

### **Arbor House**

**Marble Falls TX** 

**April 2024** 

#### Meet Your Arbor House Team

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## What's Happening...

We are excited about the solar eclipse happening on April 8th. We will be outside with our glasses on to watch it. I know the town will be full of out-of-towners but I invite you to join us if you can make it.

With Easter falling in March this year, we get to focus on the beautiful wildflowers in the hill country. We are excited about wildflowers! Have you seen the bluebonnets? Fun this month will include Painting, crafts, etc.

We will be going for our annual wildflower tours and also having a picnic at one of the beautiful state parks this month.



## LIFE IN MOTION



Polly, Jackie, Shirlene and Ann can't help but get all the puppy love everyday. Hercules has joined our team to help create more smiles on the residents faces.

# Under the Shade Tree

## **Special Thanks To**

First Baptist Church of Marble Falls

Cindy with Encompass Home Health

Adura Cunningham with Comforts of Home

Karen Sutera ~ Volunteering and Donations

Jane Corley—Volunteering

Lane Norcross —Volunteering

All of our Care Friends





# We're on Facebook !!

### <u>@arborhousemarblefalls</u>

We're expanding our social media presence and invite everyone to visit & like us there! Stay tuned as we add more posts to share with our Arbor House family & friends.



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 dinning ware, which studies tells us improves appetite. In addition, a persons 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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