



# Under the Shade Tree

## Arbor House Memory Care

**Marble Falls      September 2020**

### ***Meet Your Arbor House Team***

***Rhonda Tedford***

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***Executive Director***

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***Director of Nursing***

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***Engagement Coordinator***

***Kathryn Bryant***

***Evergreen Engagement Coordinator***

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***Paige Healy***

***Executive Chef***

***Anthony Perez***

***Maintenance Director***

**Arbor House of Marble Falls**  
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**[www.arborhouseliving.com](http://www.arborhouseliving.com)**  
**License # 105513**

## **What's Happening...**

*“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”*

***– Helen Hunt Jackson***

Although the Texas heat can last for any length of time, Autumn officially starts this month on the 22<sup>nd</sup>. However, we will still enjoy the perennial favorite, an ice cream social! on September 4<sup>th</sup> 2:30<sup>pm</sup>. We are also celebrating Labor Day with a party at 2:30<sup>pm</sup> September 7<sup>th</sup>. Consider a phone call or postcard from the grandkids for Grandparents Day, September 13<sup>th</sup>! Right at the tail-end of Summer, National Guacamole Day is September 16<sup>th</sup> which we will celebrate with a social at 2:30<sup>pm</sup>. Last, but not least, Dolores’ birthday is September 21<sup>st</sup>, and we will celebrate with a party at 2:30<sup>pm</sup>.

**We are very excited to welcome Mary P. to our Evergreen family! She loves arranging flowers, eating good food, and talking with friends.**





# Friends in Motion



Watermelon Social



Ice Cream Cone Day!



# Life in Motion

## Chef's Corner



## Watercolors



## Arts & Crafts





# Friends in Motion



Moments of Joy





# Life in Motion



Flower Arranging



Balloon Ball



Jeanine's Birthday





# Ask the Expert

## What Do We Tell the Kids?

by Lynne Grip

There is a special bond between grandparents and grandchildren. Grandparents are the people who get to lovingly spoil the kids and then send them home with their parents for the hard work of parenting. Given this connection, what happens when a grandparent develops dementia? The exhibited behaviors can be confusing and frightening to children. How does a parent help explain what is happening and answer questions honestly and in a way the child can understand? The Alzheimer's Association has created a "Parent's Guide" to help address these challenges. The following is a brief summary. The guide also includes some common questions children have and possible answers to give them.

Children and teens experience a variety of responses to a family member with dementia. These responses can include sadness, curiosity, confusion, frustration, fear, worry, embarrassment, and resentment. All of these feelings, and more, are normal and may be difficult for a child to articulate. Instead, they may exhibit behaviors such as doing poorly in school, withdrawing, becoming argumentative, or complaining of not feeling well. With adolescence having its own set of challenges, teenagers may be especially vulnerable to the changes in their family. Getting a teen or child to talk about their feelings can be difficult in the best of times. Parents can help in several ways, including:

- Keep lines of communication open. Be available to talk. Create opportunities for engagement.
- Answer questions honestly in an age-appropriate way. If your answer is "I don't know," research the issue or consult with experts. Do this in partnership with your child, if possible.
- Provide age-appropriate information about Alzheimer's that is easy to understand. Encourage questions and feelings to be expressed.
- Reassure the child that emotions, even when negative, are normal.
- Prepare for possible changes and progression of symptoms and discuss how that could impact the family.
- Teach the best ways to interact with someone with dementia. For instance, rather than asking, "Do you know who I am?" say, "Hello Grandma, I'm your grandson, Jack."
- Some possible activities to do together include baking cookies, coloring pictures, taking a walk, singing familiar songs, and watching television.
- Reassure children that if the person with dementia is directing hurtful words or anger toward them, it does not reflect their true feelings. The disease of dementia is causing the behavior and isn't personal or intentional.

Let your child's school know about the situation so teachers and counselors can provide support.

## 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



**Dolores**

**9-21**





**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.**

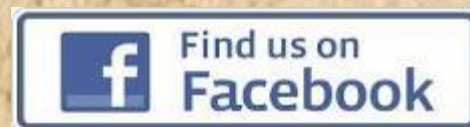
**We use red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.**

**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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