



## Your Arbor House Leadership Team

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# Arbor House Assisted Living Community Waco, Texas



Difficult roads often lead to beautiful destinations. We've been on such a difficult road these past few months, but together, we all make it through. That is what is so great about Arbor House! No matter what the circumstances are, everyone always comes together and works as one. Everyday, each individual is filled with love and compassion. I'm Alicia Honey, I began my journey at Arbor House November 2018 as the part-time receptionist. It was always so difficult for me to adapt and feel comfortable in a work place, but Arbor House made it easy for me. I didn't have to try, it just came naturally. The love and support I received before and now from the wonderful management and staff helped give me courage to blossom into the person I am today. Starting off as the quiet timid girl working the evenings at the front desk to becoming a care-friend, med-del, and then now back at the desk as the Executive Assistant, I've never had to face any of it alone. Each day I love coming to work surrounded by such amazing and loving people, and getting the opportunity to return that same love and care to each resident and all of you. It isn't just a job, its my 2<sup>nd</sup> home. Along side my work family, I am also blessed with a huge loving family of my own. I am happily engaged to my fiancé, which I met as we once worked together at Arbor House. He's definitely one of my biggest supporters when it comes to this whole progression and growth. I enjoy crafting, photography, nature, and making memories with your families and mine. Arbor House isn't just a job, it was a blessing in disguise for me. So many great things came from being a member of this wonderful team and I am grateful for the opportunity to continue to have a hand in caring for your loved ones. It has truly been an amazing experience!





# LIFE in MOTION



**“Where there is TEA, there is happiness.”**



**“Join us,  
and  
have a  
cup of  
positiviTEA.”**



**“Where  
there is  
TEA,  
there's  
hope.”**



**“A cup  
of TEA  
a day,  
keep  
worries  
away.”**





**Happy  
Birthday,  
Helen!  
May God  
Bless  
you all  
your  
days!**



**Thank you, Patricia  
with Texas Home  
Health for  
the Birthday Cake!**



## **Note from the DON, Kristi Burger**

Arbor House Assisted Living and Memory Care is the only Alzheimer's Certified Memory Care in Waco. While 85% of our residents do have some form of cognitive impairment, we have many residents that have no signs of a cognitive disease. There are many articles with recommendations to improve cognitive health on the internet, and some activities that should be avoided.

For someone with a cognitive impairment late in life, it is important to stay active. Staying busy both physically and mentally keeps the brain active. In Assisted Living, we have several engagements throughout the day, and in Arbor Gardens, we do a different engagement every 30 minutes throughout the day. We do this to prevent our residents from becoming bored and deciding to do something less stimulating. The engagements that we do every day provide each person with opportunities to socialize with each other, be productive and contribute, experience success, play, build and retain skills, have a sense of control, meet religious and spiritual needs, and experience growth and learning. We meet these needs by purposely choosing activities that keep our resident's bodies, minds, hearts, dreams, friends, purpose, and feelings in motion. These are all things that we take for granted because our brains make these decisions on their own. For someone experiencing a cognitive impairment, their brains may choose activities that do not aid in a happy and healthy lifestyle.

Each of our team members at Arbor House are trained on the effects of different cognitive impairments and the benefits from the programs we provide. There are always going to be events that we cannot predict ahead of time, but our team uses their knowledge and resources to accommodate each resident's unique personal needs.

There are some activities that may cause more stress to someone with a cognitive impairment. We do our best to not involve the use of televisions, complicated electronics such as cell phones, and music/sounds that they may not enjoy.

If you have any questions or concerns about the unique care plan for yourself or a loved one, please feel free to reach out to me. If you have any suggestions on a topic that you would like to be covered on a monthly newsletter, please let us know. Thank you!!!



At Arbor House Assisted Living Waco, our personalized services are designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home. The array of fine services we offer reflect our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity. We understand that individual needs vary, so our personalized services are tailored to meet the

specific needs of each resident. Whether it be a hobby, exercise, or leisure, we offer our residents the opportunity to pursue individual desires. Arbor House offers a choice of private suites designed to meet diverse needs and tastes. Our spacious and inviting accommodations await and welcome the personal touches and cherished collectibles that truly make a house a home. Our residents enjoy the outdoors in our beautifully appointed courtyards. All the best in life in the company of good friends, the indulgence of gracious amenities, and the security of caring, personalized services await you at Arbor House. We invite you to become a part of our special residence dedicated to providing you with the best in life.



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