

February 2020

# ARBOR GARDENS

*Sweet on You!*



**Meet Our**  
**Leadership Team:**

**Executive Director**

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**License ID # 106663**



## Getting To Know Your Carefriends

Meet Victoria!

Victoria joined our Arbor Garden's crew in December of 2018. Victoria's naturally caring spirit and big, bright smile can warm the heart of anyone in her presence.

Victoria is the middle child of a military family with two older brothers and two younger sisters. She's a dog mom of Daisy the terrier and in her spare time she enjoys making candles and crocheting. Victoria hopes to one day become a doctor practicing holistic medicine.

Whenever you stop in for your next visit, make sure to say **HELLO!**





Your leadership team all dressed up for our 1st annual employee award banquet!



Beverly taking some time to welcome Bonnie to a game of balloon noodle.



Pat showing carefriend Des some moves.



Mr. Henderson getting in a round of minigolf.

## How to Care for the Caregiver

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. The physical and emotional toll can be overwhelming. So how can you nurture yourself as the caregiver?

1. Seek support from other caregivers. There are great benefits from knowing that there's a network of other caregivers you can turn to for encouragement and problem-solving.
2. Take care of your own health. You need rest, healthy food, plenty of water, and time away—whether it's taking a walk, meeting a friend for a movie, or taking a nap.
3. Keep your own doctor appointments. Let your doctor know that you are a caregiver and be sure to mention any signs of depression (e.g., overeating or loss of appetite; difficulty concentrating, remembering details, and making decisions; feelings of hopelessness).
4. Be flexible. Why argue for 30 minutes to get your loved one to wear matching socks only to realize that you went out with your own shirt on backward?
5. Keep things in perspective and embrace humor whenever possible.
6. Realize that there is no “perfect” way to be a caregiver except by providing the most love and patience you can gather that day.
7. Look for helpful online resources, such as the Alzheimer's Association ([www.alz.org](http://www.alz.org)), the National Institute on Aging ([www.nia.nih.gov](http://www.nia.nih.gov)), or the National Alliance for Caregiving ([caregiving.org](http://caregiving.org)).
8. Consider seeking respite care. Besides residential facilities, there are day and drop-in centers for adults, and in-home services that can take some burden off caregivers. You can call your local aging care offices or research options online at [eldercare.acl.gov](http://eldercare.acl.gov). While your loved one may be resistant at first, they may actually enjoy the opportunity to be around peers.
9. Know that even if they don't know who you are, you know who they are.
10. Most importantly, remember that caregiving often calls us to lean into love we didn't know possible.

### References

National Alliance for Caregiving in collaboration with AARP. (November 2016). *Caregiving in the United States*.

Speers, P., & Walker, T. (2013). [\*The Inspired Caregiver: Finding Joy While Caring for Those You Love\*](#). CreateSpace.

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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