



# ***Arbor House***

## ***Assisted Living, Memory Care & Independent Living***

**Marble Falls      October 2024**

### ***Meet Your Arbor House Team***

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**License # 105513**

### **What's Happening...**

October starts the beginning of the Holiday seasons, and we couldn't be more excited! Nothing like decorating to get you in the mood for all the hustle and bustle the holidays entail. Here a few important things we have going on at Arbor House this month. On our AL side, they are holding a contest to find the best decorated door for Halloween! So get creative and come help your loved one fix up their door for some spooky fun. We will announce the winners at 3pm, on 10/30, at the AL Halloween party! It's almost time for our annual Fall Festival here at Arbor House! On Tuesday, October 29th, from 5:30-7:30, join us for frighteningly good snacks, games, fun, and candy! The residents will also be handing out candy to all the trick or treaters. So bring the little ones in their costumes and dress mom or dad up as well. We are also now accepting any candy donations you may have. You may drop them off in the designated bin near front entrance, between 8am-5pm, Mon-Fri. All donations are greatly appreciated.

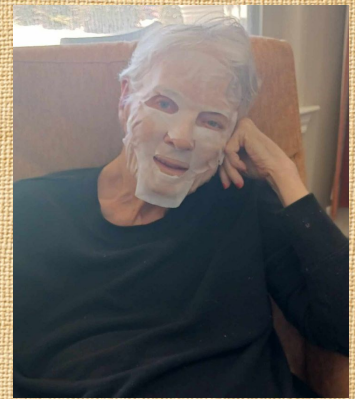
Here at Arbor House, we strive to make every engagement meaningful, to give them purpose. What better way, than to give back to our community. We are hosting a food drive to collect nonperishable food items for needy families for Thanksgiving. We are partnering with the Helping Center of Marble Falls. All donations will be delivered by our residents. Please leave all items in designated bin near front office. Let's bring joy, comfort, and a warm meal to the bellies of those less fortunate in our community. Thank you!

One last thing. On Thursday, Oct. 31st @ 2:30, in Evergreen, we will be having our own Fall Festival with ghoulish treats and fun games! Bring a costume for mom and dad and lets make this a memorable, fun time for all!

From the Arbor House family, we hope you all have a safe and blessed October.



# Grandparents Day

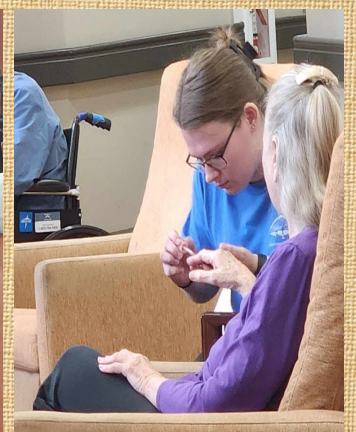


*Spa Day and Mimosas*





# *Life in Motion*













**Arbor House Assisted Living, specializes in Alzheimer's and Memory Care. Our community has been designed based on the most current and relevant studies dedicated to creating environments that promote independence and dignity for those managing dementia causing diseases like Alzheimer's.**

### **Studies suggest**

Research has shown that the health benefits of laughter are far-ranging. Studies so far have shown that laughter can help **relieve pain, bring greater happiness, and even increase immunity.** Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess.

### **Arbor Houses Design Response**

**Our community is comprised of two houses, each which offer 8 bedrooms, 2 living areas, dining room, and courtyard.**

**We use red dinnerware, which studies tell us, helps people experiencing visual processing problems, navigate their plate better.**

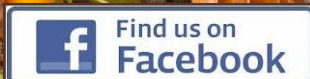
**We practice "social dining", a technique in which the care team dines with our residents to promote conversation and provide socially appropriate cueing and assistance.**

**Our engagement program boosts a minimum of 10 programs a day, which offers a consistent routine to increase independence and are designed to touch 8 key areas of interest, engagements, and vocation.**

**Our 1:6 staffing ratio and designated care team per house allow for strong relationships to grow. This ratio does not include administration staff.**



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