



Arbor House

Assisted Living & Independent Living

Marble Falls

October 2018

Meet Your Arbor House Team

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WHAT'S HAPPENING...

The holidays and fall weather are here! We are gearing up for our 5th annual Arbor House Halloween Carnival on Wednesday October 17th starting at 6:00p.m. in our AL courtyard. Round up the kiddos, put on their costumes and come join us for an evening full of family fun, games, concessions and trick or treating! We're all looking forward to seeing the kids in their all their Halloween costumes! We will post pictures of the event in next months newsletter.

Arbor House will be hosting our annual Thanksgiving dinner on Saturday November 17th, 2018 at 5:00p.m. Save the date and please be sure to sign up at our front desk by November 9th. Unfortunately there will be a limit of 2 guests per resident due to our limited seating space. We are sorry in advance for any inconvenience this may cause. We are looking forward to seeing and sharing a meal with all of our friends and family.

Everyone have a safe and spooky Halloween and enjoy the cooling temperatures as we move into this special holiday season!

Happy Scoops Ice Cream in Burnet is our new favorite treat destination! We loved the delicious home made ice creams and treats they prepare there. With 20 plus home made flavors such as Apple Strudel, Walnut & Maple, Blueberry Swirl to name a few; you just can't go wrong!



Life in Motion



Top left & right : LCR is a favorite game that we often play during Happy Hour. It's a great conversation starter and gets everyone interacting with one another.



Middle left & right : We enjoy preparing snacks for Bingo in our cooking classes. It takes a team to prepare enough for everyone. We're always proud to tell our peers that we made the delicious treats.



Above : Crafts are always a fun way to pass the time and enjoy socializing with friends. Here we are busy making cards for family and friends.



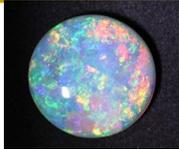
Above : Color Your World is a favorite activity here at Arbor House. We enjoy the creative expression and relaxation this activity offers, not to mention the added hand-eye coordination exercise this activity involves.

Monthly Tidbits

October is the tenth month of the year and is one of seven months with 31 days. October's name, containing the Latin word *octo*, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

Birthstone — Opal

October's birthstone is the opal, a beautiful and versatile gemstone. Opals are primarily found in Australia, Eastern Europe, South America, and even on Mars according to NASA! Because opals diffract light, they come in almost every color imaginable. Depending on the different properties that were present when it was made, the stone can take on a wide variety of hues. Reds and blacks are the rarest, while whites and greens are the most common. An opal that doesn't show any color is known as potch or common opal. Opals are opalescent, meaning they appear milky or opaque. Throughout the ages, the opal has been associated with vision. In the 14th century, it was called the *ophthalmius*, or "Eye Stone," as it was believed to strengthen one's eyesight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.



Flower — Calendula

The calendula, commonly referred to as the pot marigold, is a hardy little flowering plant that can thrive in all kinds of climates. Although native to the Mediterranean region, they can be found all over the world. Calendula has many medical uses and has been taken as a natural anti-inflammatory throughout the years. This golden-yellow flower also has a place in the kitchen as well as in the medicine cabinet—calendula petals can be eaten and have been used to color cheeses. The origin of the calendula's name remains unknown, but there are many possible explanations. Some researchers speculate that its common name, marigold, refers to the Virgin Mary. This is because early Christians would frequently lay these beautiful flowers next to statues of the Virgin Mary in remembrance.



October's Party

October gave a party; The leaves by hundreds came—The Chestnuts, Oaks, and Maples, And leaves of every name. The Sunshine spread a carpet, And everything was grand, Miss Weather led the dancing, Professor Wind the band.

What's Lucky in October?

Lucky Color—Burgundy

Lucky Number—3

Lucky Letter—R

Lucky Tree—Maple

Lucky Day—Thursday

Special Days in October

Columbus Day.....10-8

Boss's Day.....10-16

Sweetest Day.....10-20

Halloween.....10-31

October Zodiacs

Libra (The Scales)

October 1-22

Scorpio (The Scorpion)

October 23-31



Think Pink!

October is Breast Cancer Awareness month. Breast cancer is a cause that is near and dear to many of us. Keep Calm and Think Pink as you find and circle the words in the grid below. Solutions may be forward, backward, up, down, and diagonal.



Advocate
Affected
Awareness
Believe
Brave
Breasts
Chemotherapy
Courage
Cure

Diagnosis
Education
Faith
Fight
Healthful
Hope
Love
Malignant
Mammogram

Mastectomy
Message
October
Optimistic
Peace
Pink
Positive
Power
Recovering

Research
Screening
Spirit
Strength
Survivor
Treatment
Tumor

Under the Shade Tree

October Birthdays

Jackie M.....10-8

Ray S.....10-28

★HAPPY★
BIRTHDAY!

Candy Donations Needed!

We are in need of and 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 Arbor Bucks Sale Donors

All of our Halloween Carnival Volunteers

All of our Candy Donors

All of our Care Friends

**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!**



Thanksgiving Dinner

Arbor House would like to invite you to our annual Thanksgiving dinner on Saturday November 17th at 5:00p.m. We will be serving a traditional holiday meal. Please be sure to sign up at our front desk. We look forward to seeing you.



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 dining ware, which studies tells us improves appetite. In addition, a person's 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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