



Under the Shade Tree

Arbor House Memory Care

Marble Falls

May 2023

Meet Your Arbor House Team

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What's Happening...

Where have the months gone? We are almost through half the year, and so much fun has been had, with so much more expected! If you haven't already, we invite you to come and sit in our courtyard and enjoy the pretty colors and the cute little hummingbirds that we have an abundance of. We love sitting outside and enjoying God's beautiful creations. Last month we celebrated Easter and had a great time with A LOT of sweet treats and giving Praise to our Lord and Savior, He is Risen!

This month is going to be a busy month for us. A whole lot of exciting things planned. Stop by and take a look at our calendar posted on the bulletin board, we love to have you join us anytime! We will be having our Mother's Day Tea & Cookies on Friday, May 12th at 2:30.

Have a Safe & Blessed May!



Friends in Motion



Life in Motion



Betty playing us a tune. Bev is making us a sweet treat for snack! Mary & Joyce getting our rocks clean to paint. Jane & Mary painting our garden rocks. Ms. Camille keeping us intrigued with her antics! Jane, Betty, Dave, and Carolyn trying for some chocolaty snacks with the Egg Toss game. And we have Tommie & Barbara trying out our Patriotic Punch game. Everyone was a winner!!



Ask the Experts

Stimulating Memories Through Photos

We all need to feel engaged and entertained, to stay active both physically and mentally. Just because someone has Alzheimer's disease or another 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. One way to help stimulate the memories for someone with Alzheimer's— whether in the early or late stages of the disease—is by using visual aids, specifically photos. But how can families and caregivers use the photos to create opportunities for those who are affected by dementia to connect with those around them and themselves?

- Start by choosing a photo album that is sturdy but easy to hold. Keep the design simple so the photos are easy to focus on. Use plastic protective sheets over each page so the album will last indefinitely.
- Make the pictures large and clearly labeled.
- Place photos in chronological order. Your loved one may enjoy photos that span key times in their life, such as childhood, adolescence, and adulthood. Include shots of family members (across generations), caregivers, and friends to show relationships and to spark recognition of people in the photos.
- Be sure to also select photos that show your loved one's achievements and awards, hobbies, and travel.
- If possible, work with your loved one as you create the book and compile the photos. Begin with just a few pages. This is a good opportunity to share memories and conversation. You may find that the person with dementia has many interesting stories to tell.

Revisit the album from time to time, adding additional photos to reflect the past and present. The photo album can be used as a distraction technique for refocusing during difficult symptoms, as a security tool when the person is taken to unfamiliar places (e.g., the hospital), and to promote well-being and a sense of accomplishment. The album can also be used as a bridge to the past and a connection to the present.

Article by : Ava M. Stinnett, Activity Connections

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 :)

- ***Hanging Plants***
- ***Potting Soil***
- ***Costume Jewelry***
- ***Tomato cages***
- ***Art supplies– paint, large beads, fake flowers***
- ***Cooking Kitchen Supplies for our daily cooking time.***
- ***Old silverware***
- ***Magazines***
- ***Gardening tools***
- ***Empty spice bottles***
- ***Old string of fake pearls***

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

(830) 234-1860

Happy Birthday!!

Beverly..5/25

Did you know?

- Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- The birthstone for May is the emerald which represents love and success.
- The zodiac signs for May are Taurus (April 20-May 20) and Gemini (May 21-June 20).
- The birth flower for May is Lily of the Valley
- The month May was named for Maia, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."
- May is the month of autumn in the Southern Hemisphere, and spring in the Northern Hemisphere.

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

(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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