



Arbor House

Assisted Living & Independent Living

Marble Falls, TX

August 2024

Meet Your Arbor House Team

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What's Happening...

Dear August Explorers,

As we turn the page on July's colorful chapters, let's celebrate the moments that painted our days with joy and fellowship. From dazzling fireworks to happy hour, birthday party, and brain exercises with Karen, we embraced the journey together.

Now, as August unfurls its golden opportunities, let's dive into the upcoming adventures:

- Bingo Bonanza: Thrilling games and prizes await!
- Root Beer Float Social: Sip, chat, and savor cherished moments.
- Happy Hour Hoedown: Yeehaw! Join us for a wild-west soirée.
- Birthday Month Celebration: August babies, it's your time to shine!
- Out to Lunch: Let's share a meal, stories, and laughter.

Together, let's write a new chapter filled with joy, connection, and unforgettable memories. Your presence adds richness to our shared tapestry.

Life in Motion



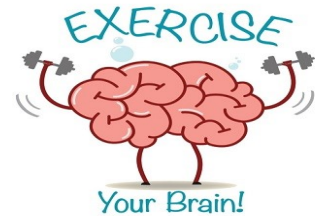
Life in Motion



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.

Assisted Living Auction & Bingo Donations Needed

Hello, wonderful supporters of our assisted living community! We are excited to announce our upcoming auction and bingo event scheduled for **November 21, 2024**. We are currently seeking donations for essential items such as.

Donations Needed:

Unopened packs of toilet paper and paper towels, Hand Soap, Dish soap, Hand lotions – vital supplies for our residents.

Small Decorations – to improve the comfort and convenience of our community members.

Wreaths – to add beauty and seasonal joy to our living spaces.

Bingo Prize Donations:

Chocolate, small bags of potato chips, Cheez-Its, , cozy blankets, , and other fun and useful items to make our bingo games even more exciting!

Your generous donations will support our residents and make our auction and bingo event a memorable success. Each contribution will directly impact the well-being and happiness of those in our community.

Drop-off Location:

Arbor House Assisted Living Marble Falls

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.

Arbor House of Marble Falls

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