



# Arbor House

Assisted Living & Independent Living

**Marble Falls**

**September 2018**

## *Meet Your Arbor House Team*

### **Rhonda Tedford**

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Executive Director

### **Christie Denton LVN**

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### **Kimberly McDonald**

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Resident Services Coordinator

### **Kimberly Jackson**

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Evergreen Coordinator

### **April Caropepe**

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Engagement Coordinator

### **Jessica Robbins**

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Community Liaison

### **Brian Stewart**

Executive Chef

### **Anthony Perez**

Director of Maintenance

## **Arbor House of Marble Falls**

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[www.arborhouseliving.com](http://www.arborhouseliving.com)

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

September opens the starting gates for the holiday season for us here at Arbor House! We are starting to prepare for our annual Halloween carnival and are in need of volunteers and candy donations for the carnival and trick or treaters. If you are interested in helping with the carnival please contact our engagement coordinator April Caropepe. Any candy donations can be left at the front desk or in the candy donation box located on the table in the front lobby. Our annual spooktacular Halloween Carnival will be held on October 17 from 6:00pm to 7:30pm. Put on your Halloween costumes bring the kids and come enjoy an evening full of fun, games and candy! Keep an eye on our activity calendar for things you might enjoy coming and doing with us. Family and friends are always welcome and encouraged to come join us for activities and entertainment, the more the merrier! Have a wonderful and safe Labor Day and we'll see you in next months newsletter!

It takes teamwork to prepare enough rice crispy treats for everyone that comes to Bingo!



# Life in Motion



Top left : Making snacks is always fun. Here we are baking some fresh peaches to go with some good ol' vanilla ice cream.

Below left & right : We made some of the cutest little succulent wine cork fridge magnets in crafts! They were so easy and look fantastic on our refrigerators!



Above left & right : We had a wonderful time listening to Luke Thomas Holmquist when he came to entertain and sing for us. We can't wait to have him back again. He has such a wonderful voice and puts on a really good show.

# Monthly Tidbits

*September* is the ninth month of the year in the Julian and Gregorian calendars. It was the seventh month before January and February were added to the calendar. It is generally considered to be the first month of autumn in the northern hemisphere, although the equinox does not take place until the end of the month. Because most farmers begin to reap their crops in autumn, September was called “harvest month” in Charlemagne’s calendar as well as in Switzerland, where it is called *Herbstmonat* in German.

## Birthstone — Sapphire



The sapphire is the September birthstone. Some linguists and astrologists think its name comes from the Sanskrit word *sanipryia*, meaning “sacred to Saturn.” Next to the diamond, the sapphire is one of the hardest materials known. Sapphires come in many colors (ranging from yellow to green and orange), but the finest sapphire color is a rich, velvety cornflower blue. The ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. Damigeron, a historian of old, wrote that kings wore sapphires to protect themselves from harm and envy and to attract divine favor. The gem was regarded as a symbol of truth, sincerity, and constancy.

## Flower — Aster



The aster is the special flower for September. A member of the Asteraceae family, the aster takes its name from the Latin word meaning “star” and refers to the flower’s star like head. Known alternatively as the Michaelmas daisy, starwort, and frost flower, the aster usually blooms in late summer and fall. There are hundreds of aster species, which includes shades of blues, purples, and pinks. There are also white and yellow varieties. All asters have a yellow center, which is actually comprised of many tiny flowerets. Ancient people believed that the odor from the burnt leaves of asters drove away serpents. In the language of flowers, asters symbolize a wish that things had turned out differently. Maybe that is why asters were once placed on the graves of French soldiers.

*“By all these lovely tokens September days are here, with summer’s best of weather and autumn’s best of cheer.”*

*~Helen Hunt Jackson*

## What’s Lucky in September?

*Lucky Color—Gold*

*Lucky Number—9*

*Lucky Letter—S*

*Lucky Tree—Apple Tree*

*Lucky Day—Monday*

## Special Days in September

*Labor Day .....9/3*

*Rosh Hashanah Begins...9/9*

*Grandparents Day.....9/9*

*Yom Kippur Begins.....9/18*

*Autumnal Equinox.....9/22*

*Oktoberfest Begins.....9/22*

## September Zodiacs

*Virgo (The Virgin)*

*September 1-22*

*Libra (The Scales)*

*September 23-30*





# Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |

# Under the Shade Tree

## September Birthdays

Dolores C.....9-21

Claude E.....9-22

★ **HAPPY** ★  
**BIRTHDAY!**

### Candy Donations Needed!

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



## Special Thanks To

*The Arena of Peace Cowboy Church*

*St. Peter's Lutheran Church*

*First Baptist Church of Marble Falls*

*First United Methodist Church*

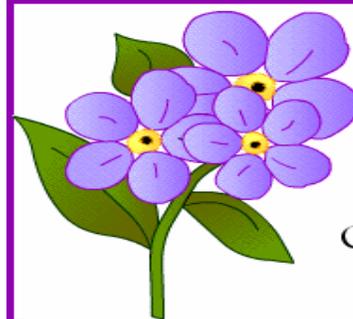
*Scott Payne ~ Entertainment*

*Sharon Chin ~ Volunteering & Donations*

*George Winfield ~ Entertainment*

*Luke Thomas Holmquist ~ Entertainment*

*All of our Care Friends*



To  
Unforgettable  
Grandparents

Happy  
Grandparent's  
Day!

@akidsheart.com

**ARBOR HOUSE'S ANNUAL  
SPOOKTACKULAR HALLOWEEN  
CARNIVAL WILL BE HELD ON OCTOBER  
17, 2018 FROM 6:00PM TO 7:30PM.  
BRING YOUR FAMILY AND FRIENDS  
FOR AN EVENING FULL OF FUN, GAMES  
AND TRICK OR TREATING!**



Have a  
**wonderful**  
Labor Day  
Weekend

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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