



Hello March!

Under the Shade Tree

Arbor House Memory Care

Marble Falls March 2026

Meet Your Arbor House Team

Rhonda Tedford

rhonda@arborhouseliving.com
Executive Director

Courtney Taylor

ctaylor@arborhouseliving.com
Director of Nursing

Jessica Robbins

jrobbins@arborhouseliving.com
Community Liaison

Rubi Meir

mfengagements@arborhouseliving.com
AL Engagement Coordinator

Camille Guthrie

mfevergreen@arborhouseliving.com
Evergreen Engagement Coordinator

Alanda Hill

mfmc@arborhouseliving.com
Memory Care Coordinator

Arbor House of Marble Falls
1801 King Road
Marble Falls, Texas 78654
830.613.3260
www.arborhouseliving.com
License # 105513

What's Happening...

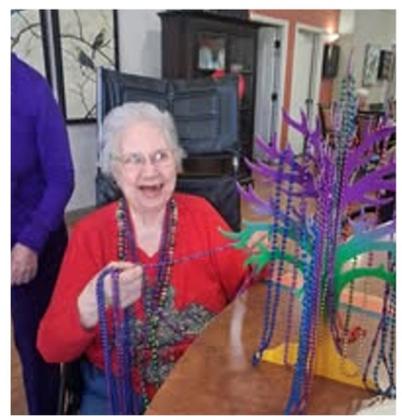
Spring is coming upon us and we couldn't be more ready for it! We're ready to enjoy constant warm days so we can enjoy the great outdoors. Getting in that much needed time on the patio with our friends, enjoying a nice cold drink, watching the birds, working in the Garden, or just having great conversations. That's where we want to be and that's what Spring is about! We will be starting our Garden Club and we couldn't be more excited to get out our green thumbs and get to work on our flower beds and garden. We had a lovely soul volunteer to help us get that started We are truly grateful for Jennifer, thank you.

Last month was short, but busy! Superbowl, birthdays, Mardi Gras, Ash Wednesday, Valentine's, President's Day, and Volunteer Appreciation day! As you can see from our pictures, everyday in Evergreen, we strive to give new meaning to life and create moments of joy for our residents daily.

We have a month full of fun planned! One of our big events is our St. Patrick's Day party on the 17th at 2:30pm. We would love for you to join us on one or all of our special days! Family is what it's all about. Have a safe and blessed March from all of us here in Evergreen.



Friends in Motion



Life in Motion



- The ladies working on exercising their brain matching pictures.
- Nancy & Maud making Groundhog day predictions!
- For Wacky Wednesday Science fun, the ladies made smelly soaps. There was a vanilla, mint, and lavender scent. They smelled wonderful!

Ask the Experts

Today, it is believed that "Alzheimer's disease (AD) is the most common form of Dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members or have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease. No treatment can stop the disease. However, some drugs may help keep symptoms from getting worse for a limited time."

EVERGREEN WISH LIST

Hello Family and Friends

Below is a list of items that we would be more than happy to have if you can spare :)

- ***Outdoor Games***
- ***Boas, Men's ties/ sport coat, men's hats, purses, scarves***
- ***Costume Jewelry***
- ***Clothing items for folding***
- ***Art supplies– paint, paint brushes, canvases***
- ***Cooking Kitchen Supplies for our daily cooking time.***
- ***Holiday Decorations***
- ***Silk or Fake Flowers***
- ***Magazines***
- ***Gardening tools, gloves***
- ***Empty spice bottles***
- ***Small Flower Pots***

If you have any questions, please feel free to contact Camille Guthrie for more information

(830) 234-1860

Happy Birthday!!

Nancy Fox...3/2

- ♦ ***In old Roman calendars, one year used to be ten months long, starting in March and ending in December.***
- ♦ ***The “Ides of March” was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.***
- ♦ ***If you were born in March, your birth flower is a daffodil!***
- ♦ ***March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.***
- ♦ ***There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from the 21st.***
- ♦ ***The first month of spring is March, which starts between the 19th and the 21st.***

Attention Volunteers

If you have a special talent or skill that you would like to share with us, we invite you to join our Evergreen Volunteer Program!

Contact Camille Guthrie for more information

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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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