

Hello  
December

# Under the Shade Tree

## Arbor House Memory Care

**Marble Falls December 2022**

### **Meet Your Arbor House Team**

**Rhonda Tedford**

*rhonda@arborhouseliving.com*  
Executive Director

**Leasha Holmes**

*leasha@arborhouseliving.com*  
Director of Nursing

**Jessica Robbins**

*jessica@arborhouseliving.com*  
Community Liaison

**Teresa Ruddick**

*mfengagements@arborhouseliving.com*  
AL Engagement Coordinator

**Camille Guthrie**

*mfevergreen@arborhouseliving.com*  
Evergreen Engagement Coordinator

**Alanda Hill**

*mfmc@arborhouseliving.com*  
Memory Care Coordinator

**LeAnn Roper**

*mfrsc@arborhouseliving.com*  
Resident Services Coordinator

**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...

Happy Holidays from us here in Evergreen! We hope you all had a great Thanksgiving. Our November was very busy creating new memories with our friends. The ladies enjoyed painting a fall tree scene and did a great job! We enjoyed the nice weather, while we could, by taking walks in our courtyard and talking about how the leaves are starting to change colors and the weather getting a bit cooler. A huge thank you to Kenda Avery & friend for the awesome 50's swing performance. They got every resident involved and the smiles on their faces was priceless! Also a huge shout out to all you, our families, for making our Pie Social a huge success!

This month is going to be jam packed with fun! Our favorite time of the year. Our days will be filled with carols, hot cocoa, eggnog, decorating, baking, crafting, family, and wonderful comradery.

On Friday, Dec. 23rd, we will be having our Christmas Pajama party and gift exchange! If you could please purchase a female gift if your loved one is a female, and a male gift if LO is a male. Thank you all for all that you do for us in Evergreen. Family is everything! May the magic and the wonder of this holiday season stay with you throughout the coming year.





# *Friends in Motion*





# *Life in Motion*



## **50's Swing Performance**



# Ask the Experts

## Holiday Tips for Dementia Caregivers

By Ava M. Stinnett

Holidays are festive occasions that celebrate being with the people we love, honoring family traditions, recalling old memories, and creating new ones. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

- As much as possible, maintain a similar routine for your loved one and yourself so that holiday preparations don't become stressful or disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help a person with dementia connect to holiday celebrations. Determine how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Music, whether seasonal or not, can cause a positive shift in mood. Try engaging the individual in singing along to familiar songs. It's important to remember that a particular melody that evokes a soothing memory for one person might be upsetting for another. Depending on the setting, it may be more practical to have ambient music playing in the background.
- Caregivers need to take time for themselves whether it's having a break to go to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house. Paying attention to your own needs and getting support from others is of utmost importance.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

### Sources

The Alzheimer's Association. (n.d.). *Holidays and Alzheimer's families*. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

Family Caregiver Alliance. (2014, December 31). *Caregiving and the holidays: From stress to success!* Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

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## ***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***
- ***Simple Large Piece Puzzles***
- ***Costume Jewelry***
- ***Clothing items for folding***
- ***Music CD'S– jazz, oldies, country; music your loved ones would love to hear.***
- ***Art supplies– paint, paint brushes, large beads, fake flowers***
- ***Cooking Kitchen Supplies for our daily cooking time.***
- ***Old silverware***
- ***Bread Maker***
- ***Christmas Movies***
- ***Christmas Cookie Cutters***

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

**Happy Birthday!!!**

**Bobby S... 12/6**

**Joyce W... 12/10**

**Carolyn E... 12/28**



**Decorating  
Christmas cookies...**

**12/20**

**Hot Cocoa**

**Bar...12/21**



**Winter Party**

**12/14**

### **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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