

May 2024

Orchard Park of Kyle

4701 Ratcliffe Dr
Kyle, TX 78640



Orchard Park

of Kyle

ASSISTED LIVING & MEMORY CARE

Administrative Staff

Executive Director - Kim McFall
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Resident Care Director - Casey Gonzalez
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Community Relations Director - Tina Beskow
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Memory Care Director - Cynthia Troncoso
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Lead Med Tech Supervisor - Carley Farias
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Maintenance Director - Jason Riha
jriha@northstarsl.com

Life Enrichment Director - Teresa Palacios
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Concierge - Kathy Mason & Nancy Finnigan
kyle@northstarsl.com



Congratulations Victoria!
We are so proud of you. She is now a
United States of America Citizen.



Tina's Corner

Join us for a special Orchard Park Garden Party &
Mother's Day Tea!

10:00am to 12:00pm

Tuesday, May 7, 2024

Contact Tina Beskow for more information

tbeskow@northstarsl.com

737-265-8649



ASSISTED LIVING OUTINGS

**Wednesday, May 1st
Lunch Outing: Pizza Patron
12:00pm**

**Wednesday, May 8th
Community Outing: Kyle Library
10:15 am**

**Monday, May 13th
Community Outing: Buda
Senior Center
Apple Pie and Ice Cream Social
1:00pm**

**Wednesday, May 15th
Lunch Outing: Cracker Barrel
11:00am**

**Wednesday, May 22nd
Shopping Outing: Target
1:30pm**

**Wednesday, May 29th
Community Outing: La Ola Ice
Cream Shop
2:00pm**

**Weekly Outing Sign-up is Located
on the
Bulletin Board**



**Carol enjoys shopping at
Hobby Lobby.**



**Multi-generational activities are so
important to our community
members. Emma, Tina's daughter,
called bingo for us one Saturday.**

Savvy Senior Experience: Japan



We had a great time experiencing Japanese culture, food, art and traditions.



Back to Basics: Alzheimer's Disease and Communication

Communicating effectively with a person with Alzheimer's disease can be challenging but also very rewarding. It's always worthwhile to review some best practices.

Simplify Your Message

Use simple, clear sentences. Avoid complex instructions or questions. Break down requests into manageable, step-by-step tasks. This helps reduce confusion and makes it easier for your loved one to comprehend and respond.

Embrace Nonverbal Communication

Much of our communication is nonverbal. Pay attention to body language, facial expressions, and tone of voice. A gentle touch, a warm smile, and sitting at eye level convey feelings of affection and reassurance more effectively than words alone.

Listen Patiently

Listening is just as important as speaking. Sometimes it's more important. Give your loved one time to express their thoughts, even if it takes longer than it used to. Show that you are listening and trying to understand, even when the conversation is difficult to follow.

Use Visual Aids

Photographs, objects, and notes can assist people with daily living activities, especially in the earlier stages of Alzheimer's. Colorful sticky notes are good for labeling foods and household appliances. Motion-sensor lights can help light the way to important places like bathrooms.

Do Something

Interactions don't require constant conversation. Try sharing and engaging in lighthearted activities like doing a puzzle or listening to music. Light conversation that isn't about logistics or challenges is also welcome.

Avoid Correcting

It's natural to want to correct misunderstandings or inaccuracies in memory. Instead, focus on the emotions behind the words and respond to those. For example, if someone says it's nighttime when it's noon, maybe they're tired and want to nap. Try to think of the feeling that might provoke what a person is saying rather than relying on the literal meaning.

Adapt

When a person's brain changes their perceptions, it's up to you to try to enter their reality. Validating a person's feelings, even if they aren't positive, helps people feel seen and understood. This, in turn, may lessen anxiety and distress.