

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,

Sharnice Taylor
Executive Director

License #106663



October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Dana 10/10
Mary 10/22



License # 106663

OCTOBER 2018

Arbor House Gazette

Arbor House Assisted Living & Memory Care
1501 W Campbell Road, Garland TX 75044 * (972) 530-4182

Family

Family is the single most important influence in our lives. From our first moments of life, we depended on our parents to protect us. As we grew we looked up to and looked out for our siblings. From there we had aunts and uncles to get into trouble with or go to when our parents said no. But a couple of the most influential members of our family would



have to be our grandparent's. There is nothing in the world like the love between a grandparent and grandchild. Blessed are those who spoil



and snuggle, hug and hope, pray and pamper, boast and brag about their grandchildren. For grandparents are the gems in the treasure chest of a family. In September, we honored our residents that held the privilege to



be called grandma and grandpa. We celebrated Grandparent's day with some wonderful refreshments and sharing stories of their grandchildren and talked about what it is like being a grandparent.



The greatest comment made by the residents was this....
"There is nothing like being a grandparent."

Meet Our Arbor House Team

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Bodies in Motion

Did you know that our metabolisms naturally slow with age? Exercising is the best way to help with this. Physical activity also benefits our bodies in many ways. It helps reduce the risk of falling and fracturing bones, heart disease, high blood pressure, diabetes and much more. It helps us to maintain balance



physically and emotionally as well. At Arbor



House we take physical fitness very seriously. Our morning stretching sessions help keep the body limber and help reduce pulling muscles. We

also offer a chair exercise session that involves some cardio which is wonderful for the heart. In September we enjoyed our cardio sessions very much!

Dreams in Motion

It's finally here! Fall has arrived! At Arbor house we enjoy a wide amenity of crafting sessions together. To help us get in the Autumn mood, we decided to make



some wonderful crafts.



We made some beautiful fall pens that will surely make you feel that Fall is here! We also made some creative Halloween face jars.



Feelings in Motion

Did you ever get a chance to bake an apple pie with Mom or maybe Grandma? Do you remember how it smelled as you were preparing it? The crisp yet fresh smell of the apples as they were cut. The spices invading your nose as they are mixed in with the apple slices. The soft feeling of the dough from the pie crust as it is rolled out. The tantalizing smell of the pie baking in the oven. In September, our residents baked delicious homemade apple pies. They came out so beautifully and tasted even better!



Hearts in Motion

God, I'm running for Your heart
I'm running for Your heart
Till I am a soul on fire
Lord, I'm longing for Your ways
I'm waiting for the day
When I am a soul on fire
Till I am a soul on fire
Lord, restore the joy I had
I have wandered, bring me back
In this darkness, lead me through
Until all I see is You
Bible

These words have inspired most of our discussion topics for Bible Study. We have explored the meaning behind these words and have all come to the same conclusion. In life, it can be easy for us to lose our faith. However, at the end of the day it is truly the only thing we need. We purchase insurance for our house, our car, and even our lives. But, our unshakable faith will always be there. We may stray at times but we can always come back.



Fall Foods

Every Tuesday at 3:30 we will be having a fall themed snack. The snacks will include muffins, caramel apples, cheese and wine, pot pie, and hot chocolate. Come and indulge yourself in some tasty treats!

Happy Hour

That's right folks, we will be holding a fun filled happy hour every Thursday at 3:30 PM. For the month of October, the drinks will be Halloween and fall themed. For those that would like to participate but would prefer not to drink alcohol, we will be providing a virgin version of the drinks.

Spooky Time Movies!

To get us all in the Halloween mood, every Wednesday we will be hosting a Halloween themed movie at 6:00 PM!

Happy Birthday!

Mark your calendars! On October 22nd we will be holding a birthday party for all the residents who celebrate their birthdays in October.

Dallas Arboretum

On October 29th, we will be traveling to the Arboretum at 9:00 AM. The Dallas Arboretum fall festival is a spectacular show of color with 4,500 of fall's favorite flower-Chrysanthemums, along with 150,000 more stunning, fall blooming plants, and their internationally acclaimed Pumpkin Village, featuring more than 90,000 pumpkins, squash and gourds, inviting you to visit stories from childhood featuring Peter, Tink, Wendy, Captain Hook and more!

In House Trick or Treating

Trick or Treat, give me something good to eat! Mark your calendars folks! We will be holding an in-house trick or treating session to family, friends, and the public to come in and get some tasty treats. Our residents shall pass out candy from 6:00 PM until 7:00 PM.

Happy Halloween!

On October 31st we will be celebrating our annual Halloween party for our residents. We will have some Halloween themed music, snacks, and games. Come and make some spooky memories with us here at Arbor House!

Happy Fall Y'all!

It's that time of year again! When we hope for it to cool down to that perfect fall temperature and to feel that crisp Autumn breeze. October is about the trees revealing the colors they've



hidden all year. When the kids jump in piles of leaves they've been desperately waiting for to collect. When days become

shorter and nights become longer. The smell of pumpkin everywhere. Children laughing as they travel door to door in hopes of finding something sweet to eat on Halloween night. These are some examples of what makes October one of the best months of the year!

*"October gave a party;
The leaves by hundreds came –
The Ashes, Oaks, and Maples,
And leaves of every name.
The sunshine spread a carpet,
And every thing was grand;
Miss Weather led the dancing;
Professor Wind, the band...."*

George Cooper

