



# Under the Canopy

**Marble Falls**

**October 2017**

## *Meet Your Arbor House Team*

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## **WHAT'S HAPPENING...**

The holiday season is here! We are gearing up for our 4th annual Arbor House Halloween Carnival on Friday October 27th, 2017 from 5:30 p.m. to 7:30 p.m. Put on your costume grab the kiddos and come out and join us for an evening full of sweets, fun, games and trick or treating! We are also collecting candy donations for our trick or treaters. You can drop off your candy donation in the donation box in the front lobby or at the front desk. Thank you in advance for your donations!

Arbor House will be hosting our annual potluck family Thanksgiving dinner on Saturday November 18th, 2017 at 5:00 p.m. Save the date! We are looking forward to seeing everyone!

Everyone enjoy the cooling temperatures and have a fun, safe and spooky Halloween!

**Here we all are enjoying our Luau Happy Hour!**



# Life in Motion



We all had such a wonderful time at our Luau Happy Hour! We enjoyed made from scratch pina colodas, Hawaiian music and each other.



Crafts are a great way to occupy some time and visit. Here we are making some ribbon laced book marks.



Music and entertainment are always a crowd pleaser.



We had so much fun cooking some pine apple upside down cupcakes! They turned out super tasty!



The gentlemen even pitched in and helped put the cherries in the pan!

# Monthly Tidbits

*October* is the tenth month of the year on the Gregorian calendar, though its name stems from the Latin *octo*, meaning “eight.” In early Roman times, October was the eighth month on the calendar. Old England to it as *Winmonth*, meaning “wine month,” as October’s temperatures were ideal for making wine and cider. The Anglo-Saxons called October “Winterfylleth” because it marked and celebrated the beginning of winter.

## Birthstone — Opal

Those with October birthdays have a birthstone that changes color! These gems diffract light, and depending on where they were formed, they can be any number of different hues— from reds and yellows to blues and greens to purples and blacks. The most common color is white, with a milky, opaque color, lending to the term *opalescent*, meaning “showing varying colors as an opal does.” It is said that opals have healing powers and even enable the wearer to find true love. Opals were considered to be very lucky in the Middle Ages, as it was believed that they held all the virtues of each gemstone whose colors could be found in the opal’s impressive play of color. Their wide range of color still makes them a very desirable gemstone today.



## Flower — Calendula

The calendula is a member of the marigold family and is sometimes called the “pot marigold.” They are easy to grow and typically bloom quickly (in under 2 months from seed to bloom) in bright yellows, reds and oranges throughout the summer and well into the fall. The flower petals of the calendula are edible and have been used for medicinal purposes since at least the 12th century. The Romans used it mixed with vinegar to season meat and salad dishes. An ancient beverage made from a mixture of calendula blossoms in wine was said to sooth indigestion. The petals were used in ointments that cured skin irritations, jaundice, sore eyes, and toothaches. Today, most health food stores carry calendula petals, soaps, oils, lotions, salves and creams.



*“ The harvest moon hangs round and high it dodges clouds in the sky,  
The stars wink down their love and mirth; The autumn season is  
giving birth. Oh, it must be October...” ~ Pearl N. Sorrels*

## What’s Lucky in October?

Lucky Color—Burgundy

Lucky Number—1

Lucky Letter—O

Lucky Plant—Pumpkin

Lucky Day—Monday

## Special Days in October

Harvest Moon.....10/5

Columbus Day.....10/9

Boss’s Day.....10/16

Halloween.....10/31

## October Zodiacs

*Libra (The Scales)*

Oct. 1-22

*Scorpio (The Scorpion)*

Oct. 23-31



Click to Enlarge

# Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

## No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

## 232,670

Estimated amount of new cases of invasive breast cancer diagnosed in women.

## 2.8 million

Estimated amount of breast cancer survivors in the US.

## No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

## 55+

Two of three breast cancers are found in women 55 or older.

Breast cancer survivorship has tripled over the past 60 years.

### Risk Factors

#### GENDER

A woman is 200 times more likely than a man to develop breast cancer.

#### AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

#### GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

#### FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

#### WEIGHT

Being overweight or obese increases breast cancer risk.

#### RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

### Health Tips



■ **BREAST DENSITY**  
Having dense breasts makes your chance for breast cancer four times higher.



■ **KNOW YOUR FAMILY HISTORY**  
5 to 10 percent of breast cancer is hereditary.



■ **NUTRITION**  
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



■ **SCREENING**  
Remember to get annual mammograms and clinical breast exams beginning at 40.



■ **WATCH WEIGHT**  
Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



■ **PHYSICAL ACTIVITY**  
Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



■ **ALCOHOL**  
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



■ **SUPERFOODS**  
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

### Symptoms

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

# Under the Shade Tree

## October Birthdays

Gerda W.....10-1

Jackie M.....10-8

Ray S.....10-28

★HAPPY★  
BIRTHDAY!

## Candy Donations Needed!

We are currently accepting candy donations for our annual Halloween Carnival and Trick or Treaters. Please drop off your donations at the front desk or the donation box located in the front lobby.

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!

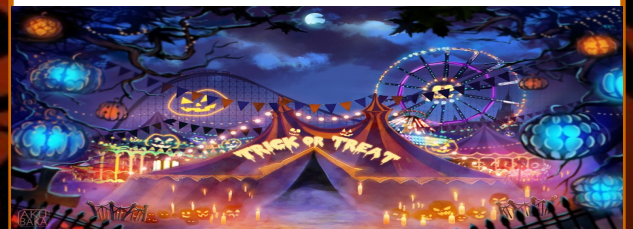


# HALLOWEEN ★ CARNIVAL

## Calling all Volunteers!

We are currently looking for volunteers to help with our annual Halloween Carnival. We need help with setting up the games, decorating and manning the booths. If you are interested in helping please contact our Engagement Coordinator April Caropepe at 830-613-3260 or email her at [april@arborhouseliving.com](mailto:april@arborhouseliving.com)

**ARBOR HOUSE'S ANNUAL HALLOWEEN CARNIVAL WILL BE HELD ON FRIDAY OCTOBER 27TH, 2017 FROM 5:30P TO 7:30P. BRING YOUR FAMILY AND FRIENDS AND COME ENJOY AN EVENING OF GAMES, TREATS AND TRICK OR TREATING!**



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 dining ware, which studies tells us improves appetite. In addition, a person's 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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