

SEPTEMBER 2017

# LIFE IN MOTION

Arbor House Assisted Living and Memory Care 5250 Medical Dr. Rockwall, TX 75032 469 338-0204



## Arbor House Rockwall Leadership Team:

**Kristen Sluder-Executive  
Director**

[kristen@arborhouseliving.com](mailto:kristen@arborhouseliving.com)

**Ruby Runnels-Director Of  
Nursing**

[ruby@arborhouseliving.com](mailto:ruby@arborhouseliving.com)

**Sherrie Lynn McBurney-  
Director of Community  
Relations**

[sherrielynn@arborhouseliving.com](mailto:sherrielynn@arborhouseliving.com)

**Constance Paris-Engagement  
Coordinator**

[constance@arborhouseliving.com](mailto:constance@arborhouseliving.com)

**Sharnice Taylor-Memory Care  
Coordinator**

[sharnice@arborhouseliving.com](mailto:sharnice@arborhouseliving.com)

**Dwayne Buggs-Dietary  
Manager**

**Jesyca Cooke-Executive  
Assistant**

**Yee Vang-Maintenance  
Director**

## Stay tuned for September

The week of September 10-16 is Assisted Living Week. The theme this year is "Family is forever". The staff at Arbor House Rockwall consider the residents family. It takes a special person to work in our profession, and often, caregivers form bonds that can never be broken.

The staff at Arbor House Rockwall do whatever is needed to take care of our residents, this includes the leadership team who can be found on any given day doing laundry, combing someone's hair, cleaning wheel chairs etc. We want our residents to know we care about their wellbeing and their quality of life.

N'Kia is helping Helen get dressed to start her day. Mildred is getting her hair done in our salon. Maggie keeps our resident rooms clean. Yee our maintenance director is filling in for one of his staff on vacation by doing laundry (thanks Yee).





We made our own roasting station!! Thanks to Sue, Theda and Arline for putting in the work and making the best s'mores bar ever. We made s'mores and the fun followed with silly faces and marshmallow eating contest. Leb, Sue and Bonnie stuffed their s'mores into their mouths which made for lots of laughs and a yummy treat. We can't wait to fire it up again!







You guys are too much, ha ha Leb Joyner and Bonnie Myers.



### SHOPPING:

09/06 WAL-MART

09/13 DOWNTOWN ROCKWALL

09/20 FIREWHEEL MALL

09/27 WAL-MART

### DINING:

09/01 ZANATAS

09/08 CICI'S

09/15 JUNGLE BURGER

09/22 MI COCINA

09/29 CHEDDARS

### ENGAGEMENTS

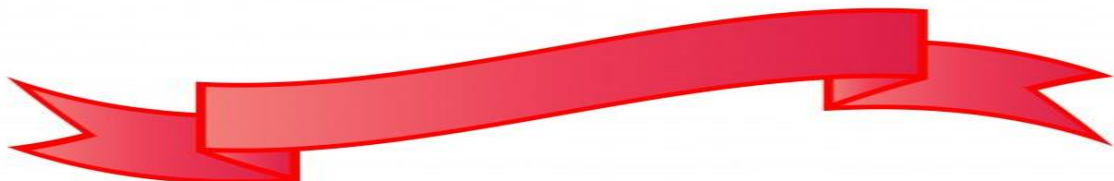
09/05 TUPPERWARE PARTY

09/07 & 09/21 BRIDGE CARD GAMES

09/14 SAN JACINTO PLAZA

09/15 BRITISH FLYING SCHOOL(TERRELL)

09/19 HEARING CLINIC





## Hitting the Century Mark



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt,

the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigicone, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

## Girl Time



They had their nails done and a facial, now time for a photo. Jean, Sue, Louise (she's not asleep) and Helen together for some girl time and some laughs.

## Girl Time continued



Constance giving Sue a facial. The ladies polished each other's nails, did facials and snacked on chocolates while reminiscing on old times. In attendance were Beverly, Jean, Helen, Mildred, Louise and Sue.

## A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.

## Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.

### Male Bonding

The guys watching a Rangers game.



Your Return Address  
Street Number and Name  
City, State ZIP Code

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

## Sweet Tooth Day



Bonnie is a sweet heart and she was more than happy to try out some of the candies on National Sweet tooth day, but not to worry we had sugar free candies also along with milk duds, junior mints, lemon heads, malt balls, Boston baked beans etc. etc.... oh my!

## September Birthdays

09/17 NORMA PENTICO

09/22 ARLINE UNRUH

**HAPPY BIRTHDAY GUYS**

