



Under the Canopy

Marble Falls

November 2017

Meet Your Arbor House Team

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WHAT'S HAPPENING...

We all had a fantastic time at our Halloween Carnival! Thank you to every one that volunteered their time and candy donations to help make it a success. It was so much fun to see all of the community kids in their Halloween costumes playing games and trick or treating! They sure put big smiles on every ones faces. We took tons of pictures and they will be posted in next months' newsletter for everyone to see!

We will be gathering for our annual potluck family Thanksgiving dinner on Saturday November 18, 2017. Dinner will start at 5:00p.m. We will be cooking the staples of the dinner, family and friends are welcome to bring favorite family side dishes to share with every one if you would like to do so. We have lots of fun, entertainment and activities going on this month, keep your eye on our activity calendar for things you would like to come join us for.

We would like to invite everyone for our annual Christmas party on Saturday December 17, 2017 starting at 5:00p.m. Please mark your calendars and save the date.

We are excited and looking forward to seeing everyone! Everyone be safe and have a wonderful holiday!

I scream, you scream, we all scream for ice cream! An ice cream social is always sure way to gather everyone for a sweet treat!



Life in Motion



Cooking is always a fun group activity for everyone. Here we are preparing some cinnamon apple cups for our afternoon social. Even the men like to join in and help!

In this picture Beverly and Helen are helping to mash the cinnamon rolls into the muffin pan to form the cups for our apple filling .



Flower arranging is another fun group activity a lot of the ladies like to participate in. Left is Emily and on the right is Mary doing a fabulous job of putting together some pretty flower arrangements for our coffee shop tables.



Monthly Tidbits

November is the eleventh month of the Gregorian calendar, but before January and February were added to the calendar, November was the ninth month. November is widely considered a month dedicated to remembering deceased ancestors and loved ones: The Roman Catholic holiday All Souls' Day, Mexico's Dia de la Muertos (Day of the Dead), United States' Veterans Day, and Canada's Remembrance Day are all celebrated in November.

Birthstone — Yellow Topaz



Topaz was named for the ancient Red Sea island of Topasos, now identified as the island of St. John. A topaz is most commonly found in shades of yellow. However, you will have no difficulty matching a topaz with your favorite dress, for it also comes in shades of blue, pink, red, orange, green, brown, and even black. Pure topaz itself is a colorless stone. Yellow topaz, is known as "precious topaz," is the November birthstone. It has been noted that yellow topaz was the symbol of Ra, the Egyptian sun god, because of its golden glow. A gift of yellow topaz symbolizes friendship and hospitality. The gemstone is associated with loyalty and faithfulness, and it is said to give the wearer strength and mental clarity, and to balance emotions. It is also believed to bring its wearer much happiness as well as spiritual satisfaction.

Flower — Chrysanthemum



November's birth flower is the chrysanthemum, a beautiful perennial and a favorite of many gardeners. *Chryso* is Greek for "gold," and although mums can be found in a wide variety of colors today, their wild ancestors were a fine golden yellow hue. Beautiful as they are, mums are more than just a pretty face. They are used in a variety of products, from teas and wines to a medicine that helps ward off the flu. Additionally, NASA has found that mums planted indoors remove pollutants and help clean the air in your home. The chrysanthemum's vivid colors are said to represent hope for a bright and successful future. They have long been favored by the Chinese, who believe their blooms hold the power of life.

"November comes and November goes, with the last red berries and the first white snows."

~ Elizabeth Coatsworth, "November Comes"

What's Lucky in November?

Lucky Color—Navy

Lucky Number—6

Lucky Letter—T

*Lucky Plant—
Chrysanthemum*

Lucky Day—Thursday

Special Days in November

Daylight Saving Time Ends 11-5

Election Day (U.S.) 11-7

Veterans Day 11-11

Thanksgiving 11-23

November Zodiacs

Scorpio (The Scorpion)

Nov. 1-21

Sagittarius (The Archer)

Nov. 22-30



Flu and pneumonia pose special problems for heart patients.

The flu can leave most people sick for a few days, but it can be a much more serious ordeal if you have heart disease or have had a stroke.

In fact, the flu can cause complications, including bacterial pneumonia, or the worsening of chronic heart problems.

Pneumonia is a lung infection that prevents your lungs from getting enough oxygen into the blood, creating a strain on the heart. It can also increase risks for stroke patients.

“It’s more stress on your heart. It has to work harder to pump blood through your lungs,” said Donna Arnett, Ph.D., chair and professor of epidemiology at the University of Alabama at Birmingham, and a past president of the American Heart Association.

Because of potential complications, which can sometimes lead to death when a patient is already sick, it becomes even more important to avoid the flu if you have heart disease and as you get older, Dr. Arnett said.

Flu Season Starts in the Fall

Flu season begins in October and typically runs until early to mid-spring. Though many people confuse colds and upper-respiratory infections with the flu, when you have the real flu its symptoms are usually more severe, Dr. Arnett said.

The flu can strike suddenly and can cause fever, chills, cough, sore throat, a runny or stuffy nose, muscle or body aches, headaches and fatigue. Vomiting and diarrhea associated with the flu is more common in children.

A yearly flu shot can help guard against the contagious illness, which is caused by influenza viruses. Flu vaccines are created to combat the strains of flu expected to be circulating in a given year.

Heart and stroke patients should also be immunized against pneumonia unless they’ve experienced a bad reaction or allergy to the vaccine, Dr. Arnett said. Re-vaccination should be discussed with your doctor and will depend on the person’s age, the type of vaccine used, and prior vaccination history.

A scientific advisory by the American Heart Association and the American College of Cardiology has recommended an annual flu vaccine in injection form for cardiovascular disease patients “with coronary and other atherosclerotic vascular disease”.

“It’s a very safe vaccine,” Dr. Arnett said, adding that adverse reactions are rare. Occasionally there is soreness in the spot where the shot is given.

People develop some immunity to the flu a week after getting vaccinated, though two weeks is when immunity is most likely to kick in for the majority of people, and at four weeks the response to the vaccine generally peaks. You can get the flu vaccine in September before flu season hits and even months into the season.

Basic Preventive Steps

There are other precautions you can take to avoid the flu. “It’s important to stay away from people who are sick. It seems like an obvious thing, but I think it’s one we forget about,” Dr. Arnett said.

If you haven’t been vaccinated, stay out of crowds, particularly if the flu is spreading through your community, she said. Washing hands frequently is also a good practice, along with keeping your hands away from your face.

If you do suspect you’ve been stricken with the flu, get to your physician early, Dr. Arnett said. If it’s confirmed that your illness is the flu, an oral antiviral treatment can help reduce the duration of the sickness.

But prevention remains the best bet.

“It’s very important to be vaccinated,” she said. “It’s important to protect yourself.”

Under the Shade Tree

November Birthdays

Beverly S.....11-9

Walter N.....11-10

Mary P.....11-15

Betty M.....11-17

Frances T.....11-21

★ **HAPPY** ★
BIRTHDAY!

Arbor House would like to invite you to our annual family potluck Thanksgiving dinner on Saturday November 18, 2017 at 5:00pm. Save the date!



Christmas Party

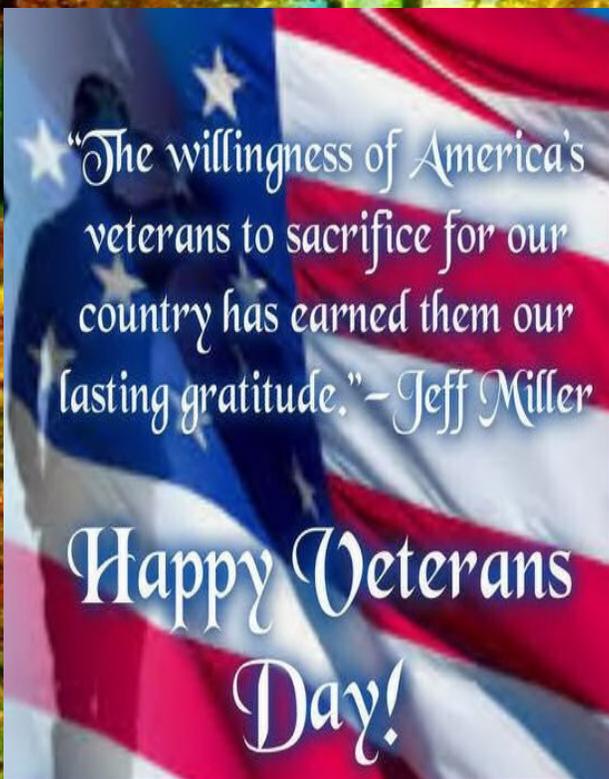
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Come enjoy and evening of Fun and lots of hors d'oeuvres!



"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." - Jeff Miller

Happy Veterans Day!



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 dinning ware, which studies tells us improves appetite. In addition, a persons 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.

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