



# Assisted Living Community Waco, Texas August 2018

## Your Arbor House Leadership Team

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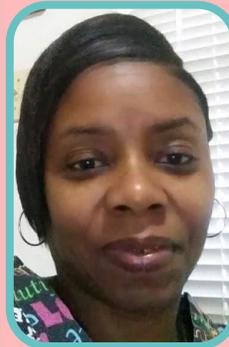
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## Arbor Gardens Happenings



I hope you all have had a wonderful summer. Unfortunately, the heat is still here but Arbor Gardens is on fire with new engagements and new leadership.



Sonja Cobbs is our new Arbor Gardens Coordinator. Let me introduce you to Sonja. She was born and raised in Waco. She's a proud mother of three grown children and a very happy grandmother of six grandbabies! She lives every day like it is her last when it comes to enjoying those sweet babies. Sonja has been with Arbor House for several months. She has gone above and beyond to learn and get to know our AG residents. She loves all of our residents and she has worked very diligently to be connected with them. She has sought out Christy Ocampo on her own time to learn new and better ways to engage our residents in AG. We are so excited to have her as our AG Coordinator. *We will have a Family Night on August 9<sup>th</sup> from 5:30-6:30 p.m.* I want all of our families to meet Sonja, get to know her and encourage her in her new role. You will see some exciting new changes in AG and we are excited to welcome our new leader!

*Carrie Pullin*  
Executive Director

# Land of the FREE, because of the BRAVE!!!

## It's a Party at Arbor Gardens!!!



Mildred, excited to be with her daughter always!

Nona, happy to see her family everyday!



Welcome to Arbor House Family, Jamie and Nickel!



Shirley & Eileen, enjoying their Party treats!!!



Lois, spending quality time with Pat & Sharon!

### Note from the Kitchen

In the month of August, we will continue highlighting one resident recipe every week. We would love for residents/families to share recipes that we can then prepare for our residents. We want our residents to feel at home and be a part of choosing what we prepare on a weekly basis. Thank you in advance for sharing your recipes and memories!



Ben & Bev, loving their 4th of July Date

# Life in Motion!

Jojo, trying to hit the balloon!



Peggy, feeling purposeful to help Joy!



Sonja with Nadine. Our new Arbor Gardens Coordinator loves spending quality time with our residents!!!



Residents had fun working on their paper flowers with Christy O. and Sonja.



Eileen, in love with her flower!!!



## **Note from the DON, Kristi Burger**

We are once again in the middle of these very hot months Texas is blessed with. We continue to encourage all residents to stay hydrated and try to prevent them from becoming overheated. Unfortunately sometimes that is not quite enough. If your loved one enjoys being out in the heat we ask that you too encourage hydration. You are welcome to purchase a cooling towel if you would like that to be available for those that are reluctant to come inside. Flu season is right around the corner. If you would like a flu shot for your loved one, please notify the front desk .



At Arbor House Assisted Living Waco, our personalized services are designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home. The array of fine services we offer reflect our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity. We understand that individual needs vary, so our personalized services are tailored to meet the specific needs of

each resident. Whether it be a hobby, exercise, or leisure, we offer our residents the opportunity to pursue individual desires. Arbor House offers a choice of private suites designed to meet diverse needs and tastes. Our spacious and inviting accommodations await and welcome the personal touches and cherished collectibles that truly make a house a home. Our residents enjoy the outdoors in our beautifully appointed courtyards. All the best in life in the company of good friends, the indulgence of gracious amenities, and the security of caring, personalized services await you at Arbor House. We invite you to become a part of our special residence dedicated to providing you with the best in life.



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