



Under the Shade Tree

Arbor House Memory Care

Marble Falls January 2023

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

mfrc@arborhouseliving.com
Resident Services Coordinator

Arbor House of Marble Falls
1801 King Road
Marble Falls, Texas 78654
830.613.3260
www.arborhouseliving.com
License # 105513

What's Happening...

"We will open the book. It's pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." -Edith Lovejoy Pierce

Happy New Year! How many of you will stick to those ole pesky resolutions that we make every year? This year, we decided not to do resolutions and just make each day better than the last. The month of December was a busy one, from decorating, cooking, caroling, crafting, enjoying time with family & friends, and celebrating Jesus Christ! It was interesting to learn of some of the residents Christmas traditions with their families. A few said they enjoyed a white Christmas every year growing up, and that was something they truly missed.

Lots of memories were created last year with friends old and new. Bringing in the new year for us will be exciting! We will be introducing Wacky Science Wednesday and Sensory Stimulation for Seniors. We also will be having Living Grace Canine Ranch come in regularly for Pet therapy. Oh what a dog can do for the soul.

Here's to a great 2023...Stay Humble and Be Blessed!

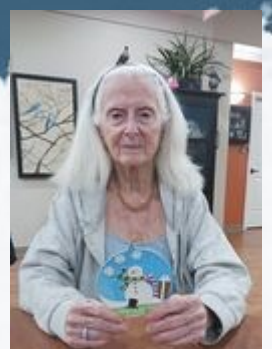


Friends in Motion

**The ladies
enjoying a
visit from
Jack Jack!**



**Making
Banana Nut
Bread &
having fun!**



**Audra From Comforts of Care came and
made snow globe snowman ornaments
with us, and we had so much fun. Thank
you Audra!!!**

Life in Motion



The performance of the King & I by Mrs. Kenda, was magnificent! The smiles on faces was priceless. They even included us in their fun. Thank you Kenda for bringing us joy!

Ask the Experts

New Year's Traditions and Dementia Care

New Year's Eve and Day are meaningful for many of us in that it is a time to reflect on the past year and look forward to the year ahead.

If you are caring for a person with Alzheimer's disease or other dementia, this holiday is a perfect time to explore old memories that are often still intact and to engage in conversation about the meaning, and traditions of the New Year.

Many people with dementia can forget what happened a few hours ago but remember their childhood or younger years. Engage your family member in a discussion about the past. Can your family member share any memories of his or her hometown? School days? Did the family have a pet? What were some traditions around the holidays? Were any special foods served? Does your family member recall any special holiday gifts he or she received (a pet or first bicycle)? Enjoy this conversation – you may learn something new!

Now take some time and enjoy discussing some New Year's traditions. Does your family member enjoy New Year's football? The famed Pasadena, California Rose Parade? Watching the ball drop at Time's Square? Did your mom or dad ever dress up and go dancing on New Year's Eve? Does your family member think it's a good idea to make New Year's resolutions?

In the south, people often eat black eyed peas on New Year's Day to bring a year of good luck. If you Google "New Year's food traditions," you can learn about many foods from around the world that may bring "good luck." Enjoy talking to your family member about these traditions.

New Year's is also a time to look ahead. For 2021, we will all be hoping for a much better, post-pandemic world. Share your hopes and dreams you have with your family member for the year 2021 (a return to normalcy, good health, travel, visits to your favorite coffee shop) and ask your family member for his or her vision for the New Year. People living with dementia can often still engage in conversation and share emotions, ideas, hopes and dreams. You might learn that your mother's 2021 hopes include more chocolate (easily done) or a trip to Paris, France (less likely but something you can do virtually with YouTube and the Web).

Write down or record on your camera phone, any wishes your family member expresses for 2021 and share the list with friends and family. This makes for a life-affirming and incredibly special New Year's greeting.

Christian Horizons is a Dementia Friendly Ministry™ and has as its goals for 2021 expanded educational offerings related to dementia and enhanced programming and services with our new Pathway Memory support program. In addition to the roll out of vaccines for COVID, we hope and pray that 2021 is a year where we will see breakthroughs in dementia care research, care and treatment.

Please have a Happy and Healthy New Year.

David Troxel, MPH, co-author of *The Best Friends Approach to Dementia Care* and Consultant to Christian Horizons Pathway Memory Support Program

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***
- ***Magazines***
- ***Gardening tools***
- ***Empty spice bottles***

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

(830) 234-1860

Happy Birthday

Dave...1/23



- January is the 1st month of the year.
 - January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.
 - Flower: Carnation.
 - Birthstone: Garnet.
 - Zodiac signs: December 22 – January 19 Capricorn and January 20 to February 18 Aquarius.
 - January was named after the Roman god Janus. ...
 - The original Roman calendar only had 10 months. ...
 - Julius Caesar added a 31st day to the month. ...
 - Ellis Island opened on January 1, 1892. ...
- Ancient Anglo-Saxons called it Wulfmonath

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 boasts 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.

**Arbor House of Marble Falls
1801 King Rd
Marble Falls, Tx 78654
Main: 830-613-3260
Fax: 830-613-3263
Www.arborhouseliving.com
License # 105513**



@ Arbor House Assisted Living

