

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,

Robin Medders  
Executive Director      License #146656



**January 1, 2018  
Happy New Year**

**Shopping - Mondays**

**Lunch Bunch – Fridays**

**Live Music – Thursday**

JANUARY 2018

# LIFE IN MOTION

Arbor House Assisted Living & Memory Care 1501 W. Campbell, Garland TX 75044, 972-530-4182



**Arbor House Leadership**

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*Executive Assistant*  
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**At Your Leisure**

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

Thanks to Amber (Pathway Hospice)  
For our Painting with a friend class.

Chris having fun with his new hobby.





## WE WILL BE HOSTING OUR FAMILY NIGHT IN FEBRUARY



Acrylic Paint -All Colors/Glitter paint

Paint Brush - all size and textures

Glue – Big Bottles / Elmer's, Glue,

Mod Podge, Gloss and Matte

Hair Dryers

Velvet Art Posters

Corn Roll Game

Clear Glass Plates

Large Microwave

Adult Coloring Books

### The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.



A birthday can be seen as a serious or joyful time depending on one's age and one's attitude towards life. Another year has passed, and we look back on failures and successes. We think about our goal future and reflect on the past year. These are all thoughts that may came up on a birthday, but the main thing is to use a birthday as an opportunity to celebrate life and be joyful for the chance to be with friends and family.  
Happy Future Birthday!

## LIFE IN MOTION

MS. United America, visited Arbor House for a sing along. Our leadership team showcased their talent.



Josh your solo was a big hit.



Art, we love when you sing with your Tenor voice.



E.D. Robin & M.D. Lauren

Joe was the Tester.



The cooking, group making deviled eggs for the community.



Thanks Clara, Joe, Laverle, Chris. The Deviled eggs were Great.



# Welcome

JIM -102

Helen Katherine -112

Duane - 306