



The Arbor Voice

July 2010 Newsletter & Calendar

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Happy Independence Day 2010!

Alzheimer's Community Awareness

Please join the Temple Arbor House in raising awareness of Alzheimer's Disease within our local community on July 2nd at our location; 4257 Lowes Drive.

We will have vendors and games available for the public to enjoy.

For further information please contact us at (254) 773-3081

Kari Richardson, RN Executive Director

June Fun!



Bowling with our Stars!



BINGO Buddies!

Meet our newest neighbor! Mr. Arlia Davis



We put style in to our strolls!



Race to the Ringers

Party Time!!!

Ms. Loretta and Ms. Faye had a lot of fun and surprises on their birthdays



“Ask the Expert”

Is it typical for a person with early-stage Alzheimer’s to “see” and yet “not see”? For example, my husband will often ask where his razor is, even when it is right in front of him on the bathroom counter. How can he not see it? Similar scenarios could apply to his eyeglasses or wallet. We would like to be more patient with him if I understood that, indeed, this is a symptom of Alzheimer’s Disease.

Alzheimer’s Disease affects short term memory, so it is not uncommon for persons with this disease to completely forget, for example, why they walked into a particular room or what they were about to do with the checkbook they just retrieved.

Similarly, Alzheimer’s patients can experience a disconnect between the name of an object and the actual physical object, or what the object is used for. For instance, your husband may recognize that he needs to do something in the bathroom involving the razor, but he can’t remember what it is. Sometimes patients get “stuck” in the middle of performing a task (or have difficulty starting the task altogether), and need a little help to remind them what to do or how to do it. In these cases, a simple prompt such as “your razor and your shaving cream for shaving your face are on the bathroom sink” could be used to aide your husband. If he still seems “stuck,” then break the task into smaller steps such as: “Lather up a small amount of shaving cream to put on your face, and use the razor to shave the stubble.” Then tell him that you’ll be in the next room if he needs any further assistance. Some gentle reminders such as these can greatly help your husband in his daily activities.

American Health Assistance Foundation

“Note from the Engagement Coordinator”

Your family member and friends have been enjoying many new and/or old familiar activities!

We have added bowling, horseshoes, and fishing sports to our new program. Soon to be added to our selection of daily activities are golf, casino and instrumental time. If your family member/friend plays or has played an instrument, please let me know! Songs they played then will sure to brighten their day up if played live for them!

The Salon, with the exception of Sundays, will soon be open during the week for facials, neck/shoulder massage, manicures/hand-arm massage and pedicure/foot-leg massage.

The calendar is just a sampling of the many activities going on throughout each day! When visiting, please ask any of the neighborhoods to show you the weekly program that your family member or friend has to choose from!

Any ideas or comments on the new programming may be made to Michele Drake; Engagement Coordinator, at (254) 773-3081.

“Wish List”

If you have any of the following items that you are no longer in need of, please bring them in to help us enrich the program experience for your family member/friend.

- Wood picture frames (no glass)
- Blank scrapbooks
- Magazines
- Books/Audiobooks
- Music C.D.s
- Movies (please not scary)
- Copies of favorite photographs (of his/her younger days and children)
- Needlework, cross-stitch or crochet patterns
- Left over craft supplies

The Arbor House Assisted Living specializing in Memory Care 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 such as Alzheimer's.

Studies Suggest	Arbor House's Design Response
<i>People with dementia perform with greater independence in less crowded environments.</i>	Our community is comprised of four neighborhoods which each offer 13 private bedrooms, 2 living areas, dining room and courtyard.
<i>Color should be used to promote independence and appetite in dining programs.</i>	We use red Fiesta Ware, which studies tell us, improves appetite and the ability to identify food on the plate.
<i>People managing dementia often benefit from modeling.</i>	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.
<i>For people managing dementia, a structured and purpose filled day reduces stress and "sun downing".</i>	Our engagement program boasts a minimum of 9 programs a day, which offer a consistent routine to increase independence and are designed to touch on 8 key areas of interest, engagement & vocation.

Our house design creates a family atmosphere where relationships are created between residents as well as the care team for which is assigned to that house.



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“Specializing in Memory Care”