



Under the Shade Tree

Arbor House Memory Care

Marble Falls

April 2021

Meet Your Arbor House Team

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**Arbor House of Marble
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License # 105513

What's Happening...

*“April is the kindest month. April gets you out of
your head and out working in the garden.”*

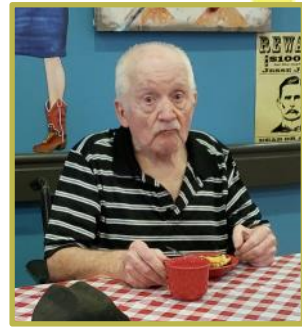
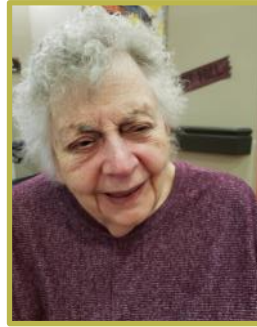
— Marty Rubin

As the last few chills make their departure (hopefully) & the welcome sun warms and cheers us up, we look forward to Spring's many glories in store for us. Not to be too serious! we'll guess & laugh at incredulous April Fools' claims on April 1st. To mark the occasion of Easter Sunday April 4th, we will celebrate with a social and small worship service. With the weather turning nice, we will try to enjoy our patio to enjoy the birds & flowers of the season as much as possible! Just about everyone enjoys ice cream & we'll do our best not to get brain freezes at the ice cream social on April 23rd. To kick the month off we will celebrate the trees (& our namesake!) with a Tree-mendous party on Arbor Day, April 30th.

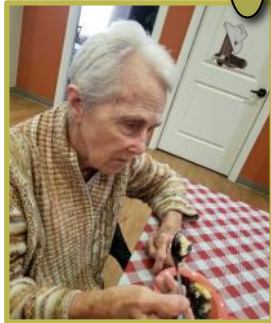
Judy Kuykendall has officially joined our Evergreen family! Lover of earl grey tea, good conversation, and the finer things in life.



Friends in Motion



OLD WEST DAY

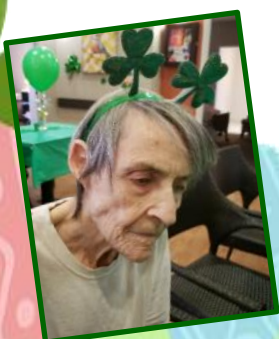


Mary A's Birthday



Life in Motion

Nancy's Birthday
Lela's Birthday



Friends in Motion

~Arts & Crafts~



Bodies in Motion

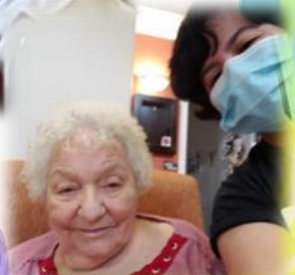
Chef's Corner



Life in Motion



Moments of Joy



Ask the Expert

Reality Orientation Versus Validation Therapy

By Lynne Grip

Reality orientation (RO) was first utilized in the 1950s in the rehabilitation of soldiers traumatized by the war. In the 1960s, it was introduced as a treatment strategy to help improve the cognition of people with dementia. Reinforcing the date, time, location, and current events was thought to help orient people with dementia and ground them to the present. Approaches included verbal and visual cues (such as calendars, clocks, newspapers) and ongoing reinforcement of the “facts” surrounding a person’s life and immediate environment. This demanded that the person constantly be corrected when they drifted from the present.

But, constantly telling someone they are wrong, especially if they’re deep in their own reality, often adds to their stress and frustration. Though RO proved helpful in the beginning stages of dementia to help keep people oriented and perhaps delay cognitive decline, it was not usually successful for people with more advanced dementia. This led to another approach known as validation therapy (VT), developed by Naomi Feil, a social worker with a focus in gerontology.

VT requires joining a person in their reality rather than expecting them to join in yours. To many people, it is a kinder, more empathetic approach. VT is not about lying to the person or treating them as a child, but rather it is about meeting them where they are and respecting how they are seeing the world. It relies on listening, encouraging reminiscing, and using distraction as indicated.

Here is an example of how reality orientation and validation therapy might be employed with a person seeking their parent who is long since deceased—a common occurrence. In reality orientation, the person would gently be told that their parent was dead, perhaps pointing out the person’s age (often people think of themselves as much younger) and the impossibility of their parent still being alive. Based on the person’s response, further discussions and interventions (such as distraction) would follow. In validation therapy, the person would not be told their parent was dead, but instead might be asked to talk about their parent and to recall fond memories of them. In this way, the person would hopefully be redirected from anxious concerns to positive recollections.

The use of redirection or distraction is a useful tool in either RO or VT. An example is when someone with dementia is desperately looking for the keys to a car they no longer have. One way to distract would be to say that *you* have misplaced the keys and will look for them later, but for now how about taking a walk or some other activity to take their mind off of their car.

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.

- *Memorabilia for our special days this month!*
- *Bird Seed– Almost time to feed the birds again!*
- *Silk Flowers— Seasonal too!*
- *Music CD'S– Ambient sounds and Oldies music that relaxes your loved ones.*
- *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



Doris

April 8



**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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