

JANUARY 2018

LIFE IN MOTION

Arbor House Assisted Living and Memory Care 5250 Medical Dr. Rockwall, TX 75032 469 338-0204



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Expand your friend circles this New Year, meet new people, communicate and make new friends. It's all about rejoicing and welcoming the New Year in grandeur.

Arbor House Rockwall would like to wish all our residents a very Happy New Year! As we look back on 2017 it has been an exciting year filled with memories and learning experiences. Let us know how we can make 2018 an eventful year for you.

At Arbor House we believe that Life has new meaning and it doesn't stop-we stay In Motion. Our balanced Engagement program gives breath to this New Life in Motion by ensuring we offer just what every person needs and wants to continue to enjoy and encounter Life.

Happy New Year!

SOCIAL SECURITY CHANGES COMING IN 2018 (U.S. NEWS)

Social Security beneficiaries will get 2 percent bigger payments in 2018. The Social Security program will also be tweaked in several important ways that affect how much you pay in and will receive in retirement. Here's a look at the Social Security changes you can expect to see in 2018.

Bigger payments. The average monthly Social Security payment is expected to increase by \$27 to \$1,404 in January 2018. Couples who are both receiving benefits will see their payments climb by an average of \$46 to \$2,340. The [maximum possible Social Security benefit](#) for a worker who begins collecting benefits at full retirement age will be \$2,788 in 2018, up from \$2,687 in 2017.

Social Security payments are adjusted every year to keep up with inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers. Social Security benefits were increased by only 0.3 percent in January 2017. Previous cost-of-living adjustments have ranged from zero in 2010, 2011 and 2016 to 14.3 percent in 1980.

[See: [10 Ways to Increase Your Social Security Payments.](#)]

A higher tax cap. Workers will contribute 6.2 percent of their earnings to Social Security until their income exceeds \$128,700 in 2018, up from \$127,200 in 2017. The Social

Security Administration expects about 12 million people to pay higher taxes as a result of this change. Those who earn more than the taxable maximum will not have those earnings taxed by Social Security or used to calculate retirement benefits.

[inRead](#)

Larger earnings limits. [Retirees who work](#) and collect Social Security benefits at the same time will be able to earn slightly more in 2018 before part or all of their benefit is temporarily withheld. Beneficiaries who are younger than their full retirement age can earn up to \$17,040 in 2018, \$120 more than in 2017, before they will lose a benefit dollar for each \$2 earned above the limit. The earning limit will grow by \$480 to \$45,360 for those who will turn their retirement age in 2018, and the penalty decreases to a dollar withheld for every \$3 earned above the limit. Once you turn your full retirement age there is no penalty for working after claiming retirement benefits and your benefit will be recalculated to give you credit for any withheld earnings.

[Read: [6 Social Security Calculators That Can Help You Decide When to Claim.](#)]

An older full retirement age. People who will turn 62 in 2018 will need to [wait until an older retirement age](#) to claim their full retirement benefit than existing Social Security beneficiaries. The full retirement age for those born in 1956 is 66 and four months, up from 66 and two months for people born in 1955 and 66 for everyone born between 1943 and 1954. The full retirement age will further increase in two-month increments in subsequent years until it reaches age 67 for everyone born in 1960 or later. Those who sign up for Social Security before their full retirement age will [receive a reduced payment](#). Workers with an older full retirement age also have less opportunity to boost their payments through delayed claiming. "There are fewer months between the ages of 67 and 70 to earn delayed retirement credits, meaning the maximum benefit is lower with a full retirement age of 67 versus 66," says William Meyer, founder and managing principal of Social Security Solutions, a company that analyzes Social Security claiming strategies.



Celebrating at our Christmas luncheon.

Yesterdays

Memories
are tomorrows
Treasures

THEDA'S GREAT GRAND
DAUGHTER



More Christmas pictures and a visit from Santa, our newest resident Ms. Peck is in the photo with Santa.

LET THE GAMES BEGIN

Our monthly workout circuit was a big hit, many of the residents came out to participate in our fitness circuit. Stretching, balancing, and lung exercises were part of the circuit. We plan to go into 2018 moving our bodies to the beat of a healthy lifestyle.



Norma was so proud of herself she completed the entire circuit and said she was happy she came.



Mr. Unruh will take on any challenge, he completed the circuit and said, "what's next".

EXERCISE



Evelyn tried her hand at blowing up a balloon at the fitness circuit and she did it!

CHRISTMAS DOOR CONTEST WINNERS



Beverly Brittain and Gene Hildinger are the winners of the door contest. Congratulations to both of you and your families you did a great job.

FIND THE REINDEER SCAVENGER HUNT AND THE WINNER IS SUE VAN PELT.



Something for
EVERYONE!

Tele Calm is an intelligent phone service for families living with Alzheimer's and other memory issues to help protect them from phone scams! See January calendar to let you know when they will be here to tell us all about it.

We're going to Terrell Bingo!

Are you concerned about falls? Are you interested in improving your balance, flexibility and strength? Have you fallen? Do you want to learn how to minimize the risk of falling? Classes start January 16th for eight weeks, watch your calendar for dates.



Mildred Joyner 01/31
Evelyn Drury 01/18
Yancy Andres 01/10
Daniel Aleman 01/14
Mary Whitten 01/11



New resident: Ms. Peck

Shopping Dates:

- 01/03 Academy Sports Store
 - 01/10 Wal-Mart
 - 01/17 Hobby Lobby
 - 01/24 Belk
 - 01/31 Wal-Mart
-

Restaurant Outings:

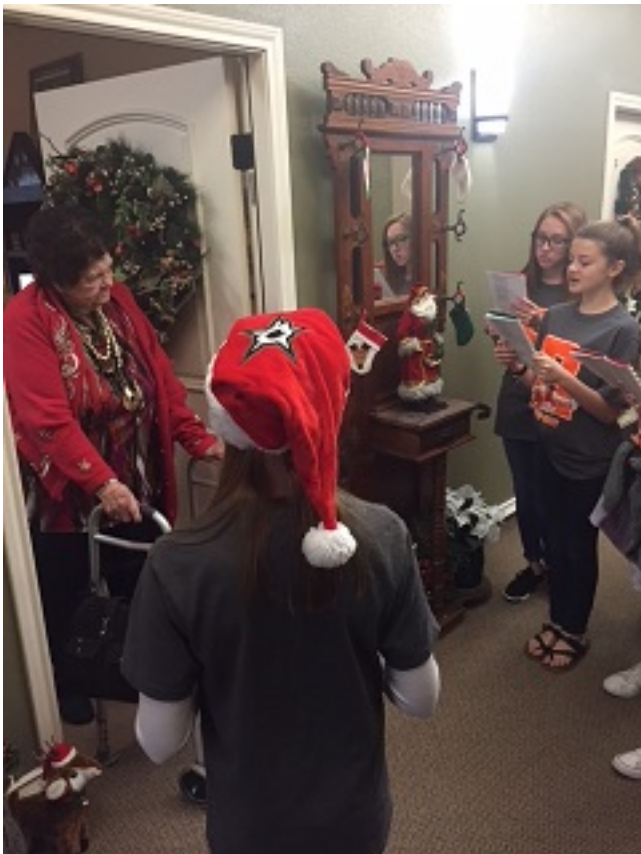
- 01/05 Panera
 - 01/12 Standard Service
 - 01/19 Joes Crab Shack
 - 01/26 Flying Saucer
-

Arbor House Assisted Living
and Memory Care
5250 Medical Dr.

Postage
Information

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

Carolers visit Arbor House



“May Light always surround you;
Hope kindle and rebound you.
May your Hurts turn to Healing;
Your Heart embrace Feeling.
May Wounds become Wisdom;
Every Kindness a Prism.
May Laughter infect you;
Your Passion resurrect you.
May Goodness inspire
your Deepest Desires.
Through all that you Reach For,
May your arms Never Tire.”

— **D. Simone**