



Under the Shade Tree

Arbor House Memory Care

Marble Falls August 2022

Meet Your Arbor House Team

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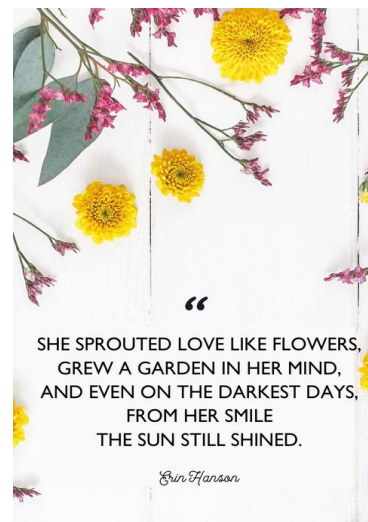
Resident Services Coordinator

Arbor House of Marble Falls
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What's Happening...

Hello from Evergreen, we are officially in the "Dog Days of Summer"! We had a whirlwind of things happen in July. Our Patriotic 4th of July bash was tons of fun! We enjoyed the food, games, and the families that came and partook in the festivities! July was National Ice cream Month, so you can bet we had our share of it! And who can forget National Daiquiri Day? We sure didn't! For those that weren't old enough, they had Virgin Daiquiris!

We have some fun things coming up in August! With things opening up, we hope to have family members come and join in on the fun with us in Evergreen. We will be celebrating many fun, National Holidays such as Watermelon day, Elvis Week, Beach day, Water Balloon day, many yummy cooking classes, and many more fun activities!



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SHE SPROUTED LOVE LIKE FLOWERS,
GREW A GARDEN IN HER MIND,
AND EVEN ON THE DARKEST DAYS,
FROM HER SMILE
THE SUN STILL SHINED.

Gin Hanson

Friends in Motion



Life in Motion



Ask the Experts

Music and the Mind

By Ava M. Stinnett

We all need to feel engaged and entertained, to stay active both physically and mentally. Just because someone has Alzheimer's disease, or another type of dementia doesn't mean that need disappears. But because of the cognitive decline that accompanies dementia, how people get engaged often has to change. An obvious sign of dementia is memory loss; however, people in nursing homes and other care organizations can find renewed meaning and connection in their lives through the gift of music. Studies have shown that music may reduce agitation and improve behavioral issues that are common in the middle stages of the disease. Even in the late stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult. Music decreases levels of the stress hormone cortisol. When you listen to music, your brain releases dopamine. One small study found that just the anticipation of knowing the best part of a song is coming can get the dopamine flowing. People come up with more creative solutions when they listen to happy, upbeat music than when they sit in silence. It may be because music improves the brain's flexibility or because it relaxes you enough for the creative juices to flow. In fact, there are programs that train care professionals how to set up personalized music playlists, delivered on iPods and other digital devices, for those in their care. It is believed that these musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize, and stay present. Studies also show that music helps them retrieve memories, communicate more effectively, and remember who they are. Listening to music that brings joy causes blood vessels to expand, increasing blood flow and improving cardiovascular health. A review of 26 studies covering almost 1,400 heart disease patients found that music reduced heart rate, blood pressure, and anxiety. Singing is particularly powerful. George Mason University researchers demonstrated that people with dementia who regularly belt out their favorites may boost their cognitive function over time.

Sources: Clark, C.N. and Warren, J.D. (2015). Music, memory and mechanisms in Alzheimer's disease. *Brain*, 138(8), <https://doi.org/10.1093/brain/awv148>

Sauer, A. (2014). 5 reasons why music boosts brain activity. Retrieved from <https://www.alzheimers.net/why-music-boosts-brain-activity-in-dementia-patients/>

EVERGREEN WISH LIST

Hello Family and Friends

Below is a list of items that we would be more than happy to have if you can spare :)

- ***Old Movies***
- ***Puzzle Pieces***
- ***Costume Jewelry***
- ***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, water-color paper, water colors, colored pencils, large beads, fake flowers***
- ***Cooking Kitchen Supplies for our daily cooking time.***
- ***Old silverware***

If you have any questions, please feel free to contact Camille Guthrie for more information

(830) 234-1860



Pat 8/10
Tommie 8/26
Granny 8/27

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!

**Contact Camille Guthrie
for more information
(830) 234-1860**

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

Research has shown that the health benefits of laughter are far-ranging. Studies so far have shown that laughter can help **relieve pain, bring greater happiness, and even increase immunity.** Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess.

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 per house allow for strong relationships to grow. This ratio does not include administration staff.

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