

HELLO
June

Arbor House

Marble Falls TX

June 2024

Meet Your Arbor House Team

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What's Happening...

The month of May sure did go by fast! May was an extraordinary month, filled with delightful activities and cherished memories. Our residents enjoyed numerous events that fostered joy and community spirit. As we embrace June, we're excited to present a vibrant calendar featuring a special Father's Day celebration, lively margarita and Bingo nights, Fun-filled cocktails and nails sessions, And festive parties!

Proverbs 23:24: "The father of a righteous child has great joy; a man who fathers a wise son rejoices in him."



Life in Motion



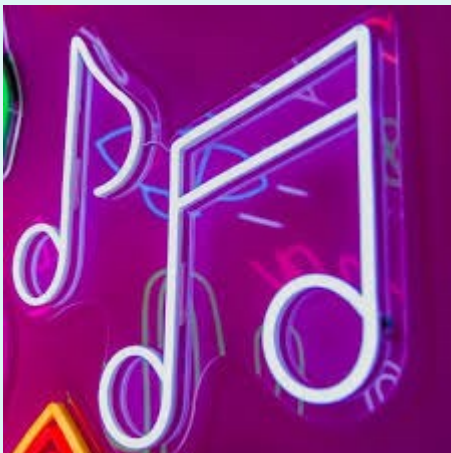
*hello
Summer*



Life in Motion



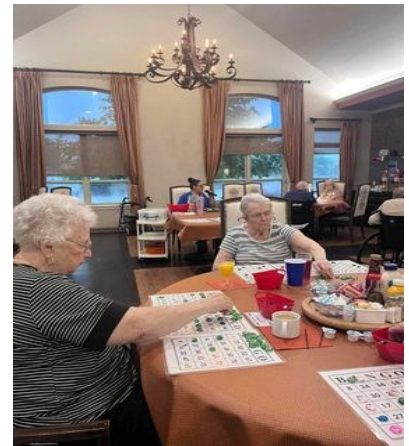
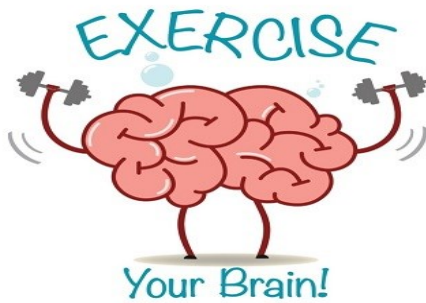
*Happiness is freshly
painted nails!*



The Games We Play

Exercise your Brain with Karen is very much enjoyed by the group. They go over each decade and upcoming holidays, different foods, music and world news that was going on in that era.

Exercise your brain improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.



Under the Shade Tree

Special Thanks To

First United Methodist Church of Marble Falls

**Cindy with Encompass Home Health
Adura Cunningham with Comforts of Home**

Karen Sutura ~ Volunteering and Donations

Jane Corley—Volunteering

Gavan Rorie with Enhabit for Bible Study

Kristen Yantis with Enhabit Home Health and Hospice

All of our Care Friends



**We're on
Facebook !!**

@arborhousemarblefalls

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 dining ware, which studies tell 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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