



Under the Shade Tree

Arbor House Memory Care

Marble Falls February 2020

Meet Your Arbor House Team

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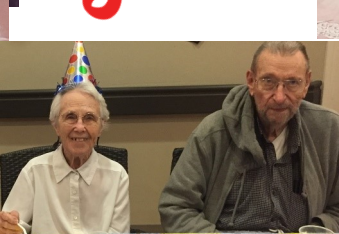
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What's Happening...

February is here and love is in the air. Valentine's Day will soon be upon us, the day to celebrate with our sweethearts. One of our favorite sweethearts will be celebrating her birthday on Valentine's day. Please join us on Friday the 14th at 2:00pm to celebrate not only Valentine's Day but also Maureen's birthday.

If you want to see what true love and dedication looks like just take a look at the sweetheart couples below. Garland & Annie, Dub and Tommie, Jay & Jeanine, Tommie & Leroy, and EC & Wanda. We are blessed to have these wonderful people in our lives.



Friends in Motion



Tommie starts off the Celebration with a bang.



Maureen



Carolyn



Lela

Bring on
the
NEW YEAR!

Our New Year's Eve Party was so much fun.
Just take a look at the happy party goers.
Happy New Year everyone.



Floyd



Jack



Carolyn & Christina



Doris

Life in Motion



Top Left: Lela & Maureen are baking cookies for our New Years Eve Party. To the Right Jack is waiting patiently for carefriend Stephanie to give him a shave. To the Left is Nancy washing dishes after the afternoon snack. In Evergreen there is always something to keep our residents busy.

Ask the Expert

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?

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.

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.

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).

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?

Keep things in perspective and embrace humor whenever possible.

Realize that there is no “perfect” way to be a caregiver except by providing the most love and patience you can gather that day.

Look for helpful online resources, such as the Alzheimer's Association (www.alz.org), the National Institute on Aging (www.nia.nih.gov), or the National Alliance for Caregiving (caregiving.org).

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. While your loved one may be resistant at first, they may actually enjoy the opportunity to be around peers.

Know that even if they don't know who you are, you know who they are.

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.

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***
- ***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, watercolor paper, water colors, colored pencils, large beads***

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

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



Maureen

2/14



Arbor House Assisted Living, specializes in Alzheimer's and Memory Care. Our community 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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