



Under the Shade Tree

Arbor House Memory Care

Marble Falls November 2020

Meet Your Arbor House Team

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What's Happening...

*"Don't wait until the fourth Thursday in November,
to sit with family and friends to give thanks.
Make every day a day of Thanksgiving!"*

— Charmaine J Forde

We can often use the reminder to count our blessings and feel gratitude every day. Even though the holidays will look a bit different this year, let's use every opportunity to make each day a day of Thanksgiving! We will enjoy figs for Go FIG-ure Day as well as the anniversary for The Wizard of Oz at 2:30pm November 3rd. On Roy Roger Day, we will celebrate the singing cowboy with a party & songs on November 5th 2:30pm. For our veterans, we will honor them with a social at 2:30pm November 11th. We will have a party at 2:30pm November 15th for Mary Pair's birthday. Frances also has a birthday & we will celebrate with a party at 2:30pm November 21st. Although we will miss having a big gathering with family this Thanksgiving, the residents will still enjoy the traditional Thanksgiving Meal with all the fixins!

Below, Frances smiles brighter than the flower balloon she is enjoying for Balloons 'Round the World Day which happened to fall on Jack's birthday !



Friends in Motion

Dee's Birthday



Julie Andrews Day



Crisp Apple Strudel

Life in Motion

Flower Arranging



Chef's Corner

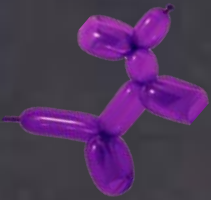


Watercolors



Friends in Motion

Jack's Birthday



Balloons 'Round the World Day



Life in Motion

A Hoot of a Day



Bodies in Motion

Ask the Expert

The Impact of Isolation on Dementia

by Lynne Grip

A recent study conducted by the Florida State University College of Medicine evaluated data collected from 12,000 people for 10 years. The study results indicated that loneliness increased the risk of dementia by 40% in the group studied. The risk was determined to be across the board and not affected by gender, ethnicity, race, or education. It also was not dependent on whether participants engaged in regular social contact. For the purposes of the study, loneliness was defined as “the subjective feeling of isolation,” which can be separate from actual social isolation. According to a study conducted by researchers at Rush Alzheimer’s Disease Center in Chicago, lonely individuals may be twice as likely to develop the type of dementia linked to late-life Alzheimer’s disease.

It’s been well-demonstrated that our social environment and relationships affect both our behavior and mental health. Feeling lonely and disconnected from others is stressful, and the impact of stress, on especially the older body and mind, can worsen cognitive decline and increase the risk of dementia. The focus on staying mentally and socially active has been a long-standing approach to maintaining mental health.

With the arrival of the COVID-19 pandemic, the drastic measures to isolate, social distance, and limit group activities and interactions with family members and friends translated into a nightmare for maintaining mental health and well-being for all ages, but especially for the elderly.

The challenge for both family members and caregivers has been how to protect loved ones from the spread of the virus *while* maintaining cognitive and emotional health. A tough order on every level—individual, community, country, and worldwide. Here are a few interventions you may find helpful:

- Identify the elderly in your neighborhood who may be at risk and establish regular communication and support. Regular phone calls, help with shopping, and outdoor visits with masks and appropriate social distancing are a few ways to stay connected.
- If you have a loved one in a senior care facility, partner with the staff to arrange for outdoor visits and drop-offs of such things as letters, gifts, photos, and special treats.
- Arrange for regular video conferencing visits through such platforms as Zoom, Skype, or FaceTime.
- Interactions with pets can help reduce loneliness and give people a sense of purpose.
- Books to read, games to play, and television shows to watch can help alleviate feelings of boredom and loneliness.
- Most importantly, take care of yourself while you are caring for others.

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.

- *SNUGGIES— they're so great!*
- *Silk Flowers— Seasonal too!*
- *Special Ingredients we can use for Chef's Corner!*
- *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.

Special Days



Mary P **11-15**

Frances **11-21**



**We're on
Facebook !!**

@arborhousemarblefalls

We're expanding our social media presence and invite everyone to visit & like us there! Stay tuned as we add more posts to share with our Arbor House family & friends.

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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