



Under the Shade Tree

Arbor House Memory Care

Marble Falls August 2020

Meet Your Arbor House Team

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What's Happening...

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

-Sylvia Plath

Dog days of summer, indeed! While sometimes it's nice to lounge away the scorching heat, we'll cool off with a refreshing Watermelon Day social at 2:30_{pm} August 4th as well as celebrating National Root Beer Float Day at 2:30_{pm} August 6th. Hip, hip, hurray for all our birthdays this month! We will celebrate with a birthday party at 2:30_{pm} on August 10th for Jeanine. On August 24th 2:30_{pm}, there will be a party for Annie. For Tommie Fenstemaker, we will celebrate at 2:30_{pm} August 26th. On Eloma's birthday, August 27th, we will party at 2:30_{pm}, as well!

We would like to welcome new resident, Lora! This sweet lady has become a wonderful addition to our Evergreen family. She loves to cook, play games, and arrange flowers!



Friends in Motion

FLOYD'S BIRTHDAY



FATHER'S DAY

Life in Motion

Chef's corner



Friends



Watercolors



Friends in Motion

JULY 4TH!



UNCLE SAM'S HATS

Life in Motion

Flower Arranging



*Carolyn's
Birthday*

Ask the Expert

Television and Movies for People with Dementia

By Brooke DeNisco

People with Alzheimer's disease and other dementias are often very sensitive to emotional and vocal cues. A distressed character in a film or television show can make someone with dementia feel genuinely upset, even after the show ends. While it may seem overbearing to "censor" the television, showing violent programming (including the news) causes unnecessary anxiety for people with dementia who are contending with so much.

As an activity director, I made unwitting mistakes in my screen selections. For example, I once put on a nature movie that I thought would be very benign for a group of people in a memory care community. One scene featured a blazing forest fire. Shortly after the documentary ended, a community member began earnestly trying to help everyone out of their rooms to evacuate because of "the fire." High-definition televisions with huge screens can be startlingly realistic. People may believe that what they see on the screen is actually in the room, which can be terrifying.

So why not just skip screen time? Because television and movies can bring people great joy. Many shows and images are familiar and comforting. They may also spark good memories and bring on laughter. When watching with a group, television can become an easy, low-pressure way to socialize.

Peggy Cahill, program coordinator for the nonprofit Artists for Alzheimer's (ARTZ), teamed with a movie theater in Massachusetts to produce quarterly movie events for people with dementia. Her program, featured on the AARP website, tracks reactions to the film program and collects comment cards from participants' family members and care staff. She noted, "Many of the participants came away with more positive moods than usual and a greater attention span that lasted beyond the theater experience. They were also more communicative and engaged with staff and peers and reminisced about their past."

It's impossible to catch every potential trigger in television and movies, but it can help to have some suggestions to keep near television sets. The following list of shows and movies were suggested by the Alzheimer's Association, A Place for Mom, and AARP.

Television Shows

- *The Andy Griffith Show*
- *I Love Lucy*
- *Happy Days*
- *The Golden Girls*
- *Gilligan's Island*
- *The Three Stooges*
- *Bonanza*

Movies

- *Grumpy Old Men*
- *The Sound of Music*
- *Fried Green Tomatoes*
- *The Wizard of Oz*
- *Guys and Dolls*
- *Singin' in the Rain*
- *The Music Man*

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.

- *Silk Flowers*
- *Board Games*
- *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*

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.

For more information
Contact Kathryn Bryant
830/613-3260

Special Days



Jeanine	8-10
Annie	8-24
Tommie F.	8-26
Eloma	8-27



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 allow for strong relationships to grow. This ratio does not include administration staff.

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