



Under the Shade Tree

Arbor House Memory Care

Marble Falls November 2019

Meet Your Arbor House Team

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Anthony Perez ***Maintenance Director***

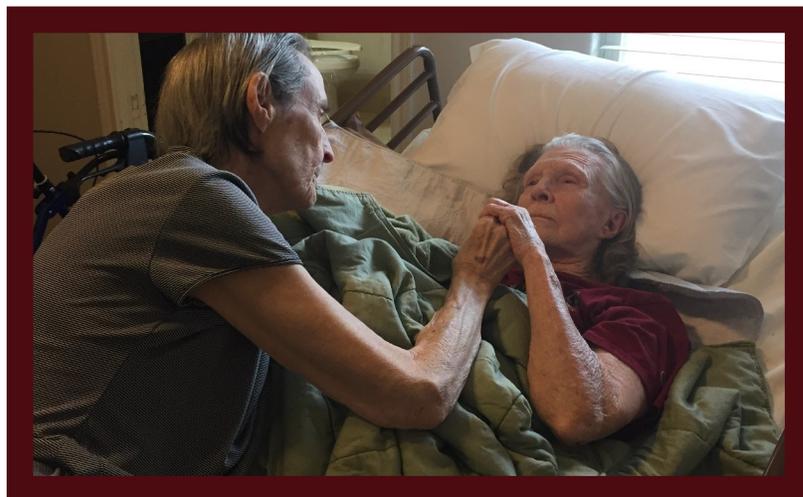
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What's Happening...

The holidays are approaching fast, and we have a lot to celebrate. First we will be honoring our Veterans with a social at 2:00pm on November 11th. Next we will be celebrating France's birthday on November 21, please join us for cake, & punch at 2:00pm.

You are invited to join us on November 23rd at 5:00pm for our annual Thanksgiving Dinner. There is a limit of 2 guests per resident, so please sign up with Jessica at the front desk.

Pictured below is the sweetest friendship. Eloma went to Tommie's room for a visit . I could not hear the conversation but I am so glad I was able to catch this precious moment.



Hearts in Motion



Top: The Arena of Peace Cowboy Church joined us for Sunday service. James led us in song, Dawn, Kay & Nancy joined the singing, and Pastor Frank led the worship service. Thank you for joining our Evergreen family, we are truly blessed to have you join us on the first Sunday of each month.

Singing always makes our hearts happy. The bottom pictures are Ozeal and Lela joining in our morning singalong.

Life in Motion



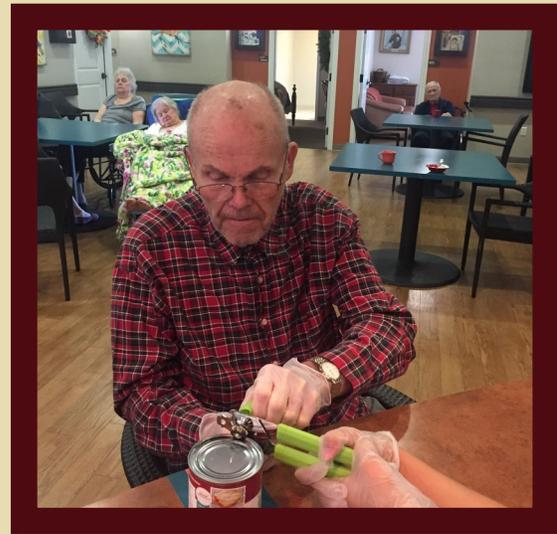
Maureen looking pretty in her fancy hat.



Nancy showing Linda her dance moves.



Happy Birthday Jack



EC opening the can of fruit for Kathryn

Ask the Expert

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.

ENGAGEMENT WISH LIST

Hello Family and Friends

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

- *Old Movies*
- *Board Games*
- *Costume Jewelry*
- *Magazines*
- *Outside yard games: golf clubs, rackets, footballs, baseball mitts, anything that we can enjoy.*
- *Music CD'S– jazz, oldies, country; music your loved ones would love to hear.*
- *Art supplies– paint, water-color paper, water colors, colored pencils, large beads*
- *Cooking Kitchen Supplies for our daily cooking engagements*

The items on the list can be things around the house you don't utilize, and we would love to have.



**HAPPY
BIRTHDAY**

FRANCES

11/21

Special Days

Veterans Day Nov 11, 2019

**Arbor House Thanksgiving
Family Dinner Nov 23, 2019**

**Thanksgiving
Day Nov 28,
2019**



Attention Volunteers

If you have a special talent or skill that you would like to share with us, we invite you to join our Evergreen Volunteer Program.



Contact
Janell Hopper
for more
information.
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 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 1:6 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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