

Arbor House Assisted Living &  
Memory Care  
1501 Campbell RD  
Garland Texas 75044

Postage  
Information

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

At Arbor House Assisted Living and Memory Care of Garland our mission is to give new meaning to life to seniors by providing high-quality service in a comfortable, secure environment given with a spirit promoting dignity and respect.

When you choose our Assisted Living, you will see that it is all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home all while maintaining their dignity and independence.

If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking the journey of dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it.

When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and caring tailored to meet their individual needs.

Sincerely,

Steven Lee  
Executive Director #146656



Family Night - 9/19

Podiatrist

Wednesday -National Park Days

Concerts-Thursday 10:00am

# LIFE IN MOTION

Arbor House Assisted Living & Memory Care 1501 W. Campbell, Garland TX 75044, 972-530-

## Family

Family time together is the foundation of building strong, long-lasting relationship. It's how families invest in one another and grow together. Scheduling regular family time is key to keeping your family foundation intact, and well ... it's fun!

With our over-scheduled, often frenetic lifestyles, having regular family time is not always an easy feat to accomplish. With sports, extracurricular activities, and even church activities thrown in the mix, our lives become busy to the brim. Time can slip away from us easily. We simply must be intentional about putting family time on the calendar. Chances are, if we don't schedule it, it just won't happen.

And as time goes by, everyone in the family eventually becomes accustomed to doing "their own thing" ... so when family time *does* happen, it feels awkward.

Family time is hard to define. We know that every family is different, so it stands to reason that your definition of family time will vary from house to house and family to family. In some families, it's pulling out the board games, or gathering to watch a movie and eat pizza. Some families hold regular weekend family dinners. Maybe you play a sport together, or all share a interest or hobby. *In our family, we plan Family Night!*

Whatever family time is to you, it's important that you take time to make it a priority. Don't waste your precious time trying to fit into someone else's definition of "family time" – do what works for your own family and don't feel guilty about it.



### Arbor House Staff

**Steven Lee**

**Executive Director**

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**Nelida Antram**

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**Dezia Henry**

**Executive Assistant**

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## Family Night

We will be hosting Family Night on  
Tuesday September 19<sup>th</sup>  
6pm- 7pm



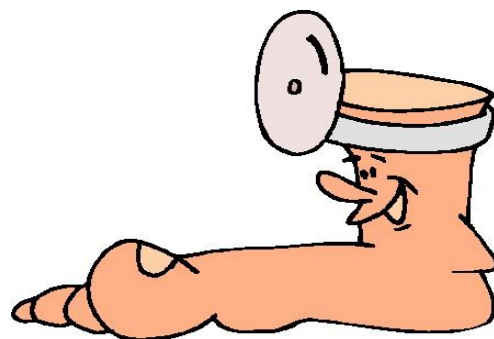
## Family Recipe Showcase

We ask families to share their favorite or most special recipes, which we then prepare to the precise instructions and share with the entire community. A way to celebrate our residents and thier families. We will prepare a recipe one Saturday a month.



Margaret 408

## Podiatrists



Good news everyone.  
Our community will have a visit from  
a podiatrist every 90 day.

## TEA PARTY



The Ladies of Arbor Garden, enjoying their first Tea Party.



Mr.Henderson could not resist joining the ladies for Tea Party sweets



## Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It's Collect Rocks Day! What's the attraction to collecting rocks? For many, it's the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why they're special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection is judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you'll never grow tired of the amazing diversity of rocks out there just waiting to be found.



## September Birthdays

Beverly 9/10<sup>th</sup>

