



Under the Canopy

Marble Falls

January 2018

Meet Your Arbor House Team

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WHAT'S HAPPENING...

Happy New Year! Let us all just take a moment to catch our breath after all the frenzy of the holiday season as we look forward to the fresh start of the new year. Thank you to all who made this a joyful holiday season at Arbor House! Our month was full of Christmas music, entertainment and spirit thanks to all of the thoughtful groups that volunteered their time and talents to brighten our days! Our Christmas dinner went beautifully, thank you to everyone for coming and thank you to all of our care friends who helped make it a success.

We will be enjoying lots of games, crafts, socials and staying warm with indoor activities for January as we look forward to the fresh start of the new year. As always, everyone keep warm, stay safe and have a happy new year!

Our monthly birthday parties are always a load of fun! Here is Scott Payne, Care Friends Paula, LeAnn and Cindy Compton singing a little diddy with Scott for the residents.



Life in Motion



Left : Elva helping put up the Christmas tree.



Right : The finished tree.



Left : Care Friends LeAnn & Paula dressed for the Arbor PJ Christmas Party

Below Left & Right : Here are a some pics from our annual Arbor House Family Christmas dinner. We had such a wonderful time visiting and sharing a meal with our nearest and dearest! Thank you to everyone who came and made this such a special evening for all of us!



Monthly Tidbits

January is the first month of the year in the Julian and Gregorian calendars, though it did not exist as a month until 713 BC, when it was added to the original Roman calendar along with February. It is named after *Janus*, the god of gateways and beginnings, who was usually depicted as a two headed man looking forward and backward at the same time. This image is a fitting one for the first month of the year. Janus appears to be looking back on the year that has just passed while also looking forward to the coming year, just as we reflect on the old and welcome the new.

Birthstone — Garnet

The Garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary. The name *garnet* comes from the Latin word *granatum* (meaning “pomegranate”), since the stone resembles the color and form of this fruit. Garnets actually come in a variety of colors, including pink, green, orange, clear, and even black. A green garnet, known as a tsavorite, is very rare and thus is the most highly prized. They are found all over the world, including the US, Sri Lanka, Greece, Brazil and India. Ancient warriors believed that garnets brought victory, but they disagreed about the ways this task was achieved. The Crusaders believed garnets protected them from wounds and accidents. Asiatic warriors, however, believed that using garnets as bullets could inflict more severe wounds than lead bullets.



Flower — Carnation

This month's flower is as rich in history and significance as it is diverse--and with around 300 species, that's saying something! Their genus, *dianthus*, means “flower of the gods,” which explains why they were a favorite of the early Romans, who made them into celebratory wreaths. Supposedly, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love. Although pink carnations make a perfect Mother's Day bouquet, not all carnations are as innocent in their symbolism. According to *The Language of Flowers*, if you give a bouquet of striped carnations, you're refusing romantic sentiments. In contrast, red carnations are best to give when you wish to express romantic passion.



“There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues.”

~Hal Borland

What's Lucky in January?

Lucky Color—Blue

Lucky Number—7

Lucky Letter—Y

Lucky Plant—Amaryllis

Lucky Day—Wednesday

Special Days in January

New Year's Day 1-1

Epiphany 1-6

Orthodox New Year 1-14

Martin Luther King Day 1-15

Australia Day 1-26

January Zodiacs

Capricorn (Sea Goat)

Jan. 1-19

Aquarius (Water Bearer)

Jan. 20-31



[Click to Enlarge](#)

WINTER WORD SEARCH

E T C G B W T B X E S S Y H I
T N A H Q L W I K Q E N T O J
A Y E H I I I A U V F O S L T
L W C Z N L L Z O S W W O I S
O I W T O F L L Z I W G R D E
C I E M W R G Y P A H O F A W
O R D O W T F W I B R F N Y O
H S N E E R T E N I P D J S S
C S C T M I T T E N S Y A N N
T E P A E L C I C I F K O A G
O J E K R H B O O T S W M C I
H Y U S E F D N I W B W O V V
F I R E P L A C E A O L E E I
A V U C R U G U L N D D C E N
C P Y I J U U L S U Q S I Y G

WORDS TO FIND:

BLIZZARD
COLD
FROZEN
HAT
ICE
MITTENS
SNOW
SNOWMAN
WINTER



BOOTS
FIREPLACE
GIVING
HOLIDAYS
ICESKATE
PINETREE
SNOWBALL
SNOWSUIT

CHILLY
FROSTY
GLOVES
HOTCHOCOLATE
ICICLE
SCARF
SNOWFLAKE
WIND

Amy Mascott of teachmama.com for Scholastic

Under the Shade Tree

January Birthdays

Nina B.....1-20

Mary B.....1-24

★ **HAPPY** ★
BIRTHDAY!



Special Thanks To

The Arena of Peace Cowboy Church

St. Peter's Lutheran Church

First Baptist Church of Marble Falls

First United Methodist Church

Scott Payne ~ Entertainment

Kay Ryno ~ Volunteering & Donations

Sharon Chin ~ Volunteering & Donations

The Trilogy Clarinets ~ Entertainment

Harmony School of Creative Arts

Lakes and Hills Wind Ensemble

The Bluebonnet Chorale

Santa Clause ~ Visitation

Greg Johnston ~ Entertainment

George Winfield ~ Entertainment

All of our Care Friends



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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