

Arbor House Assisted Living & Memory Care
1501 W Campbell Road
Garland, TX 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 the life of our 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's 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 through the journey with 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 care tailored to meet their individual needs.

Sincerely,

Robin Medders
Executive Director

License #146656



September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Ruby	9/6
Beverly	9/10
Joy	9/16
Anita	9/21
Kay	9/23
Don	9/26



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SEPTEMBER 2018

Life in Motion

Friends in Motion

As we go through life we meet many people along the way. However, there are certain people who come into our lives that truly touch our souls. To the people in our lives that hold our hand when we go for a walk, sit and talk about life, listen to our problems, laugh and cry with us... **Thank You.** Thank you for always being there. Thank you for listening and always putting others first. Thank you for being you. **Thank you for being a friend!**

We here at Arbor House strongly believe in friendship and what it means. Our residents teach us everyday how important our friends are and how to cherish them. In August our residents have continued to grow their bonds with each other as well as our wonderful team. From enjoying music together to laughing with each other during our **Reconnect** program we are always having a good time *together!*



Reconnect is a visual and audio experience program run by Rhonda. She has created a powerpoint type presentation that emerges the mind and soul with inspirational songs, poetry, stories, mind puzzles, and much more.

Many of our residents got to share experiences with each other when they discussed the specific songs Mike Frankel played for us at the beginning of August. Many had offered up requests for Mike to play as well.



We have also had a wonderful BINGO session for our lovely ladies. They enjoyed playing for chances to win some beautiful purses. Some of the ladies had won more than once and



shared their prizes with those who had not had a chance to win. We have also been getting closer with each other thanks to our youth volunteers for Bible Study. During August we have had a chance to meet two young female missionaries. They have not only been helping us to better understand God's word but have also helped bring us closer together as a family. Our residents have been able to bond in a beautiful way through God and his word. Through trying to understand His word, our residents have found that they have a lot in common.



Minds in Motion

One of our most popular and certainly the most fun engagement we have to offer at Arbor House is Food for the Brain. It consists of different puzzles that exercise our minds. We offer giant crossword puzzles, word searches, word scrambles, riddles, and many more. The most recent form of puzzle we tried really stretched our minds. Can you



try to say the puzzle correctly? To start, as you read the color words, do not say the word you see, but rather the color that the word is highlighted in. Are you ready? Go for it!

A Day at the Races!

That's right folks! Arbor House now features horse racing! Mr. Patrick Uszler brings the thrill of the races to us through his Silver Derby Horse Racing business. He brings his six-



champion stuffed mini horses to compete on a handmade blanket track. To move the horses, he rolls dice and the numbers rolled allow the horses to move a



certain amount of spaces and the horse who reaches the finish line first wins. In the event of a tie the dice will be rolled again and if one of the winners numbers appears then we have a winner.



The residents will bet on the horses with quarters and the winner will receive the entire pot at the end of each race. Silver Derby Horse Races offers residents a way to socialize without realize

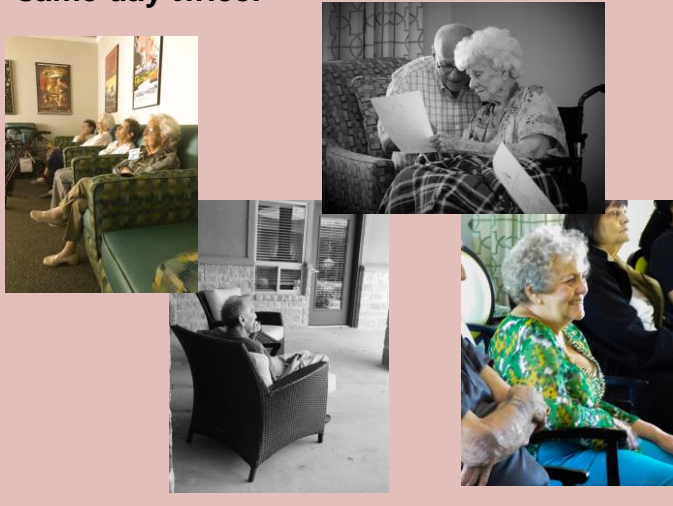


socializing is taking place. We will be having the Silver Derby returning in October and November!



Words of Wisdom

There once was a man who lived in Miami. He happened to be constantly running into the same woman everywhere he went. He would see her teaching yoga in the park, coaching youth baseball, working as a nurses assistant, doing photography at weddings, and much more. One day he finally decided to approach her and ask her why she would work so many different jobs. She simply replied, "**Life is too short to live the same day twice.**"



Painting with a Twist

Towards the middle of August, we had Miss Cathy Daugherty with First Christian Church come in to share the wonderful world of art with us. She gets her canvases, paint, brushes, and



easels all from the Painting with a Twist business located in Garland. Our residents spent the afternoon painting an abstract sunset with a cross



through it. The original artist of the painting we painted had been struggling with his faith due to a negative life experience he had been going through. We felt that the painting was appropriate because it can be



difficult at times to see the bigger picture in God's plan. However, the paintings turned out lovely. Thank you, Cathy Daugherty!

Feelings in Motion

This month we will be featuring the musical talents of Mike Coldeway and Mike Frankle. Mr. Coldeway will be performing for us on the 6th at 10:00 AM and Mr. Frankle will be performing on the 27th at 10:00 AM. Please join us for mornings filled with melodic music!



Grandparent's Day

On September 10th we will be having a special party to celebrate those that are Grandparent's! So be sure to put together some photos of the grandkids to show off. We will have some treats and refreshments.

—Happy—
Grandparent's
—DAY

Reading for a Reason

On September 18th we will be taking a trip to Oak Creek School where we will read stories to the children. I will be supplying the books to take with us. We will be leaving by 9:30 AM to be able to be at the school by 9:45 AM. There will be a sign-up sheet for the trip on the front desk. Let us spend an afternoon filled with angelic faces and filling their minds with wonder!



Bodies in Motion

We at Arbor House believe in the importance of exercise. Many people do not realize how crucial exercise really is. Even stretching can be beneficial in many ways. Stretching reduces low-back pain and arthritis. It can also reduce the risk of falling. Unfortunately, the risk of falling is a major concern for older adults – ages 65 and older. Each year one out of three older adults will fall, with 2.5 million individuals needing treatment in emergency facilities annually. As we age, our body's water content in connective tissue, such as ligaments and tendons, decreases, resulting in reduced elasticity and flexibility. Therefore, stretching can also improve posture and balance. Stretching increases blood flow and energy levels as well. Please join us every Monday, Wednesday, and Friday at 9:00 AM to revitalize our bodies.

September by John Updike

The breezes taste
Of apple peel.
The air is full
Of smells to feel—
Ripe fruit, old footballs,
Drying grass,
New books and blackboards
Chalk in class.
The bee, his hive
Well-honey, hums
While Mother cuts Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze.