



Under the Shade Tree

Arbor House Memory Care

Marble Falls

March 2021

Meet Your Arbor House Team

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Arbor House of Marble
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License # 105513

What's Happening...

“In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too.” —Jean Hersey

The pull of rest & relaxation inside of us is especially hard to resist during Winter, yet we also feel the pull of the glorious new energy of Spring calling us to make the most of this month! To wit, it's Marching Band Day on the 4th! We will enjoy some of our favorite numbers and reminisce if we played instruments. For Mary A's Birthday we will celebrate with a party on Mar 13th. Two of our lovely ladies share a birthday this month! Nancy and Lela will have a birthday party honoring them on Mar 15th. The occasions keep on coming with St Patrick's Day on the 17th which we will wear green (or get pinched!) & celebrate with another party! The 1st day of Spring is on Mar 20th this year! Catching our breaths, March goes out with a Lamb Day on Mar 31st.

Mary Hilton is our newest Evergreen resident! She is an absolute joy; she enjoys pleasant conversation, folding laundry, & singing hymns.



Friends in Motion

Tea & Trivia Party



Fabulous Forties Frolic



Life in Motion



Bob's Birthday



Flower Arranging



Friends in Motion



*Valentine's Day
Maureen's Birthday*



Chef's Corner

Life in Motion

Moments
of Joy



~Arts & Crafts~



Ask the Expert

Doll Therapy

by Alisa Tagg, BA ACC/EDU CADDCT CDP

NAAP Association Director

Doll therapy is a non-pharmaceutical intervention aimed at reducing behavioral and psychological disorders. This type of therapy has been used for over 30 years. While doll therapy has received a lot of positive feedback, it is also controversial.

About 25 years ago, I worked with a client who would carry her “child” around with her everywhere she went. When surveyors inspected our memory care community, one of them approached me and gave me a hard time about using dolls. They informed me that dolls were not age-appropriate and that we were providing childish support.

I had a lengthy discussion with the surveyor about why I disagreed and why the doll was person-appropriate and supported the participant in a positive way. The surveyor still issued a citation and a plan of correction. Our community responded to the plan of correction by stating that we would continue to provide education on alternative therapeutic interventions that met the individual needs of the people we served. I felt this was a win for engagement and person-centered therapeutic approaches. Since then, federal regulations have been updated to reflect the importance of person-appropriate care above all else.

Doll therapy shows lots of positive outcomes, including a dramatic reduction in behaviors—and zero medication side effects—but there are concerns with this therapeutic practice. The biggest concern is treatment with dignity. Like the state surveyor I encountered, there is the viewpoint that giving an adult a doll is childish no matter what their diagnosis.

An adult carrying a doll could cause observers to respond with statements such as, “Oh, aren’t they adorable!” The person living with dementia might be viewed in a condescending way instead of as an adult who is living with a memory problem.

Another concern is the reactions of family members. They may be distressed at the sight of their loved one holding a doll. This could lead to feeling that the facility is not valuing their loved one. One solution is to help family and friends understand the justifications for doll therapy ahead of time.

Another concern with using dolls is the question of who “babysits” when the individual is unable to care for the doll or dealing with confusion if the doll gets broken or needs to be replaced. Proper education is valuable for all staff to be available to “babysit” when needed and/or have a duplicate replacement if it should break.

Doll therapy potentially offers meaning and purpose for someone who is living with dementia. Research has shown that the benefits are:

- Decreased anxiety
- Decreased agitation
- Increased happiness
- Improved food intake
- Fewer negative verbal expressions
- Decreased wandering
- Greater focus

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

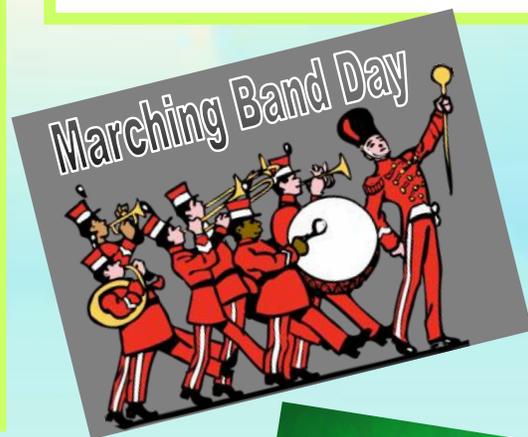


Mary A

Mar 13

Nancy

Mar 15



Marching Band Day



St. Patrick's Day



Lamb Day

**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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