Expert

Natalie Kunkel

What is *Life in Motion*?

Life in Motion is our strategically designed activity program. It varies in frequency and method of delivery depending on the group being served, but all programs are built around the fundamental concept of *well-being*. When a university asked “what does well-being mean to you?” they got the following answers: Identity, connectedness, security, autonomy, meaning, growth & joy. When the **Murray Alzheimer Research and Education Program** researchers asked people with Alzheimer’s and other dementias the same question, here are the answers they got: Being Me, Being With, Seeking Freedom, Finding Balance, Making a Difference, Growing and Developing and Having fun. As you can see, the words are different but the meaning is the same.

It is on this basis of Well-being that we constructed our Life in Motion engagement programs. We have 8 components to the program which occur daily in our Memory Care Communities and at least weekly in our Assisted Living Communities. Those components are as follows:

Bodies in Motion (*Growing & Developing*): these are physical, active programs to strengthen or maintain our resident’s current physical abilities. These programs are delivered at different levels to match our resident’s needs and abilities.

Minds in Motion (*Growing & Developing*): These programs are designed to meet the specific need of its participants in order to provide the right amount of challenge.

Hearts in Motion (*Finding Balance*): These programs encompass our religious and spiritual programs as well as those that support the emotions of our residents. Church, journaling and support groups are a few examples.

Dreams in Motion (*Seeking Freedom*): These programs give wings to the creative person inside. Arbor House offers some extraordinary programs that promote this idea such as Memories in the Making, Poetry Writing and unique music based programs. People who have never sought these avenues to self-expression enjoy this newfound freedom through our supportive and encouraging team members.

Friends in Motion (*Being With*): From sitting on the patio to afternoon teas to making new friends, the idea of *Being With* is fully supported and nourished.

Purpose in Motion (*Making a Difference & Being Me*): This is my favorite program component! It occurs in some groups but is mostly individual. We encourage our residents to maintain a purpose in their life by taking on a volunteer role such as setting the table, cleaning up or leading an engagement program.

Feelings in Motion (*Having Fun*): This is the sensory based programs such as baking, gardening, hand massage, trying new foods, etc. They are designed to liven the five senses. These programs are a very important part of our Memory Care engagements, but add fun to our Assisted Living engagements too!

Quiet Moments (*Being Me*): These are intentional opportunities to relax. We all have stressors that build up through the day, these quiet moments can help to reduce these stressors and improve our function in the afternoon.

Join in our *Life in Motion* today!