



# Under the Shade Tree

## Arbor House Memory Care

Marble Falls

June 2021

### Meet Your Arbor House Team

**Rhonda Tedford**

*Rhonda@arborhouseliving.com*  
Executive Director

**Leasha Holmes**

*leasha@arborhouseliving.com*  
Director of Nursing

**Janell Hopper**

*janell@arborhouseliving.com*  
Engagement Coordinator

**Kathryn Bryant**

*mfec@arborhouseliving.com*  
Evergreen Engagement Coordinator

**Jessica Robbins**

*jessica@arborhouseliving.com*  
Community Liaison

**Anthony Perez**

Maintenance Director

Arbor House of Marble  
Falls  
1801 King Road  
Marble Falls, Texas 78654  
830.613.3260  
[www.arborhouseliving.com](http://www.arborhouseliving.com)  
License # 105513

## What's Happening...

*"And since all this loveliness can not be Heaven, I  
know in my heart it is June."*

-Abba Woolson

With the weather getting warmer and nicer, we can take more & more opportunities to be outdoors in the sunshine! Our residents love the patio when it's nice & warm; it's like Heaven! Our Garden Club is also getting revved up— look forward to our incoming salsa garden! On June 10th, we will have a social for Fly A Kite Day! We will also celebrate the symbol of our nation on Flag Day with a small ceremony and social! June 20th is Father's Day as well as the first day of Summer this year, in which we will honor our men as well as celebrate Floyd's birthday with a party! To cap off the month, we will indulge in vacation vibes with a Hawaiian Luau on June 30th!

We welcome Joyce Waits to our Evergreen family! She enjoys singing, Let's Get Physical games, & helping at Chef's Corner!



# Friends in Motion



*Ice Cream Social*



*Cinco de Mayo*



# Friends in Motion

## Arbor Day



## Mother's Day



# Life in Motion

## Flower Arranging



## Bodies in Motion

# Life in Motion

~Arts & Crafts~



Moments  
of Joy



# Ask the Expert

## Navigating Early-Stage Dementia

Most of us have experienced forgetfulness. We lose our keys and phone or are slow to come up with a person's name even though it's right on the tip of our tongue. We may find multitasking more difficult, or we may react a little slower. If all of these things can be considered part of growing older, how do you know when memory problems become more than just the normal aging process? The simple answer is when memory issues interfere with daily life and related activities. For instance, forgetting where you put your glasses is normal, but forgetting what glasses are used for or how you wear them is not.

People who have progressed to mild cognitive impairment may

- forget recent events, repeat questions and stories, forget planned events, or forget the names of close friends and family.
- have difficulty coming up with familiar words.
- have difficulty understanding verbal or written information.
- become easily distracted and unable to complete a task without repeated verbal or written reminders.

A medical evaluation is a critical first step in determining a diagnosis and appropriate interventions. Dementia symptoms can be related to such treatable conditions as medication side effects, thyroid problems, vitamin deficiencies, and depression. After ruling out other causes, a dementia diagnosis means the real work begins. The future may not be as bleak as feared, and the progression from one stage to the next can be slow. Here are some measures to consider:

- Seek professional help for intervention and support. The [Alzheimer's Association](#) is a valuable resource (24/7 Helpline: 800-272-3900) as are local community resources. For people diagnosed with early dementia and their caregivers, the ability to talk to people experiencing the same thing is invaluable. Search for local [support groups](#) or check with your local hospital to see what they have available.
- When memory loss begins, it is important to present the person with those things that are most familiar to them. Maintain physical exercise, hobbies and interests, faith practices, hope, and humor. Music is especially important because key brain areas linked to musical memory remain relatively undamaged.
- Talk about the situation openly and honestly. Don't exclude a person with dementia from the conversation. It's important to remember that intellect usually remains intact even if memory does not.
- Communicate with children in the family to help them understand and prepare for future changes.
- Take care of yourself while caring for and about 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.*

- *Memorabilia for our special days this month!*
- *Silk Flowers— Seasonal too!*
- *Music CD'S— Ambient sounds and Oldies music that relaxes your loved ones.*
- *Art supplies— washable/dry-erase markers, paint, watercolor paper, water colors, crayons*



**Floyd June 22**

### 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**

**[mfec@arborhouseliving.com](mailto:mfec@arborhouseliving.com)**

**830)613-3260**



**LOOK HERE**

**HAPPY  
FATHER'S  
DAY**



**NOTE:** While **flowers** for your loved ones are appreciated & welcome, please make sure ALL the plants in the arrangement are **non-toxic or edible** (including leaves & stems) in order to be **SAFE** to leave in our Evergreen Community, i.e. **Roses, Lavender, Snapdragons, Cosmos, Nasturtiums, Christmas Cactus, etc.**

**NOT** Carnations, Daisies, Iris, Delphinium, Baby's Breath, Hydrangeas, Poinsettias, etc.

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.

**Arbor House of Marble Falls**

**1801 King Rd**

**Marble Falls, Tx 78654**

**Main:830-613-3260**

**Fax: 830-613-3263**

**[www.arborhouseliving.com](http://www.arborhouseliving.com)**

**License # 105513**



Please see inside for NOTE on **Flowers**

**@arborhousemarblefalls**