

ARBOR GARDENS

Autumn Leaves and Pumpkins Please



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

-John Fitzgerald Kennedy

Meet Our

Leadership Team:

Executive Director

Sharnice Taylor

sharnice@arborhouseliving.com

Director of Nursing

Andrea Sutton

asutton@arborhouseliving.com

Executive Assistant

Natalie Quintero

Natq@arborhouseliving.com

Arbor Gardens Coordinator

Dominique Winston

dwinston@arborhouseliving.com

Marketing Director

Lauren Saxon

lauren@arborhouseliving.com

Dietary Manager

Gary Chatman

garlandchef@arborhouseliving.com

License ID # 106663

Pumpkins on Guard

Look at all the pumpkin faces
Lighting up so many places.
On the porch ad in the yard,
Pumpkin faces standing guard.
Looking friendly, looking mean,
With a smile or with a scream.
Orange faces burning bright
In the cool October night.



Care friend Des spends some one on one time with Patsy.



John helps care friend Kim in giving our plants some much needed relief from the heat.



Joy is all smiles as she sits down to enjoy lunch.



Care friend Frances helps Anna get dolled up with a fresh coat of polish.



Caregiver Stress: Maintaining a Sense of Balance

By Ava M. Stinnett

More than 65 million family caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock. Caregiving is stressful work, and the physical and emotional toll can be overwhelming. Family caregivers tend to have at least one thing in common: They forget to take care of themselves.

Extended periods of providing care can affect a caregiver in many ways, including sleeplessness, reduced ability to concentrate, mood swings, depression, and even a weakened immune system. How can you lighten the load and nurture yourself as a caregiver?

First, prioritize self-care and don't be afraid to share your wish list. Whether it's going to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house, even a short break can provide a change in perspective and allow you to recharge your batteries. While many caregiving tasks might be things you want to do yourself, there are plenty of other chores that people could take over, such as grocery shopping, yardwork, and taking your loved one to their next medical appointment.

Sometimes it can be difficult to ask for and accept help. Try to remember that helping others makes people feel good. Even just having someone sit with your family member while you take a break can be beneficial. In addition, many communities have eldercare or respite services, which can give you some time for yourself while providing a positive impact on your health and wellness. For your physical health, the Mayo Clinic suggests these tips:

- Eat healthy foods.
- Get enough sleep.
- Go for a daily walk.
- Take your medications as prescribed.

Keep preventive medical appointments.

When feasible, remember to connect with friends, relax with meditation, or work on a hobby such as tending a garden. Support groups can help you feel less alone as you work to manage your time, energy, and patience. Support group members know what you're going through and can help by offering some new strategies to manage your caregiving responsibilities.

Sources

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

Mayo Foundation for Medical Education and Research (MFMER). (2019). Caregiver stress: Don't forget self-care. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20317392>.

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

1501 W. Campbell RD.
Garland, TX 75044
License #146656