



Under the Canopy

Marble Falls

May 2017

Meet Your Arbor House Team

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WHAT'S HAPPENING...

Wow! Can you believe it's already May? Time sure does fly by when your busy having fun! We had a wonderful Easter Sunday starting with the Arena of Peace Cowboy church leading a beautiful, fun and music filled morning service for everyone! We then enjoyed some Easter games and treats with a social that afternoon. Care friend Janell took some great silly bunny ear pictures that we wanted to share inside! Our herb garden is already producing herbs for the kitchen to use in our meals! The resident cats have also been able to enjoy some of the catnip that we have grown! The tomatoes and zinnias are getting real close and we will be enjoying them soon. Our fishing trip and pic-nic lunch at Inks Lake State Park was a real treat. We enjoyed sitting by the lake, soaking in the warm sunshine, breathing in the fresh air and a few of us even did a little fishing. Pictures of the trip will be coming in next month's newsletter. We love it when family and friends come and participate in activities with us, so keep an eye on our monthly activities calendar for things you might enjoy doing with us! Every one have a wonderful Mother's Day and a safe Memorial Day!

We had a bus full for the Wildflower Road Trip & Pic-Nic! We had so much fun!
The wildflowers and sunshine were fantastic this year!



Life in Motion



Monthly Tidbits

May is the fifth month of the year and is one of seven months with 31 days. There are several theories about how May got its name. The most widely accepted explanation is that it was named for Maia, the Roman goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology in which he says that May is named for the *maiores*, the Latin word for “elders” or “ancestors,” who were celebrated during this month.

Birthstone — The emerald is generally thought of as the gemstone for the season of spring because of its rich green color, but it is specifically the birthstone of May. These beautiful stones have long been a favorite of royalty; Cleopatra favored them over any other stone and had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. The largest emerald in the world is the Bahia Emerald. It was discovered in 2001 in Bahia, Brazil. Emeralds are the gift associated with a couples 55th wedding anniversary and are said to symbolize enduring love. However, in many cultures, these stones are a symbol of fertility because their deep green color is reminiscent of lush vegetation and spring. They are becoming a popular gift among couples planning to have a baby.



Flower — *Lily of the Valley*

The lily of the valley is known by a few names. One name is *Our Lady's Tears*. According to legend the tears Mary shed at the cross turned into lily of the valley. Other names of the May birth flower include *May lily*, *May bells*, *lily constancy* and *ladder to heaven*. The lily of the valley is a very fragrant plant and is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. Traditionally, lily of the valley is sold on the streets of France on May 1. Since 1982, the lily of the valley has been the national flower of Finland and Yugoslavia.



Weather or Not

“A wet May makes a big load of hay.”

“A cold May is kindly and fills the barn finely.”

“A swarm of bees in May is worth a load of hay.”

“Mist in May, heat in June, makes harvest come real soon.”

A warm beginning to the month of May brings a good harvest, or so they say.”



What's Lucky in May?

Lucky Color—Light Green

Lucky Number—5

Lucky Letter—M

Lucky Bird—Nightingale

Lucky Day—Tuesday

Special Days in May

May Day.....May 1

Cinco de Mayo.....May 5

Mother's DayMay 14

Armed Forces Day....May 20

Memorial Day.....May 29

May Zodiacs

Taurus (The Bull)

May 1-20

Gemini (The Twins)

May 21-31



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Bone Breaking News...Osteoporosis

Osteoporosis is a disease of the bones. It happens when you lose too much bone, make too little bone or both. As a result, your bones become weak and may break from a minor fall or, in serious cases, even from simple actions, like sneezing or bumping into furniture.

Osteoporosis means “porous bone.” If you look at healthy bone under a microscope, you will see that parts of it look like a honeycomb. If you have osteoporosis, the holes and spaces in the honeycomb are much bigger than they are in healthy bone. This means your bones have lost density or mass and that the structure of your bone tissue has become abnormal. As your bones become less dense, they also become weaker and more likely to break.

About 54 million Americans have osteoporosis and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis.

Breaking a bone is a serious complication of osteoporosis, especially when you're older. Broken bones due to osteoporosis are most likely to occur in the hip, spine and wrist, but other bones can break too. Broken bones can cause severe pain that may not go away. Osteoporosis also causes some people to lose height. When osteoporosis causes the bones of the spine, called vertebrae, to break or collapse, it affects your posture and causes you to become stooped or hunched.

Osteoporosis may even keep you from getting around easily and doing the things you enjoy, which may bring feelings of isolation or depression. It can also lead to other health problems.

Osteoporosis is often called a silent disease because you can't feel your bones getting weaker. Breaking a bone is often the first sign that you have osteoporosis or you may notice that you are getting shorter or your upper back is curving forward. If you are experiencing height loss or your spine is curving, be sure to talk to your doctor or another healthcare professional right away as the disease may be already be advanced.

Under the Shade Tree

Special Thanks

Arena of Peace Cowboy Church
St. Peter's Lutheran Church
First United Methodist Church
First Baptist Church of Marble Falls
Dayspring Glory Musical Group
Anchor of Hope Children's Ministry
George Winfield—Piano Player
Scott Payne—Entertainer
Sharon Chin—Volunteering & Donations
The Bluebonnet Chorale—Music/Entertainment

May Birthdays

Peggy A.....5/9

★ **HAPPY** ★
BIRTHDAY!

Volunteers Needed!

Do you have a special talent that you would like to share with our residents? Do you enjoy playing games, bridge, dominoes, scrabble, reading or arts & crafts? Can you sing or play an instrument? If so, we are always looking for volunteers to spend quality time with our residents. If you are interested please contact April at : 830-613-3260



Arbor House Assisted Living, provides a beautiful home for you in a friendly, secure and supportive environment. Your privacy, dignity, and independence will be respected and promoted by a warm and caring staff. Your sunlit home includes a flowering courtyard, movie theater, and coffee shop where neighbors share friendships and good times.

Residents enjoy the comfort of being catered to with services such as three delicious meals each day served restaurant style, weekly laundry and housekeeping, planned group activities, and assistance as needed with personal care such as bathing, dressing, grooming and walking.

Arbor House also has a dedicated community for residents with memory care needs. Our Evergreen community has been designed based on the most common and relevant studies and is dedicated to creating an environment that promotes independence and dignity for those managing dementia-causing diseases such as Alzheimer's. For example, we use orange dining ware, which studies tells us improves appetite. In addition, a person's ability to visually process the food on the plate can be affected by the journey of the disease, and this contrast can make eating easier and reduce mealtime stress.

For people managing dementia a structured and purpose-filled day reduces stress and "sun downing". Our engagement program "Life in Motion", offers a consistent routine to increase independence and to provide our residents joy, purpose, and connection.

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